

10-30
mins

TRIP DOWN MEMORY LANE

Keep it fun!

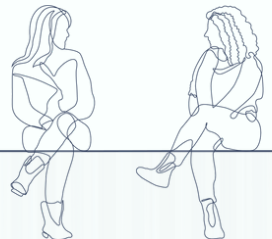
A fun activity to reflect on shared memories, and have a laugh retelling stories together. Embrace how you both remember things differently, and how different memories stand out to one another. A nice way to look back and appreciate your relationship.

To start:

Both of you need to write down a few experiences or memories that come to mind when you think about the other person. They can be as broad or specific as you like

Then:

- Begin with what you remember about the first time you met
- Go back and forth between their notes and yours
- Ask follow-up questions to help the conversation flow, such as:
 - 'why did you _____?'
 - 'what are your memories of _____?'



that conversations activity