

## ACTIVITY **5** A MEMORIAL BOX



**CREATING A SPECIAL MEMORIAL BOX OR SPACE CAN PROVIDE YOUR CHILDREN (OR YOU) THE OPPORTUNITY TO ESTABLISH A LASTING REMEMBRANCE OF YOUR LOVED ONE.**



**GATHER SOME MATERIALS TO MAKE A BOX YOU CAN USE:**

- An existing box (shoe, hat or gift box which can be purchased from a discount store).
- Some paper to cover your box if it is plain (consider using butchers or white paper and decorating it with pictures or words that remind you of your loved one).
- Items for embellishment: beads, coloured sand, glitter.



**ENCOURAGE YOUR CHILDREN TO MAKE THE BOX AS PRETTY OR SPECIAL AS THEY CAN**

So they always get a good feeling when using it.



**TALK ABOUT SOME ITEMS YOU CAN PLACE IN THE BOX**

It could be photos, mementos they made for their loved one when they were younger or gave as gifts.



**THINK ABOUT SPENDING SOME TIME WRITING SOME MEMORIES**

on paper and putting them in the box to reference later.



**ENCOURAGE YOUR CHILDREN TO ADD TO THIS BOX REGULARLY**

Encourage your children (and yourself!) to add to this box regularly as they remember moments or want to connect.



**IN MOMENTS OF HIGH EMOTION YOU CAN USE THIS BOX AND THE ITEMS INSIDE TO BRING YOU BACK TO A POSITIVE PLACE AND BRING SOME PEACE.**