

Ideas for the **Memory Box**

- **Photos**

This can be pictures of events, holidays and happy times. They may be in the form of photos or pictures in an album or memories stored on a disc to be looked at on a computer.

- **Letters and cards**

Letters you have received after the person died, postcards from special holidays. Birthday and Christmas cards from before the person died.

Sometimes children like to put a card in their box on special anniversaries.

- **Writings and drawings**

This could include poems or messages the child has written about how they feel or a drawing of their special person.

It may include a drawing by the person being remembered or special poem about the person.

- **Objects**

Which belonged to your special person this could be an item of clothing such as a favourite scarf or tie. It might be a piece of jewellery such as a necklace or a watch. You could include some favourite perfume or aftershave, smell can be a very powerful way to evoke memories.

- **Other People's Memories**

You could ask friends and family to write down a few thoughts and memories which a child may like to read.

- **Music/Sound/Images**

CD/tape that has special meaning. Videos or DVD's.

- **Keepsakes**

You may like to keep a passport or work pass.