



Memory Book

Here are some suggestions for things to put in your memory book and how to create it. However, there is no right or wrong way and you can choose for yourself the order of pages.

Page 1 Name of person you have lost and your relationship to them. What they looked like. Draw or write.

Page 2 Memories of this person's character. Any examples you can remember, such as that they always hate the rain, or they used to run 2 miles regularly.

Page 3 Things this person did or said regularly.

Page 4 Their favourite colour, football team, hobby, etc. Use any small items you have brought in.

Page 5 A favourite holiday memory. You can draw, write or do crafts for this.

Page 6 A funny memory; is there more than one?

Page 7 A family memory, something you, as a family, like to think about.

Page 8 A favourite memory of them from your own childhood. You may have been told a story by an adult, or you may remember something yourself.

Page 9 Something you have been told about their childhood. You could ask your parent or another relative to help if you are unsure.

Page 10 One sad memory, one happy memory and one memory you will never forget.

When you have done enough, glue a photo on the front of the book to show who this book is in memory of.

It is your choice if you want to show anyone else this book. It is your memory book for you to keep it safe. It should help when you miss the person you have lost. Show your mum or dad, brothers or sisters or another relative, so they know you have made it. They may have some more ideas of what you add.