Draw the floor plan of the first home you remember. Put in rooms, closets, the hallway to the elevator, the fire escape, the deck in back, the garage — whatever you remember. Also put in the big pieces of furniture and appliances that you recall: the kitchen table, the sofa, the television, the refrigerator, the coffee table.

As you draw, try to remember the sights, sounds, smells, tastes and feelings from this home. Perhaps you will smell hamburgers frying or the baby smells of a new brother or sister. Perhaps you will hear the front door slamming or the television blaring. Perhaps you will feel your special blanket against your cheek or the cat rubbing against your leg at the dinner table. Perhaps you will taste your mom's homemade tortillas dripping with butter or the sausage and mushroom pizza your father always ordered on Friday nights. Perhaps you will see your brothers squirting each other with the garden hose or your sister getting dressed up for a date.

Our memories are put into our hearts and minds through the five senses. We write most expressively when we remember what we saw, heard, tasted, smelled and felt. Drawing a floor plan should help you remember what life was like for you when you were little.