

Pieces of Me

Memory Mosaic Collage



Objective

Participants create a personal collage using cut-out images, textures, and words that represent key memories, feelings, or identity markers from different life stages.

Core Focus Areas

-  Cognition
-  Fine Motor
-  Emotional Connection
-  Creative Expression

Materials

- Old magazines, newspapers, printed word/image sheets
- Pre-cut shapes/images*
- Safety Scissors (rounded tip)
- Glue sticks
- Glue Dots/Double sided tape*
- Construction Paper
- Optional embellishments
- Magnifying Glass*
- Adaptive Grips*

*recommended to support participants with arthritis, low vision, mobility aids or dexterity concerns.

Facilitator Outline

Time	Activity
5 min	Welcome & Intro <i>"Today we are creating a 'Pieces of Me' memory mosaic—a creative way to explore moments, people and places that have shaped us."</i>
7 min	Opening Discussion <i>See Engagement Guideline on page 2 for prompts.</i>
8 min	Instruction & Demo <i>Show an example mosaic or materials. Explain: "Each piece of your mosaic represents a part of your story—hobbies, loved ones, meaningful places, or simple pleasures."</i>
30 min	Creation Time <i>Circulate and encourage. Suggest categories: childhood memory, favorite season, proudest moment, lesson learned. Refer to Engagement Guideline on page 2 for prompts.</i>
10 min	Sharing & Reflection <i>Invite those who wish to share a few pieces. See Activity Wrap-Up & Review section for more guidance.</i>
60 min	Total Activity Time

Engagement Guideline

Opening Conversation/Questions

- *"If someone made a collage about your life, what's one image that would have to be included?"*
- *"What brings you joy when you think about your younger self?"*
- *"What colors or objects feel like you?"*

During Activity

- *"Tell me about that picture—why did it stand out to you?"*
- *"What memories come to mind as you build your mosaic?"*
- *"Do you see any patterns in your choices—colors, themes, feelings?"*

After Activity

- Allow space for shared stories or simply admiring each others work.
- Encourage participants to keep their work, or hang them as a group gallery if possible.

Engagement Tips

Be Present:

Your genuine curiosity and calm presence are the best tools. Sit alongside, not above.

Observe Body Language:

Look for signs of fatigue, confusion, or emotional overwhelm. Gently offer a break if needed.

Encourage Autonomy:

Avoid fixing or repositioning unless asked. It's their story.

Use Reflection Language:

"That reminds me of..." or *"It seems like that photo holds a lot of meaning."*

Honor Silence:

If someone works quietly, that's okay too. Let their art do the talking.

Activity Wrap-Up & Review

- Invite participants to hold up or describe one piece of their mosaic.
- Ask: *"What part of this activity did you enjoy the most?"* or
- Ask: *"Did anything surprise you about what you chose?"*
- Offer affirming statements: *"Thank you for sharing that—your story matters."*
- If time allows, snap a photo (with consent) for their records or to include in a community display or memory wall.
- Close with gratitude and acknowledgment. *"You just created a window into your life. Thank you for letting us peek in."*

Notes