



Memory Puzzles

Experience

Preparation: With your school aged child, select photos of family and friends to copy, print or recreate on A4 paper. Talk about the photos, remembering the occasion, who was present, what was happening, where the picture was taken, and the feelings around the memory? Create puzzles by covering pictures with contact or large clear sticky tape, then draw and cut into tricky puzzle shapes. Talk with your child using the details from the photo to piece the memories back together.

Variation: Alongside your child, create your own drawings to create puzzles with.

Based on a theme, use magazine pictures to create puzzle pictures, e.g. select pictures of animals, children, families together, landscapes.

Learning benefits

- Develops self-awareness and connection with others
- Increases recognition of emotions, feelings and thoughts
- Promotes self-management and regulating emotions and behaviours



10 - 20 mins



5 - 12 years

Materials

Photos to copy or print on to A4 paper
Scissors
Coloured markers
Clear contact or large clear sticky tape

Hints and Tips

The more pieces the harder the puzzle

Indoors or outdoors

Provide encouragement