

# “Winter Memory” Flap Book

## Directions

### Directions:

1. Cut out the outline of the foldable from page 4.
2. Fold “hot dog” style along the center, dotted line. The text should be facing out.
3. Cut the lines between the text to create six flaps.
4. When you are finished, have students respond to prompts by lifting up each flap and writing their response to the prompt in the space underneath the flap.
5. Complete the picture page from page 5.
6. Attach the heading, flap book, and picture page onto another piece of paper or into an interactive notebook.

### Tips:

- If students do not have strong writing skills, have them draw pictures of their responses under each flap.
- To help students know where to write, instruct them to trace the flap before they start writing.

# Winter Memory

Part of mindfulness is being fully engaged in our thinking. This can be done by focusing on a specific memory and trying to remember everything you can about that memory.

What is my favorite winter memory?

Who was there?

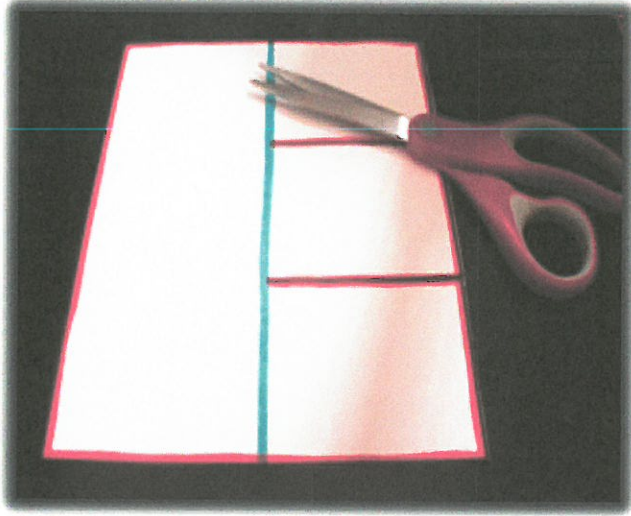
Where was it?

Why was it special?

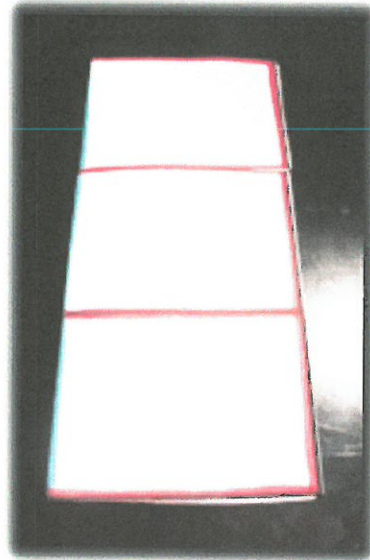
How did I feel?

How do I feel when I am looking back on it?

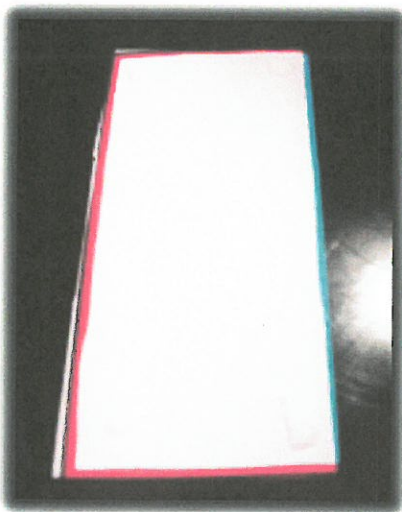
# Directions for flap books



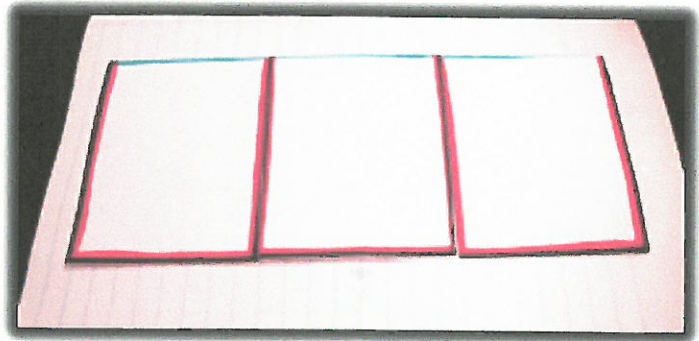
1. Cut out the template on the solid lines.



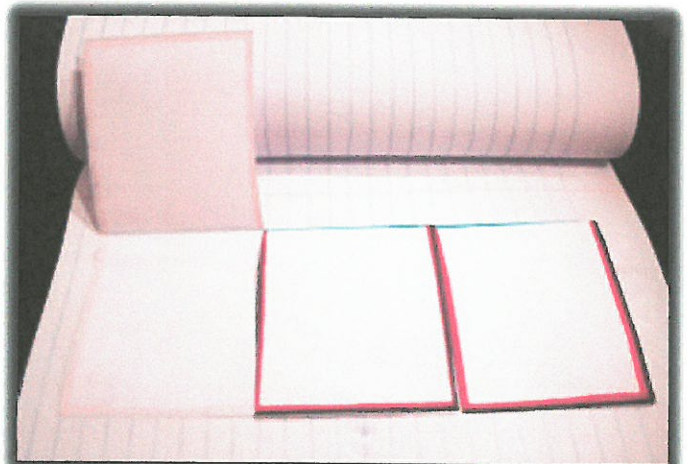
2. Fold on the dotted line.



3. Dot glue on the top side that is left (or above) the tabs.



4. Attach to a notebook or separate piece of paper.



Here is a picture of  
my favorite winter  
memory:



## Objectives:

Students will practice deep reflection while focusing on a favorite winter memory.

## What's Included:

- p. 2: Written directions for the flap book
- p. 3: Photo directions for the flap book
- p.4: "Winter Memory" flap book template
- p. 5: "Picture Of My Winter Memory"

## Directions:

In this activity, students will use the flap book prompts to thoroughly remember a favorite winter memory. Students can cut out the heading, flap book and picture page and attach to an interactive notebook or a separate piece of paper. Encourage the students to do this exercise silently and to be very thorough with their responses to encourage deep reflection.

## Discussion Prompts:

- How did it feel to reflect on this memory?
- Did any of your thoughts or feelings surprise you?
- Were there any parts of the memory that you had forgotten about or had not thought about in a while?
- Was there anything that was challenging about this exercise?
- How do you think that having times of deep reflection could be helpful?

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