HOW TO HAVE A MOMENT, OR: HOW TO MAKE A MEMORY

LOOK AROUND! ARE YOU ALONE?

- **NOPE**
- **YEAH**

DID THEY SAY NO WAY? IT'S OK.

FIND A SOFT PLACE & LAY DOWN. LET'S TIME TRAVEL:

GO OUTSIDE & LISTEN FOR SOMETHING YOU'VE NEVER HEARD BEFORE

FIND SOMEBODY AROUND YOU & SAY "HEY, WANNA MAKE A MOMENT WITH ME?"

IT'S OK.

BACKWARDS. TO A VERY BEST DAY. CAN YOU STILL FEEL IT?

FORWARD. IMAGINE YOURSELF AT YOUR BEST & BRIGHTEST

PUT IT AWAY IN THE PLEASE-PLACE BEHIND YOUR DREAM TIME MIND.

TALK ABOUT THINGS YOU LIKE— LITTLE THINGS LIKE COUNTING CARS OR COLLECTING ROCKS OR NOTICING THE MOON.

DO YOU STILL MISS SOMEONE?

OPEN YOUR EYES AGAIN. THE FUTURE IS NOW! WE ARE ALL HERE TOGETHER!

TAKE THE VERY BEST ESSENCE OF IT. MAKE IT LIKE A POTION. ADD A PICNIC.

GO AHEAD & DO SOME THINGS TOGETHER.

- CLIMB A TREE
- GO DRIVING
- TAKE A LONG WALK

IT'S OK.

FIND A BREEZE & STAND IN IT. FEEL ALL THE FEELS.

- DAY DREAM
- JUMPROPE
- HOP SCOTCH
- LISTEN TO RECORDS
- PICK FLOWERS
- PLAY CATCH
- READ ALOUD
- LEARN STARS
- SUNSET CLUB
- NAP
- LOOK FOR BIRDS
- SWIMMING
- EAT SNACKS

WRITE IT ALL DOWN

SAY IT OUT LOUD

SEND IT TO SOMEONE SPECIAL

MARY ROTHLISBERGER
@WRENFRIENDER
#MKTHNGSHPPN
"SAVE THE ECONOMY, SEND MORE LETTERS."