

Memory Box Activity



Helping your children do an activity surrounding grief doesn't have to be complicated to be meaningful. Even though we can't meet at Lost & Found, we know that your family's grief journey doesn't take a break. We want to help you connect with your children and do grief work even while we can't be together. Below are instructions about how to do an activity with your child. We know that remembering is a part of grieving and we hope it is a meaningful and helpful experience.

Memory Box

Supplies needed:

1. A box (Any box will work!)
2. Any art supplies to cover the outside of the box
You can use magazines, construction paper, or simply color the outside of the box!
3. Glue, Modge Podge, or tape to attach art supplies to the outside of the box
4. Any special pictures or mementos of your loved one that your children would like to include inside the box

Instructions:

1. Gather the above mentioned supplies needed to complete the activity.
2. Explain the activity to your children and help them find items and pictures they would like to include in the box.* You can simply tell them that you are going to make a special box to hold pictures, items, or memories of their loved one. Any time they are thinking of or missing their loved one, they can look through the box.
3. Help your children decorate the outside of their box in a meaningful way. They can color the outside of the box, or cover it in magazine pictures, or use any other art supplies that would reflect their loved one. Use tape, glue, or Modge Podge to attach items to the outside of the box, you can make this as involved as you would like.
4. Once the box is completed, take time to talk with your children about the items they selected. Don't pry when your children tell you about the items and their significance but ask open-ended questions. Share memories with your children about their loved one. Take this opportunity to talk about the things you love and miss about your loved one.

**We know that sometimes children don't have the pictures or items they would most like to include in their memory box. If your children don't have meaningful items, help them write or draw pictures of memories they have of their loved one.*