







Making a Jar of Memories



You may like to make a coloured "Salt Sculpture" to help you remember important things about the person who has died.

You will need:



-  **A small jar with a lid and wide neck (e.g. baby food jar)**
-  **Salt**
-  **5 coloured chalks**
-  **6 pieces of paper**



What to do:

1. Fill your jar to the brim with salt. On one of the pieces of paper write down 5 things you remember about the person who has died. These could be things you know they liked, something they enjoyed doing, perhaps somewhere you went together or what you remember about them as a person. Then choose a different colour to represent each memory and put a dot of that colour next to each memory.

2. Spread out 5 sheets of paper and divide the salt from the jar between them.

3. Then colour each pile of salt using one of the 5 chalks. Rub each chalk backwards and forwards into the salt. The salt will begin to take on the colour of the chalk. The harder you rub the brighter the coloured salt will become.



4. Carefully pick up each piece of paper and pour the coloured salts into your jar one at a time. (If you tilt your jar you can make waves of colour appear)

5. When all the colours have been added, hold the jar and tap it down on a work surface to settle the salt. Do not shake the jar unless you want to mix up all the colours. Then fill any remaining space with plain salt (right up to the very top!) This is important and will prevent the colours mixing.

6. Secure the lid firmly and use some sellotape to hold it in place. Try to keep your list of what the colours mean to you close by your jar. You may like to show other people in your family your 'jar of memories'. Can you think of a special place where you can put your jar?

my dad



his smiles and
his funny jokes
Fishing
Camping
Man. United
Sometimes he
would get cross
with me



Bolton Hospice
caring from the heart