

## **Teaching Memory Visualization Activity**

Close your eyes. Do your best to clear your mind. Breathe in and out, in and out.

Allow yourself to start to imagine a high school in the 20th century. It is a high school like many others in the US. What is the high school like in your mind's eye? Create a visual image in your head.

Now picture the hallways. What are they like? What features are on either side of the hallways? What do these hallways and these features look like, architecturally? What are their functions?

Now add humans to the scene. What do they look like? How are they dressed? What are the expressions on their faces? What are their interactions like? Are the humans familiar with each other; are they strangers? Do the humans feel safe, secure, and stable in these hallways?

What is the population of this school? Is it small, large, or somewhere in between? How do these students compare with other students at other high schools in the state? To what groups do they belong?

What are the lives of teenagers like in this town? What is their culture? What gets them through their days?

Now open your eyes. Take a few seconds to focus, but please don't talk. In a writing journal or on your laptop, write a creative short story about the high school that you visualized.