

# Memory Box

Therapeutic grief activity for kids.

Age range: 5 – 18 years old

## Supplies

- A wooden box or shoe box
- A lock (optional)
- Family photos
- Birthday cards
- Favorite recipes
- Small mementos
- Other small items that spark joyful memories

## Directions

1. Each family member gets a box to be their “memory box.” If you are feeling adventurous, you could build your own boxes. Recommendation: use wooden boxes rather than shoeboxes so that it does not breakdown over time. Optional: have boxes with a lock on it, so that the items inside can remain private to the owner of the box.
2. Have each family member gather items that remind them of the loved one who died. Examples: the person’s favorite recipe, photos of that person, an art project the person completed, a program from the memorial service, a letter that person wrote, etc. These items can be gathered over time.
3. Put the items in the box and put the box somewhere accessible. The box can be pulled out anytime you miss that person or need a reminder of them. You can also put this away when you need to.
4. Optional: share as a family the items each person gathered.