

EXERCISE

Sunshine Moments



Time: Throughout the year



Setup and materials: Container, pencil and paper



Good For: Individuals, families

Framing:

Rachel and Jacqui Alexander introduced me to this yearly ritual. Throughout the year they keep a jar in the kitchen. It's handy and ready to receive pieces of paper, notes, tickets, etc., that represent sunshine moments of the year.

At the end of the year, they dump out the jar and read each tribute out loud. As they do so, they remember details about that moment. They tell their shared story, and each of them recalls the experience in their own way. They live it again.

Stories make up the narratives of our lives. This simple exercise is a way to reinforce the bright times. It seems that these happy times are so easy to forget, while our struggles are so easy to remember. Rach and Jac do their part to correct that balance throughout the year when they document these moments, and at the end of the year when they pay homage to something I hear them speak of often, “life is good.”

