

## Memory Stones



A small bag of three stones can be a great way to open up a conversation with a child about how they are coping with different memories. Sometimes certain memories can overwhelm others. For example, if a child has witnessed particularly traumatic or distressing events around a death, these may be the most prominent memories and therefore remembering other things may seem difficult. The three stones help them to find the balance between the different types of memories of their loved one.

### **How to use them:**

Take each stone in turn and ask the child to hold it in their hand and describe how it feels. Talk through the following for each stone:

#### **The Smooth Stone**

The smooth stone is plain and simple. It doesn't stand out by looking shiny, or sharp. This stone represents the ordinary memories, the every day things about the person who died. Ask the child if they can think of ordinary memories, such as routines the person had through the day, what they always drank / ate for breakfast etc.

#### **The Rough Stone**

The rough stone feels sharp, hard and rough. It doesn't sit comfortably in our hand and it can hurt to carry it. This stone represents the painful and difficult memories we may have about the person who died, or around their death. Encourage the child to share any of these difficult memories with you.

#### **The Precious Gemstone**

The precious gemstone looks shiny and beautiful. It stands out among the rest and fits nicely in our hand. This stone represents the special memories we may have of the person who died, such as special occasions, special times spent together etc. Ask the child if they can think of what their special memories would be.

### **Holding the stones together**

The key with the stones is to try and find a way to be able to hold all three together, the rough alongside the precious and the ordinary, so that no one memory overwhelms the others. This can be hard to do, and there can be days where we can feel one stone more than the others.

The stones are a useful way of helping children communicate their feelings, and preventing the silence and secrecy around difficult emotions. They can be used on a daily basis for a child to express which stone they are most aware of on that day.