



Erindale-Credit River-Mississauga-Feb 2026



Memoir & Reflective Journaling Worksheet

Based on “Winter Memories and Family Stories”



Part I: Understanding the Text

1. Setting & Atmosphere

Read the first paragraph and find the sensory details the author uses.

List three sensory details the author uses to describe the winter scene.

- Sound: _____
- Touch/Temperature: _____
- Sight: _____

Think about how these sensory details shape the mood of the piece. What feelings do they create?

2. Memory Layers

The story moves through different time periods. List them below.

Time Period	Location	People/Events	Significance
Present (last week)	Erindale/Mississauga		
2017			
1967			
1940s			
British India era			

Part II: Memoir Writing Techniques

3. The Art of Connection

Look at how the author links different parts of the story.

a) **Physical objects as memory triggers:** The author talks about objects that bring back memories. Find these objects and explain why they matter.

- _____ → _____
- _____ → _____
- _____ → _____

b) **Contrast as a literary device:** How does the author show the differences between Mumbai and Mississauga? What does this add to the story?

4. Family Heritage as Narrative Thread

The author talks about “sisterhood” and family ties that span generations.

- a) What role does the “family register” play in this narrative?
 - b) How does the author link their own story to bigger historical events, like British India or cultural mixing?
 - c) Why do you think the author chose January 30, 1967, as an important date to include?
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Part III: Your Reflective Writing Practice

5. Sensory Memory Exercise

Think of a recent moment that brought back older memories. Write a paragraph of about 150 words that:

- Starts with clear sensory details from that recent moment
- Connects to at least one memory from your past
- Uses real, physical details instead of general descriptions

Your paragraph:

6. Family Register Entry

Imagine you are adding an entry to a family register like the one in the story.

Write a short entry (100-200 words) about a family member from an earlier generation. Include:

- A specific time and place
 - A sensory detail or physical description
 - Why this person or memory is important to your family’s story
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7. The “Home and Identity” Reflection

The author says their experiences “helped us think more about what home and identity mean.”

Choose one of these prompts and write a reflective response:

- Describe two places that feel like “home” to you and explain why.
- Write about a moment when you felt caught between two cultures or communities.
- Think about how a family story or tradition has shaped your sense of identity.

Try to write 250 to 300 words.



NIAGARA- RIVER- Ontario walks- 2018-December

Part IV: Craft Analysis & Application

8. Memoir Structure Techniques

Look at how this memoir is organized:

- Opening:** Starts in the present moment with concrete details
- Development:** Layers in family stories and historical context

c) **Reflection:** Ends with meaning-making about heritage and connection

Now it's your turn: Plan a memoir piece of your own using this three-part structure:

- **Opening scene** (present moment with sensory details): _____
 - **Family or historical layer you would include:** _____
 - **Big idea** or reflection you would explore: _____
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9. Advanced Reflection Questions

- a) **On time and memory:** How does the author move between different time periods? What helps make these changes feel smooth?
- b) **On cultural identity:** The story includes British India, Mumbai, and Canadian experiences. How does the author use these different backgrounds without making the story confusing?
- c) **On family legacy:** What does this story say about how family stories are kept and shared over time?
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Part V: Your Memoir Project

10. Independent Writing Assignment

Pick one of these memoir projects to work on:


Option A: “Artifacts and Memory”

Write a memoir of 400 to 500 words about a family photograph, object, or document. Use the techniques you found in the sample text.

Option B: “Geography of Home”

Write about two places that have shaped you, using the contrast technique shown in the text.

Option C: “Family Register Entry”

Create a longer family register entry that links your story to bigger historical or cultural events. 
Reflection & Discussion

11. Writer's Craft Discussion

Use these questions for group discussion or your own reflection:

- What makes this story work well as a memoir instead of just a personal story?
- How does the author mix their own story with bigger, universal ideas?
- What risks does the author take in this story, and how do they help the piece?

- How could you use these techniques in your own memoir writing?
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Writing Goals Checklist

When you finish this worksheet, you should be able to:

Identify sensory details that create atmosphere in a memoir.

Recognize how personal objects can serve as narrative bridges.

Understand layered time structures in reflective writing.

Connect personal experience to broader themes.

Write memoir passages that balance specific detail with universal meaning.

Use family stories as entry points for cultural and historical reflection.

“The family register, like a shared journal...” — Consider starting your own practice of reflective writing as a way to preserve and explore your family’s stories.

EARLIER PERSPECTIVES

2018- PALAM AKSA BOMBAY DIARIES



DHARI DEVI TEMPLE-SRINAGAR-PAURI GARHWAL AREA- UTTARAKHAND-FEB 2023

Of the many photographs of the pujas, get-togethers, reunions, this one on the shores of Aksa stands out as a symbol of the many currents that flow across generations.

In taking this Canadian immigration journey, we gain something and lose something.

As my friends from Juma Saaga days of Tripoli used to say- Juma Saaga- where we formed many concepts and revisited many issues- Everything has a plus and a minus.e

This picture is a small poem by the Arabian Sea... a monument to the grandchildren's love for their dear Nani-ji. When they first came to Malta in 2010, their grandmother had told me in a sad voice-

"Give them so much love that they do not miss me."

<https://prashantbhatt.com/2018/01/28/our-trees-still-grow-in-palam/>

2012- LIBYA TRIPOLI DIARIES

Have you seen with your eyes?" "No" was the answer many gave.

Yes, the gunshots are heard, even machine gun firing is on, especially at night, but no one has seen the bodies on the streets, though there are blood stains. It seems that the regime is clearing up the bodies the moment they kill. Then I met a person who told me that a friend's son had been shot in the leg. This was the first person who corroborated that killings were going on. In the hospitals, you cannot take away the bodies unless you sign that the deceased died in a car accident. It was drizzling in Tripoli through most of the day (23/2/2011). "You have been waiting for this for a long time, since the eighties, isn't it?" one experienced expatriate staff nurse, a Filipino who has stayed in Tripoli since 1982, asked a doctor who spent 18 years in prison as a political prisoner without any fair trial. The doctor smiled quietly. It is said that three people were shot dead in front of our clinic, but again, no one has seen them.

<https://prashantbhatt.com/2012/02/19/one-year-on-what-is-the-change/>



LIBYAN ARAB SPRING- 2011- AUGUST TRIPOLI

DEVELOPED BY
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Some journeys as an immigrant, oral historian, medical doctor, manual medicine therapist, tai chi practitioner, imaging professional, department organizer, and family member. Walking with fellow travelers.

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