

Materials

- Pencil
- Paper
- Coloured pencils / pens / paints / pastels



- **This week we will be drawing from our memory.**
- **Start by closing your eyes and thinking about a recent dream you had.**
- **If you can't remember your dream you can:**
 1. **Remember what you had for breakfast this morning.**
 2. **Remember where you went on your walk yesterday.**



- Now start by drawing what you can see in your memory.
- Where are you?
- Who are you with?
- What objects can you see?

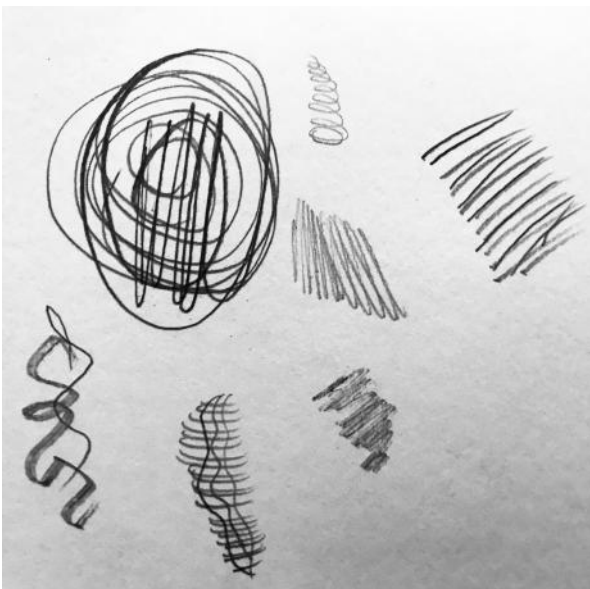


- What colours can you see in your memory?

- Use your colours to add to your drawing.



- Can you hear any sounds in your memory?



- Use marks or words in your drawing to describe what you can hear.