

Making a Memory Box

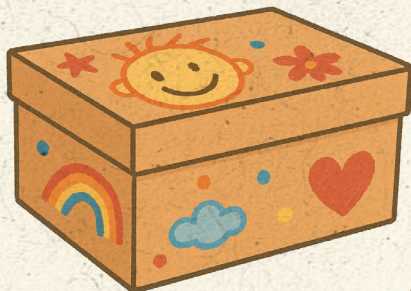


Step 1 - Fill your box



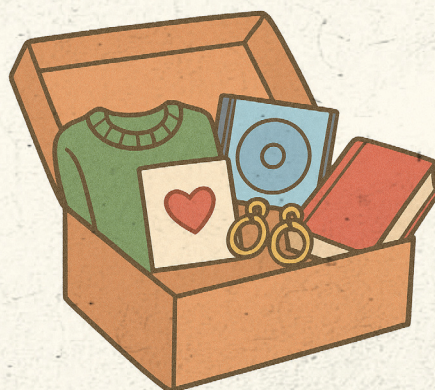
Include items that remind you of the person and times you spent together - photos, letters, clothing, keepsakes, etc.

Step 2 - Decorate your box



Encourage creativity - children can draw, paint, or decorate however they like.

Step 3 - Choose meaningful items



Each object should tell a story or spark a memory, rather than just being random things.

Step 4 - Add notes or stories



Suggest writing a **short note** explaining what each object means or the memory it brings.

Step 5 - Keep or share



Some people like to keep their memory boxes private; others share them with friends or family - **both are okay.**