

Postcard Diaries & Memorabilia Bags

by Barbara Sher

Recording memories when you travel with the family is always a good idea—in theory. The reality might be very full days with the challenges of finding meals that satisfy, beds that comfort and little time for writing.

Enter the Postcard Diary. Postcards are still ubiquitous at travel spots and they only have so much room to put thoughts, feelings or actions. In short, it is very “do-able”.

You can share a postcard with your child or children at each destination or you can each have your own.

Mail them to yourself and when you get home you can make a hole in one corner of each postcard, string them all together with a ribbon, and have a nice remembrance of your adventure. Or, you can encourage your child’s memory and attention to detail by bringing along a Memorabilia Bag. Have your child collect small memorabilia during the trip, such as the wrapper from some exotic candy or the tickets to an interesting show.

When you get back home, paste these in a scrapbook and have the child write a note about the meaning of each item and why it mattered (or stood out) as something special. This can be simple or be turned into an elaborate book with detailed written memories and added

homemade illustrations.

One way or another—postcards, scrapbook or detailed book, your family will record its unique history.



Before you even leave for the trip, you can get your children involved in the packing. Make a list of what your child will need such as

- ✓ 3 pair of long pants
- ✓ 2 long sleeve shirts
- ✓ 4 t-shirts
- ✓ 1 heavy sweater

If your child can’t read yet or you want to influence which clothes are packed, draw a picture of, say, a sweater and color it the color of the sweater you’d like him or her to pack.

Figuring it out ahead of time, and having your child pack his own suitcase, adds independence to his sense of self and subtracts one thing on your list! ♥

This game is adapted from Barbara’s new book, *THE WHOLE SPECTRUM OF MOTOR, SOCIAL AND SENSORY GAMES: Using Every Child’s Natural Love Of Play To Enhance Key Skills And Promote Inclusion*.

Check out Barbara’s other game books at any on-line bookstore or get a free game designed for your child at her web site: www.gameslady.com

Barbara Sher M.A., O.T.R., an occupational therapist and author of nine books on childrens games. Titles include *EARLY INTERVENTION GAMES* *SPIRIT GAMES* and *EXTRAORDINARY PLAY WITH ORDINARY THINGS*. Send request for workshops to barbara.sher@gmail.com or www.gameslady.com