

Memory Collage Activity

Working on a memory collage or memory book can be an ongoing family or individual project when the weather is too cold and the days are too short for outdoor activities. Keeping memories in a special place can help you remember things about the person who died, things you did together, and other things you never want to forget. Sometimes both adults and children have a fear that they will forget the person who died. Creating a safe place for memories can be comforting, both now and in the future.

- What are some things that remind you of the person who died?
- What was his or her favorite color, song, food, movie, animal, flower, sport, hobby, place, book, etc.?
- What things did you share with the person?
- What did you like to do together?
- What were the person's unique personality traits, talents, or important values?
- What would the person like to be remembered for?
- What do you miss most about the person?

You can show these things (and any other things you might think of) using drawings, photographs, magazine pictures and cutout words, poetry, letters, writing – anything that feels right to you. The items can be attached to a single sheet of paper or cardboard and perhaps framed, or you can use a notebook, journal, or scrapbook to keep everything in. As time passes and different things come to your mind and heart, they can be added to your creation.

In addition to this project being helpful and a comfort to you now and in the future, as you have it to reflect on, it can also be a way for you to share information about the person who died with people in your life who never got a chance to know him or her or children who were very young when the person died and may not have any memories of their own.