



Memory Maker Download

When we are missing people, we often feel sad.

We can create something that can help us remember someone that we miss!

Name of Who I Am Missing:

1. Create a collage

- Find, write or draw words, pictures, sayings that remind you of who you miss.

2. Fill a box of memories

- Put things in the box that are special mementos – it could include photos or drawings, but could also include movie stubs, a piece of clothing, etc.
- Consider decorating the box.
- When you miss your loved one, open the box and remember them.



3. Write or draw a fun memory of them

- You could write a note, or series of letters (or drawings), to them.
- It could be a poem, play or short story.

4. Connect through music

- Create a playlist of music that reminds you of the one that you miss.



5. Create a menu of favorite foods

- Make a list of favorite foods for the person you are missing.
- If possible, make or get some of those foods.

6. Build a scrapbook

- Combine any of the ideas above into a booklet with a combination of lists, drawings, photos or mementos that bring that person to mind.



**The
ON OUR SLEEVES[®]
Movement**

For Children's Mental Health

