



East Cheshire
Hospice

MAKING MEMORIES





Introduction

Memories are so important.

Having precious moments that you and your loved ones can cherish is priceless.

This booklet provides ideas for making memories and creating treasured keepsakes with your loved one.





FINGERPRINT ART

Your fingerprint is as unique as you so here are some ideas of how to make memorable art using it.

Idea 1



Draw the shape of a heart on the canvas and fill it with all your fingerprints.

Idea 2



Draw a tree trunk and then fill the tree's branches with fingerprint leaves. It would be your family tree.

Idea 3



Everybody draws a picture of themselves holding a string with a fingerprint balloon on the end.

Idea 4



Make a bookmark using the template or design your own.

Or simply do whatever you fancy!



TREASURE BOX

Fill the box with treasured memories

Step 1



Decorate the box using the sharpies, paints and stickers.

Step 2



Create some items: these could be paintings, clay handprints and drawings.

Step 3



Add in any items from your family that you love.

Step 4



Enjoy looking through all the items you have collected.

What can I put in my treasure box?

- letters to the person who will receive the box
- poems, small objects with messages attached and meaningful quotations
- Personal items such as jewellery, a hat, first baby shoes, lock of hair, etc.
- small personal messages or ideas and advice for the future
- A favourite book
- A favourite smell such as perfume or aftershave
- a list or collection of your favorite songs - it could be a digital playlist
- tickets and leaflets from places you have been with photographs too
- a portrait of you
- certificates or achievements
- a favourite movie or TV programme
- special cards you may have kept
- presents and cards for the future



A JAR FULL OF LOVE

Share your favourite family memories and store them in a personalised jar.

Step 1



Decorate the jar using the sharpies or stickers.

Step 2



Each person writes down (or draws) their favourite family memory, words of wisdom or loving thoughts.

Step 3



Either fold up the piece of paper or roll it up and tie it with ribbon.

Step 4



Fill the jar with all the memories!

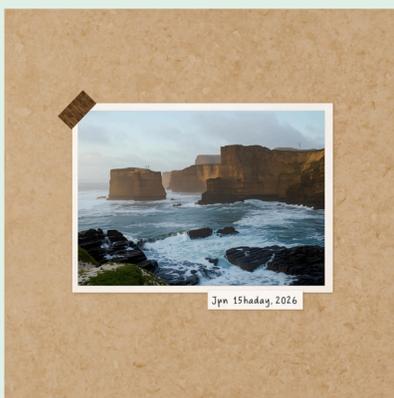
Read the messages together or save it for the future.



JOURNALS AND SCRAPBOOKS

Create a journal or scrapbook with special memories from your life

Idea 1



Add information about your childhood, your family and teenage years.

Idea 2



Write about the important people in your life and what you love most about them.

Idea 3



Describe what you are most proud of or your favourite things.

Idea 4



Add photographs, tickets, clippings, etc and add captions.

You may want to create a journal about your life, or specific times such as holidays or key family events. A 'life story book' might include little keepsakes in a scrapbook style. There are no rules to making journals or scrapbooks.

Ideas of things to include:

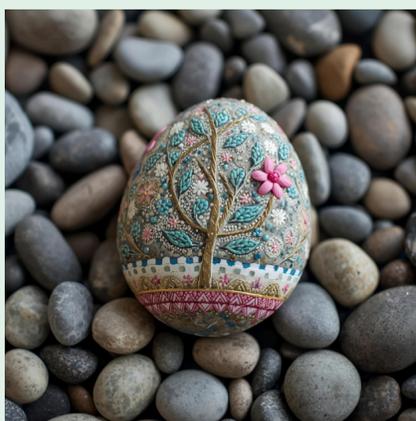
- information about where you were born, your family and education, jobs and career
- The important people in your life, marriage, moving in together, children, pets, etc.
- Your dreams and ambitions
- Your faith or spirituality
- Good points about yourself - and the not so good!
- Things you are proud of
- Your favourite things, hobbies and interests
- Photographs, tickets, cards, event brochures, fabric, small keepsakes.



CRAFTY KEEPSAKES

Choose an idea or do them all, creating keepsakes for loved ones to treasure in the future

Idea 1



Decorate a pebble using the posca pens or sharpies.

Idea 2



Design and thread our own bracelet. It could be your name or a special word.

Idea 3



Write your name or a special message on the slate heart with the posca pens .

Idea 4



Decorate the tealight holder using the posca pens and then pop a candle in it.



CLAY KEEPSAKES

Use the air drying clay to make memorable keepsakes

Idea 1



Roll out the clay and make an imprint of your hand.

Idea 2



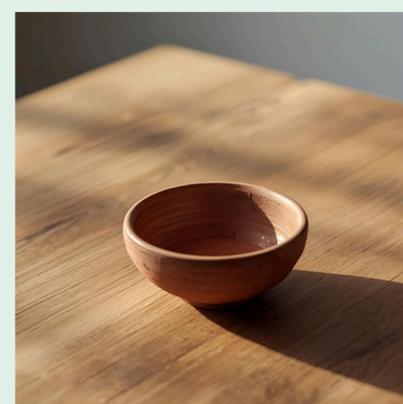
Roll out the clay and ask family and friends to add their thumb print.

Idea 3



Roll out the clay and cut it in to decorations. Add details or prints.

Idea 4



Roll out the clay and shape it into a small dish to keep precious items in.

The clay may take approximately 24-48 hours to dry



A LIFETIME IN YOUR HANDS

Use your hands to share stories and memories from your life

Step 1



Draw around your hands on a sheet of paper.

Step 2



Think about what your hands have experiences, created touched, achieved.

Step 3



Use the hand outlines to add details or descriptions of these experiences.

Extra



You could add colours, photos and stickers to make it into a collage.



LETTER WRITING

Sometimes writing things down so they can be returned to is a lovely way of expressing our feeling and sharing special memories

Idea 1



Write a letter, recalling a happy time or favourite memory.

Idea 2



Write a letter for a special milestone.

Idea 3



Write a letter, sharing your advice and wisdom with your loved ones.

Idea 4



Write a letter for the future.

Here are some questions to help you get started:

- who is the letter to? Do you want to add a date so they know when you wrote it?
- If it is a letter for the future, do you want to give them a certain time in their life to open it? If so, do you want to give this to a family member or close friend to give to them? Or do you want to place a note on the front?
- Do you have nicknames for this person, and if so, where did they come from?
- How did you meet this person?
- If this is for your child, how did you feel when you knew you were having them? Do they have a strong personality?
- If so, are there certain things that make you smile and think of that person?
- What special memories do you have and how do they make you feel?
- Is there a special photo you have of this person? If so, it may help to look at the photo and write about that day as well as including the photo.
- Is there a special place you shared? If so, why was it so special? Did you share a special song together? If so, why was it so special?
- If you want to look into the future, what do you hope for this individual? You could include such things as career, marriage, their children, etc.
- Ending the letter can be difficult. If you have a particular way you both say goodbye on a day to day basis, you could use that. Or you could end the letter in a heartfelt way.



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***‘The best things
about memories is
making them.’***