



Supporting Our Community
to Cope with Coronavirus



Art Support

Create a Memory Box to Remember a Loved One

A memory box can be a great place to keep letters, photos, and other meaningful items relating to someone special who has died.

Materials

1. A Box -it can be made from plastic, cardboard, metal, wood – or any other sturdy material.
2. Decoration - Wrapping paper / ripped up paper
3. Glue/Sellotape
4. Objects to go in the box - Photos, letters, scents or anything that reminds you of the person you are remembering

Method

1. Decorate the box. Every memory box is different and how you decorate it is up to you. Some are colourfully decorated while others are simple. Think about your personal style, or the style that reflects the person you

are remembering. You can use wrapping paper to cover the box or ripped paper to decoupage it.

2. Stick something special inside the lid. Tape or glue pictures, photographs or poems that mean a lot to you.
3. Place memories in the box. You can fill the box with personal treasures that relate to a the loved one you have lost. Fill the box with old letters, notes, and birthday cards. Fold up and save any words they have written to you. Store photographs of special times. If you don't have any physical photos, you can print them from your computer, or you can save them to a flash or USB drive and put the drive into the box.