

# MEMORIES AND LIFE LESSONS

CLIENT	BEHAVIORS	TOOLS
Parents of children older than 1	Be more active. Limit screen time.	Photos

## TOOLS



## OPENING ACTIVITY

Lay photos on the table of children being active. Ask participants to select photos that represent the memories they had when they were children.

### TRIGGER EMOTIONAL DRIVERS:

*Pick a photo that says something about a happy, treasured memory you had as a child.*

After photos are selected, ask:

*“What memories do you have of those days?” “How did those experiences make you the person you are today?” “What life lessons did you learn having active fun with your family and friends?”*

Next, lay photos of children viewing screens like TVs, laptops and phones.

*“What will your children miss if their memories are of screens, rather than fun times with friends and family?” “How could screens rob your child of important life lessons they could learn by active play?”*

## ACTION PLAN

Return all photos of active children to the table.

*“Please pick one or more photos of activities you want your child to experience this week. How would it make a difference in your life if you could give your children happy active memories, ones that position them for success?”*

Summarize how giving children the gift of activity, instead of allowing excessive screen time, reinvents better lives, creates life-long memories, and contributes to success.