



In a memory box, you can keep and treasure all kinds of things that remind you of your past. You can customise it by filling it with photos, letters and objects that remind you of your past life, skills, hobbies and experiences and make your memory box more personal and specific to you.



Memory Box

There will be lots of things that you will want to remember about your past, things that are special and remind you of your life achievements and experiences; friends and family members who are no longer with us. As time passes by, you may find it harder to recall some of these different memories.

Fill your memory box with items that remind you of your past and times you spent with your loved ones. It could be personal items that have significant memories. You could include photographs and letters, a postcard from a holiday you went on or a favourite CD you always listened to. How about a badge from a club, certificates and awards or a favourite piece of jewellery or item of clothing? Then, when you want to remember....you can simply look through the wonderful collection of memories in your box.

Try not to simply fill you memory box with random bits and bobs... instead, make sure that each object has a story or memory attached to it.

It can really help to write a note for each object to explain the memory it gives you and then you can also include this in your "My Story".

Some people like to keep their memory boxes private, others like to show them to friends and family, it's totally up to you.

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