

making a Memory Box

Please write your name here:

When a special person dies, it can be really hard to understand why you feel the way you do. Sometime we worry we'll forget our special person. Sometimes we don't want to upset others by getting upset ourselves. Talking about it can feel like a real struggle.

A great way to remember someone is to create a special memory box full of all of the things that remind you of them – you can add photographs, pictures you might have drawn for them, small items that you've been given that might have belonged to them, any anything else that reminds you of them.

What you'll need to make a Memory Box

- A Box
- Glue or sticky tape
- Coloured Pens, Pencils, Paint, Decoupage papers or other things to decorate your box
- Paper

Once you've decorated your special box, you're ready to fill it!

- Pop in the box all of the things that spark a nice memory of your special person – such as photographs, cards, CD's of their favourite song, an item of theirs, & any other special things

Once you've filled your memory box, remind yourself of why the items you've chosen are special to you.

Some people want to keep their memory box private; others want to share it with friend or family. Have a think about what you'd like to do with yours and keep it somewhere safe.

