



Make A Memory Box

What You Need:

- Empty box (i.e., shoe box, cardboard box, etc.)
- Pens, crayons, colored pencils, markers, stickers, etc.
- Objects that remind the child of their sibling

Directions:

- Ask the child to draw or decorate the empty box
- Ask the child to gather objects or memories that remind them of their sibling
- Have the child place their objects or materials into the box

Tips:

- There is no age limit to this activity
- This provides a creative and expressive way for children to remember the good times with their sibling
- This can be connected to the memory book activity and provide a safe space for children's memories

This activity can be done individually or with others. This gives children the chance to create a memory box to hold items that connect them to their sibling. The box can be decorated in any way the child chooses. This activity focuses on helping the child to remember their relationship with their sibling. The box can lead to discussions with family or just be a way to keep memories that connect the child with their sibling.

Please refer to the Additional Resources section, which will include the book *The Memory Box: A Book About Grief*.

Disclaimer: These activities may bring intense feelings to the surface. It is okay to express and discuss your feelings with children/siblings. If you feel that these activities are too difficult, please reach out to your support system (i.e., family friend, counselor, another adult, etc.) to interact in this activity with children/siblings.

