

# Making Memories

For ages  
7-11

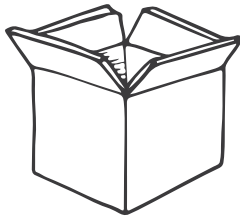


# Making Memories

When you are missing someone, making memories can help you feel better and the nice things will make you smile.

## Make a post box

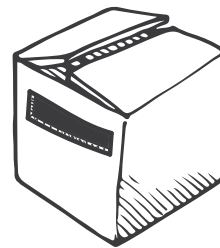
1



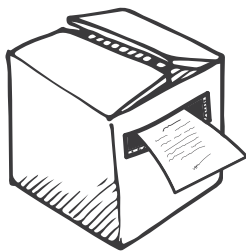
Find an empty box and decorate the outside with paint, felt pens or crayons.  
Use your favourite colours.

2

Cut an oblong shape out of the top.  
Ask a grown up to help you.



3



Whenever you are missing that special person, write a letter or poem to them, draw a picture or write how you are feeling.

## Paint a pebble

Nice things you make will make you smile. Find a pebble or small rock. Decorate it in your favourite, brightest colours. Place it somewhere you can see it, or in a place for someone else to find.



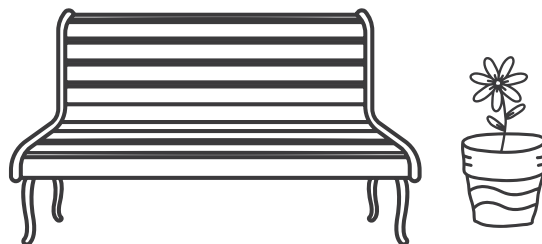
## A potted garden

Find a plant pot, some soil and some forget-me-not seeds. Plant them in the pot, water them regularly and watch them grow. They will always remind you of that special someone. You could even add ornaments, windmills and decorations.



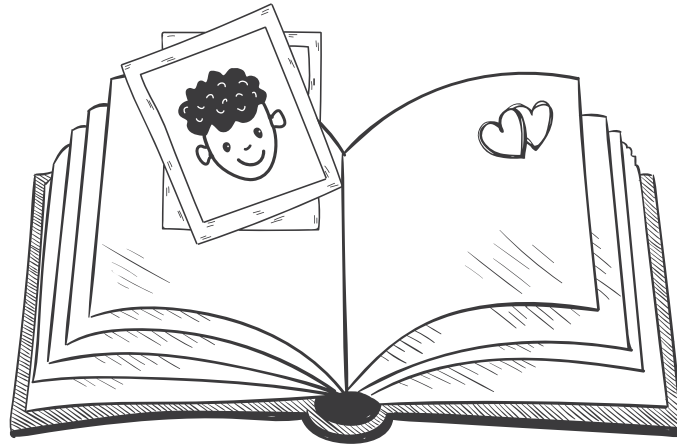
## Find somewhere special

Choose a tree in a local park or find a special place where you can take some time to remember a much-loved baby.



## Make A Scrapbook

Fill a book full of nice things to make you smile when you feel sad. Draw or cut out pictures of your favourite things that make you happy and stick them in your scrapbook.



## Talk to someone

Talk to your family about the person you are missing as they will be missing them too.  
Talk to your friends and teachers too.

