

Reverie

The Good, the Bad, and the Ugly

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Description: This is an activity I would do with my Teens Together group, which is a group of LGBTQIA+ teens who meet monthly to sit and talk LGBTQIA culture (books, movies, music, podcasts), do crafts/activities, to vent about their last month, and to do community service. This program is about memories, remembering both the good and the bad, and having a way for teens to preserve and share their memories in a constructive way. It's inspired by the collection and preservation of memories that is a part of Reverie.

Materials: Shrinky Dink plastic, colored pencils/permanent markers, books from the library, laptops, printer paper, jewelry wire/cording

Estimated Cost: ~\$15 for Shrinky Dink plastic and jewelry wire/cording, use snacks on hand

Prep Time: 1 hour to gather supplies and to make a few example charms

Instructions: Begin the program by having the teens socialize and have a snack. In my LGBTQIA programs I have them share their name, their pronoun, and I also ask one goofy question to start a discussion and set a lighter tone. Ex: If you only had to pick one pair of shoes to wear for the rest of your life, what would they be?

This program is about memories, so I will let them know that they are definitely not required to talk about any of the memories that they are preserving, but during and after making our charm bracelets/necklaces, we will have time to share anything that we feel comfortable talking about.

I will hand out pre-cut squares of Shrinky Dink plastic to the attendees. These are cut to a size that is manageable if they decide not to cut any excess off, but if they make something smaller it will still be possible to shrink it and use it as a charm. They will be encouraged to create charms that represent moments in their lives that are significant, whether they be good, bad, or ugly. They will be discouraged to include any traumatic events that may be triggering to themselves, but I won't completely discourage them from including negative memories, because sometimes a small reminder of our past is a good reminder of how they've grown or changed. After finishing the drawings, we will shrink them and they can turn them into jewelry.

Finally, it's time to share your memories. Many teens love to talk about their lives, and providing a safe space for them to share all of these feelings, memories, and issues in their lives is very important to them.

Learning Objective:

The teenage brain is so elastic and primed for social emotional learning. The objective of this program is to give teens a chance to consider their past feelings, memories, and issues, and to interpret them into something concrete. It allows them a space to be vulnerable and radical vulnerability can build community and friendships, which is something that teens are not always used to.



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