

RAINBOW CONNECTIONS

ISSUE 3 | MEMORIES

It is important to try to keep the memory of our loved ones who die alive. We do not want to forget them; that would be like losing them all over again.

"To remember my brother we listen to his music and look at his pictures."

- Dominick, age 8

There are many ways to keep these memories alive. This mailing will discuss some of these ways.

Some families have a **special memory box** in which objects that belonged to their loved one are kept. These items might be tools, buttons, keys, rings, or other mementos.

"Going to the cemetery and going to the places we went with our dad helps us remember him."

- Laura and Nikki, ages 10 & 9

Everyone in the family knows where this box is kept. When someone wants to, they can get the box out and go through it. Many people find this comforting. Each person in the family can also have his or her own memory box. Another way of remembering a loved one who has died is by making a memory book. This is a book in which information about the person, their death, and funeral or memorial is kept. Many children also find it helpful to keep drawings and paintings about their memories in this book. Photographs of the person may also be kept here.



The family can also work together to keep the memory of their loved one alive. Favorite parks, restaurants and places around town can be visited on special days. Stories, often funny, can be shared. This is important. Besides feeling better when we share, we also are reminded of things we may have forgotten.

- SIX GOOD THINGS ABOUT NANA
1. SHE TOOK US TO CHUCK E. CHEESE
 2. SHE WAS GOOD TO ME.
 3. SHE BOUGHT ME CANDY.
 4. SHE BOUGHT ME CLOTHES.
 5. SHE LIKED TO LAUGH.
 6. SHE COOKED.

If you discover other ways of keeping memories alive please share them with us, so we can share them with others.



ACTIVITY IDEA

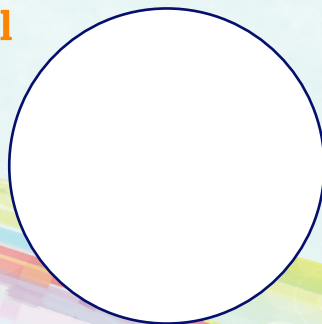
Memory Box

Make a memory box by yourself or with other members of your family. Magazine pictures that remind you of your loved one and/or photos can be glued on the outside of the box. Inside you can keep treasured objects that help you remember the person who died. You can use any box you wish. Some children have used shoeboxes or other small cardboard boxes.



Draw how you feel

Use this circle to make a face showing how you feel today.



RECOMMENDED BOOKS

The Ten Good Things About Barney

by Judith Viorst

A classic story about a boy who is asked to think of ten good things about his cat Barney after Barney dies. Helpful in understanding death and memories.

The Two of Them by Alik

A simply written and colorfully illustrated story of the tender relationship between a grandfather and his granddaughter. The little girl is left with many good memories after her grandfather dies.

SHARE HOW YOU ARE DOING!

Please call us if you would like to share your experiences with the feelings talked about in Rainbow Connections, or any other problems you might have. Kids are always teaching us about their grief and what helps them.



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