

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

