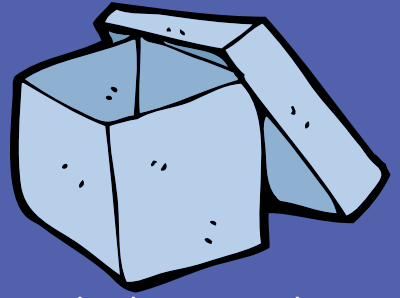


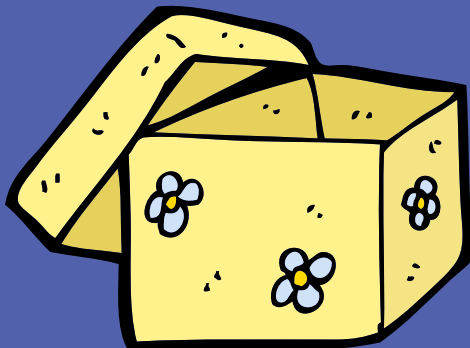
When someone important in our life dies, we sometimes worry we will forget things about them. A memory box is a great way to cherish the special memories so we never forget them.



You can use any box you choose, it could be a shoebox, a wooden box or any plain box. You can decorate the box and then fill it with your special items.

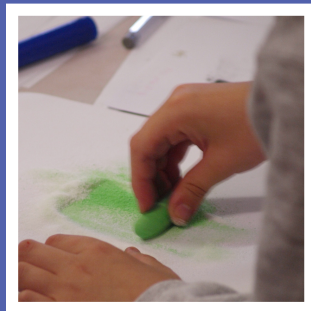
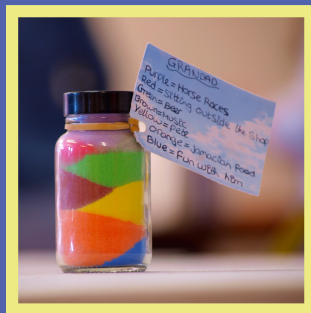
Here are just a few ideas of things you might like to include, but there are probably lots of other things you can think of too, these may just get you started:

- Photographs
- The person's clothing
- A book or CD
- A journal
- Their perfume/aftershave
- Cards they sent
- Tickets from a memorable event
- Jewellery
- Their glasses
- Or anything that means something to you



Making a memory jar is a great creative way of keeping special memories. It can be done using any jar (herb jars are quite good). All you need is salt and different coloured chalks. Firstly think of about 5 or 6 (or more) special memories about the person who died and decide which colour represents that memory for you. Then tip the salt onto different sheets of paper (1 sheet per colour) and rub in the chalk until it all turns into a colour you are happy with. Finally tip the coloured salt into your jar, 1 colour at a time. Remember to label your jar so you will always remember why you chose the different colours for your memories.

You can keep your jar on display or in your memory box.



Lighting a candle in memory of someone and blowing it out after a short time or at the end of a day, can be a nice way to mark an anniversary or any time you are thinking of someone. *Please make sure a responsible adult is aware that you are lighting a candle.*

