

MAKING A MEMORY BOX

A Quick Guide for Kids

When someone important to you dies, it can be hard to understand all of your thoughts and feelings. Some people worry that they will forget about the person who has died. Some think that talking about them will make other people sad, or find that talking is too hard. A memory box can help you to keep safe all the things you want to remember about the person who died.

What is a memory box

A memory box is somewhere you keep special things that remind you of someone who has died. You can put just about anything in there - photos, drawings, items they gave you or that remind you of them. You may want to write down or draw some of the things you did together and include those, too.

Things you need:



A box



Clear-drying glue



Coloured pens,
pencils or paints



Paper



Photographs

STEP 1 Thinking

Before you get started, think about who your memory box is about. What did they like? What were they like? What was their favourite colour, or favourite things? You might want to keep these things in mind or write them down ready for the next step. Ask someone else who knew the person if you get a bit stuck.

STEP 2 Decorating

This bit can be quite fun. It's time to decorate your box! There's no right or wrong way to do it. You can paint, glue, colour, or cover your box in coloured paper or whatever you want. Make something that looks and feels right to you. You might want to use their favourite colours to decorate it, or draw things they really liked.

STEP 3 Filling

Now that your box is ready, you can start to put special things in it. You can do this over time (there's no rush). You can keep just about anything you want in here; photos, little things that remind you of your loved one, even drawings or things you wish you could share or say to them if they were still here.

