**Ideas kit’s:**

1. *Ramadan Kit*
2. *Discipline kit*
3. *Faking your own death kit*
4. *Remember your life kit*
5. *Getting organized Kit*
6. *Flower kit*

**Chosen kit:**

* *Remember your own life kit*

What to put in it and why??

How is someone going to remember it?

* Pictures
* Feeling
* Recording
* Senses

What we need:

* Box
* Siccor
* Recoder
* Bottles
* Pan
* Paper
* Notebook
* Polaroid

Feedback notes:

* How to present the kit
* Video?
* Manual?
* What if there is no visuals at all
* Smell sound touch
* Recording sounds not literally
* Drawing sounds
* Drawing conversations and internal dialogue
* Gaining significance because its documented
* Why document
* Why remember

**Sound:**

Sights, sounds and smells can all evoke emotionally charged memories.

Echoic memory is the ultra-short-term memory for things you hear. The brain maintains many types of memories. Echoic memory is part of sensory memory, storing information from the sounds you hear.

People are used and mostly think the only way to remember sound is to record the moment with a recorder or on your phone. Here are other methods to save the sound and remember that moment.

1. Eiki Language Master Card Reader Recorder

What you need:

* Eiki Language Master Card Reader Recorder
* Cards with Magnetic Strip
* Pen

With this you can save your sound on cards with magnetic strips. You can delete parts an re-record them. This way you save the sound on card where you can also write down the date and a bit of information of that moment.

2. Make list or a journal

What you need:

* Paper/book to write on
* Pen
* Stickers, or other stuff to use as decoration
* Music/Soundtracks

To link sound to a memorie you can also save them buy writing the name of the song of sounds you listened to in that moment, week of month. By writing it down and looking back to your list after some time. You can try and listen to them again and get the memory back of that period and will remember why you liked the song, listened to is or how you felt in that moment of time. Just by making a list and remembering it. Another tip is to also write down your age so your brain will link it stronger with the song. You can make a simple list or more like a journal which you can decorate to add the vibe. Or while listening to it to use the "mood" methods and put them side to side to see if you still have the same feeling with it by listening to it. You can also try to remember the songs you listened to and write them down and re-listen again. With this you can write the memory that pops up in your head down.

3. Create a game of you memory, which you can play with more people. Even if they weren't there

What you need:

* Paper/journal
* Pen (Two different colours or more)
* The memory you want to act out

Write down the moment and focus on the speech part. Describe how someone was laughing/talking etc With that go act it out as you remember and let others try it to. To see if they might have their own memory to relate with. This way you can talk about that moment or just think about it again.  You can give each person in that memory that talks a different color. Or you can use the different colours to change parts after acting them out. This way you can make the memory stronger or even create a fake memory to your liking.

4. Words

What you need:

* Paper/journal
* Pen
* Marker(two different colours)
* Words

Every moment in our lives we use in some periods some words a lot. Write them down and use them again. Remember yourself why you used them and hoe you felt in that moment. Do you still like them, are they giving you a bad or a good memory? Mark each word that gives you a bad memory with a colour and the good ones with the other colours. This way it can also help you to remeber why you also don't use them anymore