



Activity: Memory Jar

eluna

RESOURCE CENTER

Objective

Memory Jars provide a creative way to capture memories that can be kept safe and revisited time and time again. The Memory Jar can be decorated in a variety of ways to pay tribute to the person being remembered. Participants can reminisce and write down memories during this activity and can continue to add them as they are remembered for years to come.

Instructions

- Participants will start by choosing crafting materials unique to their person, as well as their personal grief experience.
- Using mod podge, participants will layer on their different colors of tissue paper and crafting materials.
- Set the jar aside to dry for ~2 hours.
- Once decorated and dried participants can use the prompts below to write & draw memories onto their paper squares.
- Encourage participants to use the name of the person they are remembering ("My daddy..." or "Jake and I loved to...").
- Provide permission to skip any prompt that is not meaningful to them as well as add in others, as desired.
- Participants can also choose to share some of their memories with the group or keep them stored in the jar.



Supplies

- clear jar of any size
- crafting materials (ribbons, buttons, tissue paper, paint, stickers, yarn, etc.)
- mod podge glue
- sponge brush
- small paper squares
- pens/pencils/markers
- Memory Jar handout (next page)

Additional Ideas:

It may be helpful to revisit the jar on special days (birthdays, holidays) and any time they want to reconnect with their person.

Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!

Memory Jar



Memory Jar Prompts

- My person liked/loved...
- A special trip that we went on is...
- My person always said...
- My person and I loved to...
- A quality/characteristic that I share with my person is...
- A game I loved to play with my person is...
- One holiday tradition I remember with my person is...
- One time we belly laughed because...
- A project/craft that we made together was...
- I am grateful for my person because...
- My person's favorite _____ was...
- An important lesson that my person taught me was...
- My person made me laugh when...
- One quality of my person that I appreciated is...
- One time my person surprised me by...
- The smell of _____ reminds me of my person.
- One thing my person taught me how to do is...
- My person made me feel special by...
- My person loved the song...
- My person gave me...
- A symbol that reminds me of my person is...

