

THE LITTLE BIG THINGS

Our daily lives are made up of experiences that result in a patchwork quilt of memories. Those memories, big and small, are linked to a range of emotions and responses, and they make us who we are. What are the pivotal moments in your life, personal or otherwise? What are memories that bring you happiness? What is a moment in your lifetime in which you felt sad? What is a moment you'd like to celebrate? In essence, what is the patchwork quilt of memories that makes you, you?

Use each of the 12 squares in the quilt below to write about, draw and color your memories, designing a quilt that represents all that you are!

