

Memory Jar

A memory is a recording in our minds of something that happened to us or with people that were part of our lives.

Each person has a unique set of memories about special people and special times in their lives.

There are many ways to collect and store our memories and making a memory jar is a special and enjoyable way to preserve your memories.

How to create a memory jar:

- Think about and write down about 5-6 special memories that you have of the person who has died. There may be holidays that were special to you or days out, happy times spent together things that make you smile about the person or way the person looked.
- Try to choose a colour that reminds you of the memory, for example if your memory is of a special holiday by the sea you could colour the sand **Blue** for the sea or **Yellow** for the sand. If your memory is of a day out at the park you may colour the salt **Green**. As long as you can remember when you look at the jar what each colour represents then that is fine.
- You need a clean jar, salt and coloured chalk (found in places like Early Learning Centre) and some large sheets of paper.
- Place a small amount of salt onto the paper, how much depends upon how big the jar is and how many memories you have but you can always make some more and you may want your memories to be different sizes depending on the memory.
- Pick the chalk which is attached to your first memory and begin rubbing it onto the salt, you will see that the chalk will start colouring the salt. Continue until all the salt is coloured and pick up the paper and pour into the jar. Repeat by building colour layers of memories.
- Fill the jar to the top with your final memory and place the lid on securely.
- You may want to decorate the jar top with the persons name or stickers; you can also put some stickers on the jar or use glass pens as long as you can still see the different colours.
- The memory jar is now complete.
- By making this jar you have re-visited and preserved your treasured memories, you may want to keep your jar on a shelf in your bedroom for example where you can see it. Sometimes when you are sad it can help to recall the memories in your jar or if you are having trouble getting to sleep you could pick one of the memories to help you go to sleep.

