

# Memory Box

To help when you have lost someone close



Memory Boxes are like a very close friend you can share your memories with. They carefully hold the things that remind you of the special person (or pet) who is not with you anymore. You can use a shoebox and decorate it or buy a gift box.

The items you place in your memory box have a unique purpose - to help you spend time alone to remember your special person.

Examples include:

Photo Frame with a picture of your special person.

Note book and pen – this is where you can write or draw your thoughts and feelings. Or.....you might like to write a letter to your special person. Even though they won't read it, it will help you to put your thoughts on paper.

Tissues – it's okay to cry! Tears are a release of our BIG feelings such as sadness, anger and worry. It's also okay to laugh. Even in times of great sadness, there can be something funny that happens....and it's okay to laugh even when you're sad. Both crying and laughing are actually very healthy.

Squishy Ball or other sensory item – some people find that fiddling with a soft toy, or other fidget items, helps them to think or focus....to help them remember their special person.