

A Wardrobe of Memories & Emotions

The clothes we wear heavily influence our perceptions and memories. Clothes can hold significance due to where they are from, who gave them to you or what memories you've made wearing them. This significance can then influence future memories or perceptions. Think about some of your favorite clothes: *Do you have an article of clothing that reminds you of a special memory? One that makes you feel safe? One that you like to wear when you feel down?*

In the space below, draw a representation of the memories or emotions associated with that article of clothing and then write a brief monologue about it!

