

# Memory Box Ideas



🕒 30 Minutes



Create a cherished memory box to honour and remember your loved one who has passed, filling it with meaningful items that capture their essence and the special moments you shared together.



● Photographs capturing special moments and memories

● Something sprayed with their favourite perfume/cologne or a scent that reminds you of them

● A playlist of songs that they loved or that reminds you of them

● A small trinket or keepsake that belonged to them

● A journal where you can write down your thoughts, memories, and conversations with them

● Their favourite book, poem, or a passage that holds significance

● A piece of clothing or accessory that reminds you of them

● Screenshots of special messages or conversations between the two of you

● Handwritten letters or birthday cards exchanged between you and your loved one

● A recipe of their favourite dish or a shared meal

● A dried flower or a pressed leaf from a place that held meaning for both of you

# Memory Box Ideas



- A special piece of artwork, whether it was created by them or something they admired
- Something that represents an inside joke you shared together
- A symbol or charm that represents their personality, hobbies, or passions
- Maps or travel mementos from a place you visited together or a destination they loved
- A small jar filled with sand, soil, or sea shells from a place they cherished
- A list of quotes, wisdom, or advice they shared with you
- A candle that you can light in their memory during significant moments
- A ticket stub or a program from an event or activity you enjoyed together
- A DVD/CD/USB drive of a film, TV show, or music that you enjoyed watching or listening to together
- A written reflection or letter expressing your love, gratitude, and thoughts about them. You could use other tools in this section as a starting point: [Goodbye Letter](#), [Understanding My Grief](#)

