

Bereaved Families of Cape Breton

Memory Boxes

You may prefer to keep your memory items together in a special box. A memory box is a safe container where you can contain your grief and open it up whenever you want to. Each time you view your box and explore its contents, you may feel more connected to your loved one.

Creating a memory box to honor your lost loved one can be a very healing experience. Take plenty of time and care to make it special. This memory box is yours – so use your own creativity to decorate it anyway you choose.

To make one, you first need to find an empty box. It can be a craft box, shoe box, jewelry box, cigar box or any other type of container that you wish to use. You may even buy a nice wooden box or get a blanket box at the crafts or discount store.

Decorate the box by painting or covering with fabric, ribbons, flowers or other decorations (walk through Michaels for inspiration). You might create a collage of photos and stickers to decorate it. You can paint the inside, or line it with soft fabric.

Once you have finished decorating your box, collect objects that remind you of your loved one. This may include: photos, letters, obituary, death certificate, toys or stuffed animals, artwork, prized possessions that he or she loved, a favored piece of clothing.

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