

## **The Autobiography Box**

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### Useful Elements of the Book

- A tool for reflection
- A journal
- A chronicle of a life journey
- A chronicle of an event
- Unconventional method of reflection
- Requires exploration of the book
- Kinesthetically inclined design

### Quotations

“The Autobiography Box is an assemblage of pieces—cards, pages, directions, quotes, questions—that will hopefully be a whole that’s greater than its parts.”

“What a daunting task, you might think, to squeeze a whole life into a few pages. You wonder whether it’s just too big a thing to do. Well, don’t think of it that way. Not yet. Take it piece-by-piece, page-by-page, card-by-card. Remain clam. Close the door. Put out the dog. Turn off the radio or the television. Turn on the answering machine. Tell your boss and your wife or your kids you’ve gone to Mexico for a much-needed vacation. And when it’s perfectly clam, begin to remember.”

“Do you see the act of writing your memory as a kind of meditation or prayer? Do you think that there is something more you have to say than what you can remember? Do you think that writing a memoir is, in some way, seeking a dialogue with the Divine?”

### Applications

This would be a great resource to have students write a reflection of their middle school or high school years. Students would work through the resource to chronicle their journey from the earliest grade at the current school to graduation.