Write freely about an early memory you have. Use your senses and choose from the questions below to guide you. Follow the example.

- How old were you?
- How did you feel?
- What did you see?
- When did this take place?
- What smells do you remember?
- Where did it take place?
- What sounds do you remember?
- What were you wearing?
- What did the clothes feel like?
- Who were you with?
- How did they look, sound, smell?
- What happened?
- What did you see, feel, hear, touch?
- What did you do?
- What did you touch, taste, smell, see?

Example: I was ten when I first played in Little League. I remember the smell of the grass and how cold the aluminum bat felt in my hands.

1) Write about your early memory: