



# PEACE ACTIVITY

# HAPPY MEMORY

- Bring to your mind a memory of a place or a time where you felt most happy.
- Write about this happy experience, or draw a picture of it.
- Describe the experience?
- Where were you and when did it take place?
- How did it feel?
- What made it so happy?
- How do you feel now that you have brought the happy memory to your mind?
- Try to recreate that same feeling of happiness at any time.
- Do a show and tell, sharing your happiest memory with school, friends or family.

