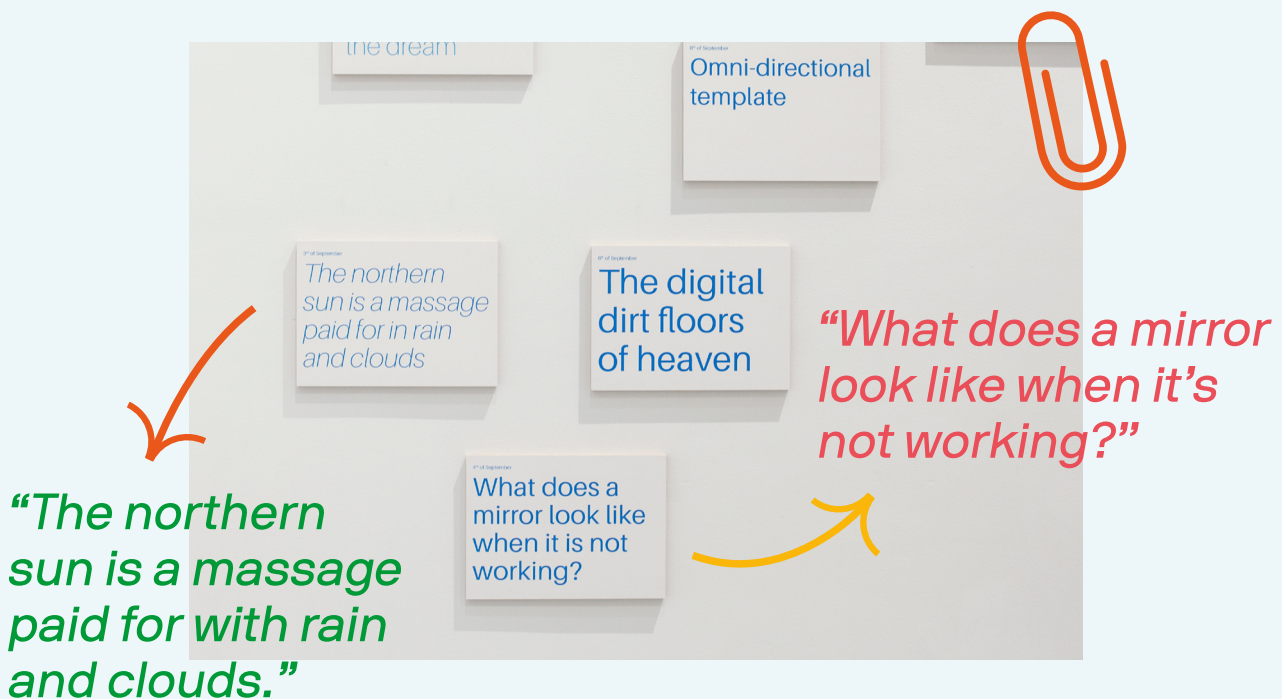


My Diary



One day, artist Orla Barry got the idea of coming up with a word, rhyme or phrase for each day of the year and write it down. Each time, the phrase was different and said something about the day she had experienced.

Just like a diary where every sentence is a memory of the day you wrote it. At M, we have put some of these phrases on the walls – as if you were walking inside Orla’s head.





Come up with your own sentence, rhyme, title, saying or word to describe today. What do you want to remember about this day? You could also write down your memory on a sheet of paper and keep it in a safe place.

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TIP Write down a phrase each day for a week in a notebook and keep it safe. Open the diary again a year later. What do you remember about that week? Did you make any special memories?

