

Memory Box



A Memory Box is a special place where items that remind children of the person who died can be kept and treasured. Memory boxes provide children with a specific thing to go to when they want to remember their loved one . It can be filled with all sorts of things that remind them of their special person. The box can be added to at any point and can be used however the child wants to. It can be decorated, shared with others, or kept privately somewhere special. Memory boxes help children to continue to feel connected to the person that died and to remember the things they love about them. It also gives them something physical to help share with new people who enter their lives who didn't know their loved one.

How to make it

You will need:

- A box or container of any kind with a lid
- Some things that remind you of / belonged to the person who died
- Things to decorate it with if you want to.

What to do:

- Once you've found the box you want to use, you can decorate it any way you'd like
- Once it's finished, choose the items you would like to put inside. You can put anything you choose inside the box (just check with others in the family that it is ok)
- Choose where you want to keep your box.
- Remember, you can look at your box whenever you want to, with whoever you want to share it with, or on your own.

Some ideas of things you could include:

Photos
Perfume/aftershave
Item of clothing
Cards
Letters
Jewellery
Feathers
Order of service from the funeral