Remembering



- Schools can seem obsessed with remembering sticky learning, retrieval practice, 'forever facts.' Someone once said that the most important word in the dictionary is 'Remember,' but what are the things – or people – that we really need to remember?
- Take time to be still. Find a quiet place where you won't be interrupted. Close your eyes, breathe deeply and calm your mind.
 Who are the people you want to remember? Who are the people you are grateful for? What are the things you are grateful for, that others have made possible?
- A global study of memories shows that having a bank of happy memories to revisit, helps us feel more contented. This involves more than just having positive experiences, we need to notice when we're feeling happy and choose to relive those moments.
- What memories are we creating for ourselves and for those around us?

'Make today worth remembering.'

Zig Ziglar



