

# Hope Box

## MEMORY ROCKS

Create memory rocks in honor of the person who died.

Sharing memories helps children to feel connected to the person who died, communicates that it's OK to talk about that person, and enhances the bond between family members through the shared experience of grief.

Consider the following prompts as your family decorates memory rocks.

### Show with drawing or words something that reminds you of . . .

- A special day you shared
- That person's favorite \_\_\_\_ (food, animal, movie, etc.,)
- A meal you shared
- How that person looked
- His/her smell
- An activity you enjoyed doing together
- A time you laughed together
- A way that you are similar (in appearance, personality, interests, etc.,)
- The love you shared for each other

### Young children and children who were very young when the death occurred may need help filling in memory gaps. Consider the following for children with limited memories:

- Draw a picture of a day you never had with your loved one that you would like to have.
- Show with words or drawing something you wish you had been able to say to your loved one.
- Interview a family member about the person who died. Show with a drawing or words something you learned.
- Find a picture of your loved one who died. Ask a family member to describe what was happening when the picture was taken. Show your favorite part of the story with words or a drawing.

### Things to do with your finished memory rocks:

- Keep them on your nightstand
- Bury them
- Put them in a memory box
- Display them in a garden
- Take one to the KinderMourn rock garden