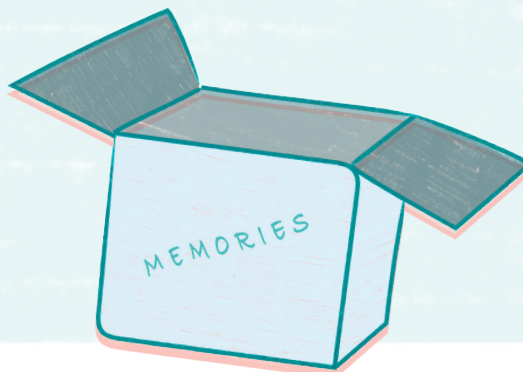


Creating a Memory Box



Worksheet

Creating a memento box is a wonderful way to honor the memory of a loved one, especially for children who may need a tangible way to hold on to the special moments they shared. It's a comforting way to keep cherished items that remind you of the person and the love they brought into your life. Plus, decorating the box together as a family can be a healing and meaningful activity. You can get creative with the design, making it as unique as the memories inside, turning it into a beautiful reminder of connection and love during difficult times.

Recommended Supplies

- Small, empty box (a shoe box works well)
- Scissors
- Glue
- Mod Podge
- Magazines or newspapers
- Photographs
- Mementos and trinkets
- Paint and paintbrushes
- Stickers, stamps, crayons, colored pencils, or markers

INSTRUCTIONS

1. Select photos, pictures, and words from magazines that remind you of the loved one. You can also draw or paint pictures.
2. Decorate the box: glue photos and magazine cutouts to the box, paint it, or however you'd like it decorated.
3. To help preserve it, use a paintbrush to cover the box with Mod Podge, or another sealer.
4. Fill the box with special mementos, photos, and trinkets that remind you of the loved one.