


Ideas for your Memory Box



 30 Minutes



Create a memory box to honour, cherish and remember your loved one who has passed away. 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

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- ☐ 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