



RAVE Scrapbook Guide for Parents

Objective:

Provide a creative outlet for children to express and capture moments of gratitude, thereby creating a tangible keepsake of their cherished memories and experiences.

Materials Needed:

- A scrapbook or blank journal with at least 10 pages.
- Photos, magazine cut-outs, printed images, and more.
- Writing tools: Pens, markers, colored pencils.
- Optional: Stickers, washi tape, glue, scissors, glitter, colored paper, and any other decorative materials.

Instructions:

1. Choosing the Right Scrapbook:

- Let your child select the scrapbook. They might opt for one with themes or a simple blank one.
- Size matters: A larger scrapbook can be more versatile but might be harder to store. Choose what suits your child's needs best.

2. Introduction to RAVE:

- **Recognize:** Identify moments, things, or people that bring joy and happiness.
- **Appreciate:** Embrace the emotions these moments bring.
- **See the Value:** Reflect on the significance of these memories in their life.
- **Embrace:** Celebrate the essence of these memories and how they contribute to their well-being.

3. Planning the Scrapbook Pages:

- Begin with a discussion. What are the top ten aspects or moments of their life that they are grateful for?
- Each chosen aspect becomes a page in the scrapbook. For instance: Family, Friends, Nature, Hobbies, etc.

4. **Creating the Pages:**

- For each page, gather relevant photos, images, or magazine cut-outs.
- Let your child write or draw their feelings about the chosen topic. Encourage them to use words or quotes that resonate with their feelings.
- Decorate the page using the creative materials.

5. **Reflection:**

- Once the scrapbook is complete, spend time reflecting on each page. Discuss the memories, the feelings, and the significance of each entry.

Tips:

- **Embrace Creativity:** There's no wrong way to create a scrapbook. Let your child's imagination lead the way.
- **Memories Over Perfection:** It doesn't need to be a flawless artistic creation. It's the memories and feelings that matter.
- **Safety First:** If using scissors, glue, or other tools, ensure that your child uses them safely.
- **Storytelling:** Encourage your child to weave a narrative with their pages, making the scrapbook a storytelling journey.

The RAVE Scrapbook is not just an activity but a journey through memories, a celebration of gratitude, and a keepsake that will be cherished for years. By the end of this project, children will not only have a beautiful collection of their RAVE-worthy moments but also a deeper appreciation for the many joys in their life and a resource that they can revisit when they need to RAVE about their lives.