

Use three of these to inspire your memory

gate	hat	lying	present
caught	thanks	play	hate
sword	dog	vase	dirt
animal	beach	watch	desk
storm	winter	jewel	frame
green	pool	glow	land
leaves	dance	brother	desperate
library	sack	school	car
loan	true	black	mall
cringe	cup	smell	cry
sister	ghost	click	phone
flight	white	lemon	toy
rain	glass	break	dry
wet	low	scream	flag
door	face	love	vacation
kiss	holiday	umbrella	tent
tree	arrive	bike	cabin
tune	song	blue	lost
ear	heavy	sun	window
wind	dessert	whistle	diary
pocket	number	lock	red
creature	cave	home	instrument
pen	light	book	fire
flicker	shell	voice	knife
happy	mug	writing	have
food	cat	grass	young
curtain	fence	cloak	hungry
boat	fish	sea	wall
wood	smoke	vegetable	stable
			broken
			shadow

Memory Ball



Memory ball is a game for 2 to 5 players. We create the core memories of our person, then explore the emotions they feel and hope that shapes who they become and what happens in their life in a result. But which memory will emerge as the one that defines our Person most, and what will that make them?

Players: 2-5

Time: 1 hour

Creativity

Emotions

Serious

Notes

This game is by Epistolary Richard and was inspired by the Pixar movie *Inside Out*. The front cover is a visualisation of the eight basic emotions theorised by Robert Plutchik and is public domain. The *Generations woman* pictures are copyright Lyudmyla Kharlamova and used under licence.

Before you begin

Get five different colour pens and print out several blank memory balls. We'll need two for each person who'll play. Write three inspiration words at the top of each.

Choose five emotions; these will be our person's core emotions. Assign one colour pen to each.

Finally, name our person.



Stage One – New memories

We each create a new memory by taking a blank memory ball sheet and filling in the event. Use the suggestion words on the memory ball to inspire you.

We add one of the emotions (using the correct colour) along with why the event makes us feel that way.

Stage Four – My life as a result

We each pick one of the existing memories we find interesting and we complete the next line below one of the 'kind of person' lines '*As a result, when I grew up I...*'

We choose a different memory and add a new '*This helped make me the kind of person who...*' beneath an emotion.

We then choose a different memory and add another emotion.

If we have four or more memories then we agree on two that we find less interesting and place them in long term storage.



Stage Two – More new memories

We each create another new memory by taking a blank memory ball and filling in the event and then one of the emotions along with why the event makes us feel that way.

Stage Five – My life continues

We follow Stage Four again, but this time we place all memories in long term storage apart from one. This is the memory that most makes our person who they are.



The lesson of Sadness

Though some emotions sound "negative" and some "positive" all of them serve a purpose. Fear can cripple us or keep us safe, sadness signals others to help us, anger can lead us to be destructive or to stand up for what we think is right. Remembering this will help vary how the same emotions can be applied in different ways.



Stage Three – Me as a person

We each pick one of the existing memories we find interesting and we complete the line below one of the emotions '*This helped make me the kind of person who...*'

We then add another emotion to that same memory as our memories become more complex.

Finally, we place any of the memories that no one added to this stage in long term storage. We don't use them again.

Stage Six – Accepting myself

We have one memory ball left. Taking turns, we fill in all the remaining blank spaces apart from the bottom line.

Part of growing up is recognising our flaws; that we don't always act the way we wish we did.

We now fill in the bottom line under each emotion '*Now I'm older, I accept that I...*' by adding one of our person's flaws and what they do to stop it hurting others.



Write 3 words to inspire the central event here _____

Part of this memory makes me feel...

Because...

Stages 1 to 5

This helped make me the kind of person who...

Stage 3 to 5

As a result, when I grew up I...

Stage 4 to 5

Now I'm older, I accept that I...

Stage 6 only

Detail the central event of the core memory below

Stages 1 & 2 only



Part of this memory makes me feel...

Because...

Stages 1 to 5

This helped make me the kind of person who...

Stage 3 to 5

As a result, when I grew up I...

Stage 4 to 5

Now I'm older, I accept that I...

Stage 6 only

Part of this memory makes me feel...

Because...

Stages 1 to 5

This helped make me the kind of person who...

Stage 3 to 5

As a result, when I grew up I...

Stage 4 to 5

Now I'm older, I accept that I...

Stage 6 only

Part of this memory makes me feel...

Because...

Stages 1 to 5

This helped make me the kind of person who...

Stage 3 to 5

As a result, when I grew up I...

Stage 4 to 5

Now I'm older, I accept that I...

Stage 6 only

Part of this memory makes me feel...

Because...

Stages 1 to 5

This helped make me the kind of person who...

Stage 3 to 5

As a result, when I grew up I...

Stage 4 to 5

Now I'm older, I accept that I...

Stage 6 only