

CREATING A MEMORY BOX



Children who have experienced loss of a loved one, pet, or personal items may need space to process the loss. Creating a memory box to keep small items, pictures, and mementos offers children a safe space to store memories that they can return to when needed.

MATERIALS

- Box (this can be any box: shoe box, gift box, wooden box)

Optional materials for decorating the box if available:

- Collage materials
- Paint, markers, pencils
- Magazines
- Tissue or colored paper
- Glue
- Scissors

Explain to children this is a safe space for them to keep items and mementos that remind them of lost loved ones, pets, or items. They can choose whatever they would like to keep in the box. Let children know this is their memory box and they can return to it whenever they need or want to remember.

If children want to decorate the box, allow them to use whatever materials they want.

CHOOSING ITEMS

Children can include photos, small mementos, or reminders of things they lost but want to remember about their home, neighborhood or a loved one or pet.

Children may also want to add to the box poems, quotes or songs that give them hope. They may draw pictures of how they are feeling now but also how they want to feel in the future.

Allow children to choose their own items. Ask them why they are choosing those items but try not to discourage or change children's choices.

GUIDING QUESTIONS

- **What is it about that item that makes you think of.....?**
- **What are some times you think you might want to return to your memory box?**
- **What are some ways you think you would like to remember (insert name of loved one, pet or lost item)?**



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