

Making Memories

For ages
3-7

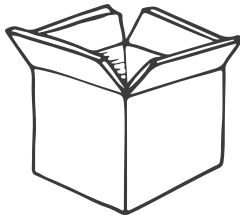


Making Memories

When you are missing someone, making memories can help you feel better and the nice things will make you smile. Here are some things you can do to remember them.

Make a memory box

1



Find an empty box and decorate the outside with paint, felt pens or crayons.

Use your favourite colours.

2

Gather some things and put them in the box.

Draw or paint a picture.

Put a little teddy or toy in .



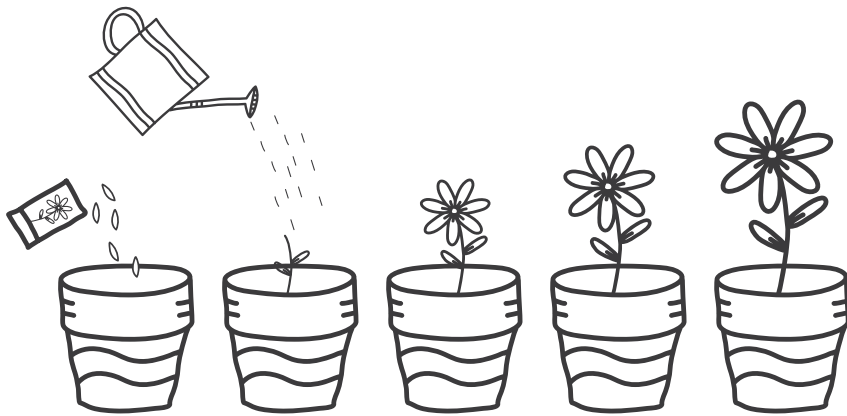
3

Whenever you are missing that special person, look in the box of all the things that remind you of them.



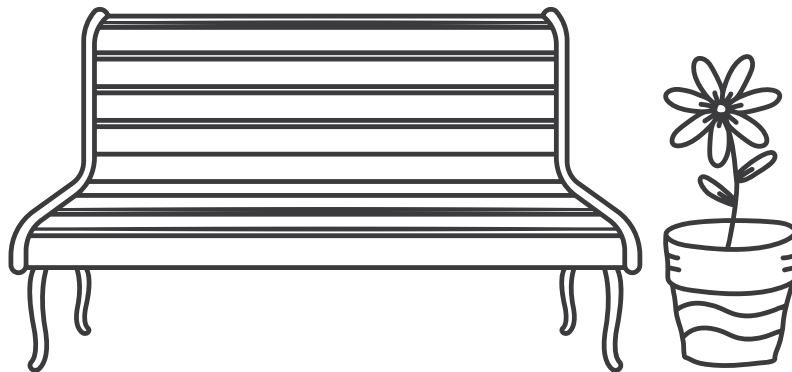
A potted garden



Find a plant pot, some soil and some forget-me-not seeds. Plant them in the pot, water them regularly and watch them grow. They will always remind you of that special someone. You could even add ornaments, windmills and pretty decorations.



Find somewhere special

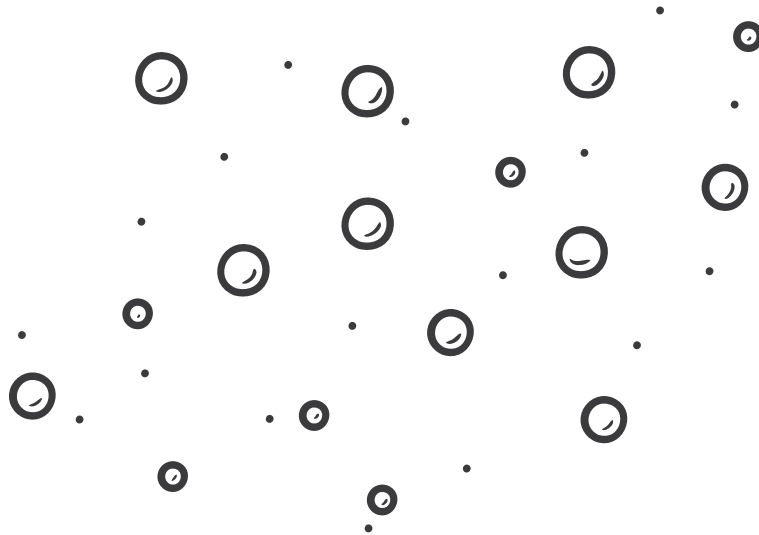
Choose a tree in a local park or find a special place where you can take some time to remember a much-loved baby.






What else can I do
to remember them?

Blow some bubbles and chase them until they pop!



Talk to someone

Talk to your family about the person you are
missing as they will be missing them too.
Or you can talk to your friends or a teacher.



Hello,
how are you?