

Living History Part 3

Capturing our experiences

For children with a hearing loss it's especially important to capture their experiences with a 'hook' to link into them.

This series is all about Living History. Creating a stronger, more detailed, more negotiated memory of our experiences in relation to those around us.

For children with a hearing loss this is hard and so we need to support them to 'CAPTURE THEIR EXPERIENCES' and to always link in feelings and impact.

The aim is to help our children 'CAPTURE THEIR EXPERIENCES' so that they can transfer them into Autobiographical memories

Objects 'My Mug'



Autobiographical memories

The joys and the sadness's. The lives we changed, the impact of our work, the life long friendships we made.



Facts memories

The names of the people, where we worked, what we did.



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'Visual Hooks'

Look around your home and at your possessions and identify things which refer back to your autobiographical memories. It might be the pictures you have up, the T shirt you wear, the mugs you drink out of, the T Towels you use, the posters on your walls.

We thrive by knowing who we are now, in relation to who we have been. These experiences can be both positive and negative. The important thing is that we use them to know ourselves better and with that comes a stronger self identity.

Use photographs

On your wall, on your phones as a background, on your TVs, on your computers as a screen saver
Create photo albums, photo boxes or photo books
There are website on line which allow you to create photo collages for free and print them off.



Have a memory box / folder



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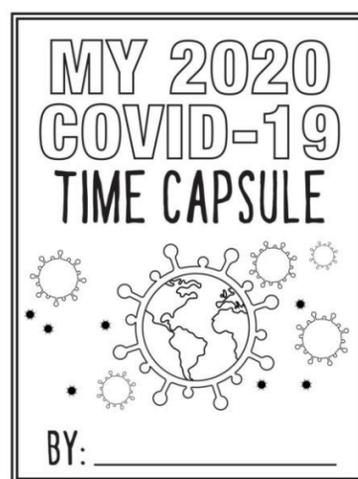
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1 second a day APP

There are a few to choose from which are free to download.

A Time Capsule



Time capsule

<https://www.twinkl.co.uk/resource/coronavirus-time-capsule-resource-pack-t-tp-2549605>

<https://www.twinkl.co.uk/resource/time-capsule-pack-us-e-457>

<https://www.twinkl.co.uk/resource/gcse-school-closure-home-learning-resource-pack-t-p-773>



We are signposting you to some ideas we have used. There are lots of other ways of doing this and we'd love you to please post them on the Hear Together Facebook page



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www.hear-together.org.uk