



Memories: A Sci-fi Icebreaker Adventure

Intro: For this activity you need to use your imagination. – [BRIEF VIDEO INTRO \(Click here\)](#)

As a group, read the following: Scientists have just found out that an enormous solar flare is going to cause an unexpected and unprecedented electromagnetic event. Scientists predict that the event will wipe out and erase all computers deleting trillions of tons of saved data. Even worse than that, these scientists predict that this event may even wipe out people's memories as our brains also work on electromagnetic waves that will be disrupted. The prediction is that most, if not all people on the earth will have amnesia.

However, as is true with most science fiction disaster stories, there is one scientist who saw this coming ahead of time. He invented a small device the size of a dime that can be connected to a person's forehead that can protect a limited amount of stored memories in our brains. These devices have been mass produced so everyone in the country gets mailed to their home prior to the solar event.

The scientist set the memory protection device to protect each person's name and basic identity so by using the device you will remember that. You also get to choose to protect a limited number of memories. By the time you get the protective device, you only have 15 minutes to decide which memories you want to keep from being erased by the electromagnetic solar flare. Deeply embedded basic skills like reading, writing, adding, subtracting will come back on their own but skills learned in adulthood and more advanced memories need to be protected. **Therefore, choose your memories to be saved, based on the following categories:**

You get to protect up to three early childhood memories (Age 12 and under):

- 1.
- 2.
- 3.

You get to protect two memories from adolescence/early adulthood (Age 13-21)

- 1.
- 2.

Protect two adult memories (21 and over)

- 1.
- 2.

You can choose five people personally from your life (past or present) whom you do not want to forget:

- 1.
- 2.
- 3.
- 4.
- 5.



You can choose three other historical or famous people to remember.

- 1.
- 2.
- 3.

You can remember three music performers (bands, singers, rappers, etc.)

- 1.
- 2.
- 3.

You can remember 2 movies.

- 1.
- 2.

Remember three TV/internet shows/series.

- 1.
- 2.
- 3.

Remember one book you've read in your life.

- 1.

Remember three skills you have learned to do well in your life

- 1.
- 2.
- 3.

Finally, what are any four other things/memories you want to remember, not already listed yet?

- 1.
- 2.
- 3.
- 4.



Process Questions

What memories discussed today stood out to you the most?

Who do you think would include you in their memories?

What are some emotions that came to mind based on some of the memories you shared?

Was there one (or more) people in the group who you felt something in common with based on the memories they chose to save?

Why is it important to hold on to good memories?

What can you do today in order to make new positive memories for your future?

How can successfully managing substance use and mental health, increase the likelihood of building positive memories for your future?

