

# MEMORY BOX (Page 1 of 2)



## Key Learning

To validate and support an ongoing connection with the person who is dying/has died.

## What You Need

- Raw cardboard box (not glossy)
- Paper (blank, tissue, scrapbooking)
- Old magazines, comics, catalogues
- Drawing materials
- Craft supplies
- Glue (Mod Podge® and low temperature glue gun)
- Plastic plates
- Foam brushes
- Scissors

## No. of Children

- 1 or more

## Preparation Activities

1. Inform the child(ren) of the activity one week in advance so they have time to make copies of photographs and gather other special items to put on/in their box:
  - Poem, quote, letters, memories written on strips of paper.
  - Sample of the person's handwriting.
  - Jewelry or a piece of the person's clothing.
  - Photographs, cards or special gifts.
  - Tickets to events you attended together.
  - Small objects that remind you of the person.

## How to Play

1. Explain that when someone is dying/has died we can still stay connected to them. We can do this by sharing special memories; thinking and talking about the person, the things you have in common and the things that you've learned from one another.
2. Ask the child(ren) if they would like to share a little bit about the photographs or mementos that they brought in.
3. Invite the child(ren) to make a memory box to hold their special memories and things that help them to stay connected with the person who is dying/has died.
4. Provide each child with a box to decorate.
5. Pour some Mod Podge® onto a plastic plate and demonstrate how to adhere paper materials to the box:
  - Cut or rip an image from a magazine.
  - Apply a thin layer of glue onto the box where you want to paste the image.
  - Lay the image down on the freshly glued area.
  - Now apply a thin layer of glue on top of the image.

⚠ Inform the child(ren) that Mod Podge® is a type of glue that dries clear (they might be worried it will stay white).

6. Encourage the child(ren) to be creative.
  - Paste photographs.
  - Cut out single letters from magazines to form names and words.
  - Write and draw directly on the box.
  - Add embellishments.
7. Invite the child(ren) to share their memory box if they feel comfortable doing so.
8. Remind them that when they need to, they can look through their box to help call special memories to mind and to feel connected to the person who is dying/has died.



# MEMORY BOX (Page 2 of 2)



## Discussion

### Reflect

What kinds of things can we keep in our memory boxes?

### Connect

Special things that were given to us or belonged to the person can bring comfort and make us feel connected to them. Is there a special gift that this person gave to you that brings you comfort?

### Apply

You can go through your box when you want to remember and feel connected. What are some other things you can do to honour their memory and feel connected to the person?

## Variations

1. Paint a memory box.
2. Make a memory frame instead using a blank wooden picture frame. The child(ren) can put their favourite picture or a special quote in the frame.

## OUR NETWORK



### OUR VISION

Every child and youth has honest information and well-informed support when someone they care about is dying or has died.

### OUR MISSION

To advocate for educational opportunities and support services that will benefit children and youth who are grieving the dying or the death of someone they care about.

[www.childrenandyouthgriefnetwork.com](http://www.childrenandyouthgriefnetwork.com)



## SPECIAL ACKNOWLEDGMENTS



**RIGHT TO PLAY**  
PROTECT. EDUCATE. EMPOWER.

Right To Play is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank Right To Play for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit Right To Play's website or email [canada@righttoplay.com](mailto:canada@righttoplay.com).



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