

# FAMILY MEMORY FRAMES

**Family Memory Frames are simple structures that can be used to capture a memory or an image in an easy-to-write poem. Frameworks are great tools for younger kids, but also work well for any folks who believe they “can’t write.” Explore how each framework allows you to tell a story by relating an event, and tying it to a feeling and a specific memory that is important to you.**

Anyone can develop their own simple frameworks based on events or people in their lives, such as holidays , family members , important events, or other much-loved things in life. Keeping the framework simple (four or five lines, where you start and often finish with the same idea) means that you can develop an idea without a lot of brainstorming or planning in advance.

One possible Framework:

I remember the day I...(choose a memory that is an action,  
something you did)  
I was (describe your age, what you were wearing, or what you  
were doing)  
And I was (choose a feeling to go with your memory).  
I will never forget (say something about the memory)  
The day I (repeat the rest of your first line).

Find more detailed instructions [here](#).

