

Connection Activity



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.**