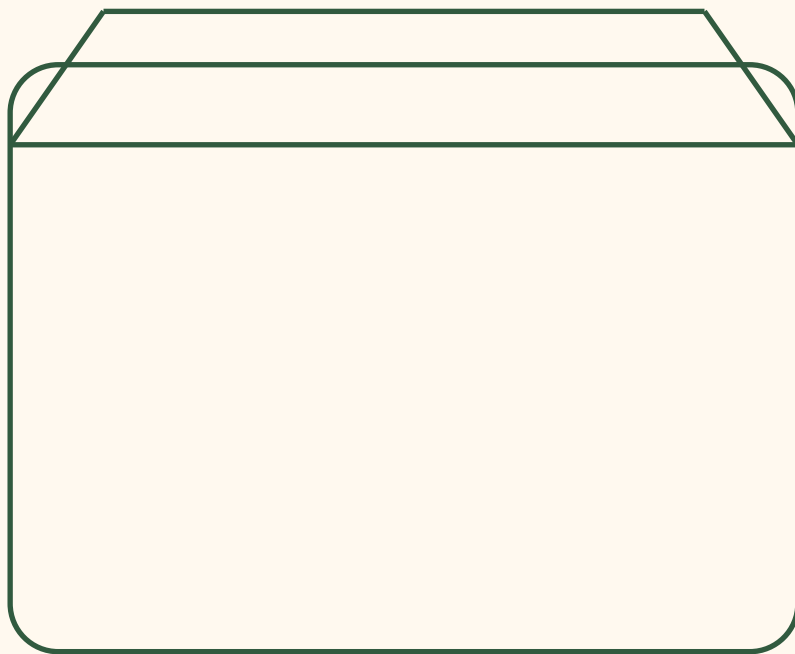


A box for memories

A memory box does not fill the space a person leaves. It gives selected objects, drawings and stories somewhere to be kept.



- 1 Choose a box, envelope or bag.
- 2 Decide together where it will be kept.
- 3 Add one item at a time; there is no target number.
- 4 Agree who may open, add to or share it.

Things I might keep

Choose what fits your family, culture and memories. Leave every space that does not fit.

1

a drawing or copied photograph

2

a safe small object

3

a written saying or short story

4

a colour, fabric or natural object

5

a song title, recipe or place

6

something that arrives later

A note for the grown-up

Use clear language about death. Do not describe death as sleep. Follow the child's pace and do not use the box to require disclosure.

1

Invite; do not insist.

2

Make room for mixed feelings.

3

Keep precious originals somewhere safe.

4

Seek pastoral, bereavement or healthcare support through existing routes when needed.

One sentence to borrow

"I am missing them today. I do not know if I want to talk, but I would like you nearby."