

## Memory Mandala

- ❖ Mandalas are traditionally used in many eastern spiritual traditions as a tool to aid meditation ([therapistaid.com](http://therapistaid.com)).
- ❖ The object is to create a circle of memories and to spend time learning about what each family member holds as a significant memory for them. This activity is used to build communication, acceptance, and deeper connection.

### ❖ Task

Establish an area in your home that is available for creating a large circle (i.e. table, floor space, etc.)

1. Each person in the home should spend some time going through old photos, trinkets, keepsakes, jewelry, letters, etc.
  - a. Each person must come back with at least 5 items of significance that mean something or hold a memory of someone special to them.
2. Each person will go around and describe their first item and what significance it holds for them (one at a time).
  - a. You will then place your first item down.
3. Then each person will move onto their next item until all 5 items have been explained by each person.

Have fun connecting and creating a circle of love and memories!

