

Living History Part 4

Talking about our experiences

Creating Autobiographical Memories

Experience the Event
At the time

- Add language into the experience
- Expand the Building Blocks of Language Vocabulary / Grammar / Speech
- Map on emotions how are you all feeling, why

Elaborate and Reminisce
After the event

- 'Create a story' together and 'Revisit the experience'
- Add detail. Recap language
- Build in self reflection and Thinking Socially
- Talk about 'others', promoting perspective taking

Retain as an Autobiographical Memory

- Deep processing to develop memory and retain ideas, details, language
- Promoting Yourself – impact upon self identity and self esteem