

Since there have been so many requests for Memory Box Workshops over such a wide expanse, we have put together the information for making an Memory Box to share with you. You may want to invite a friend to join you in this process and perhaps share it here with this group. Perhaps there are those who have already made Memory Box who would like to share what they put in their box, how they decided on what to use, and what the process was like for them.

It is certainly our hope to be able to offer more of these workshops in more areas in the future. You have taught us how important these are to you. Thanks for continuing to teach us as we continue to try to expand our offerings.

### **Online Memory Box Workshop**

#### What is a Memory Box?

It is a shadow box in which you place special mementos which honor the memory of your loved one. Struggling to integrate the memory of your loved one into the holiday celebrations is difficult. This is an activity that you could recreate with family and friends during the holiday season.

#### What kind of box do I need to get?

The boxes we use are called “shadow boxes,” and they come in a variety of sizes. For our workshops, we have used 8” x 10” boxes that are 2” deep. There are two types of boxes that we have used.

- One is found in the frame section and has finished stained wood, the interior is a surface that Velcro will stick to which is nice in that it gives you either a raised effect in mounting things or a way of mounting heavier things by using velcro dots or strips.
- An unfinished shadow box can be found in the wood section in a craft store. Again these come in different sizes, and often have a hinged front that opens for easy access to the inside. The front has a 1 ½” flat frame which provides a good place for adding words or quotes, and the inside of the box can be lined with decorative paper, fabric or whatever you might like. You can also stain the box.
- Both of these boxes can hang on the wall, or sit or lay on a table.

#### Where do I get my materials?

- Most any craft store. Michael’s and AC Moore are the ones in our area.
- Online, you can find reasonably priced “shadow boxes” at [www.frameusa.com](http://www.frameusa.com)

#### What materials do I need?

- Glue – Elmer’s, a Tacky Glue (for heavier things) or a glue gun
- Scissors – regular ones, or there are some that cut designs
- Velcro dots or strips that come is either black or white (Fabric stores carry these as well.)
- In the scrap booking section you can find:

- Quotes – often done on a transparent velum. Some are on sheets and others are in booklets.
- Decorative Paper
- Decorative items represent various interests, hobbies, or traits

#### How do I get started?

- First give yourself sometime to sit and reflect on what you may want to place in this Memory Box. The realization that there is no way this little box could even begin to hold the endless memories you wish to hold close will be very powerful.
- Take the time to write down what you would want to put in this box if it had unlimited space. Reflect on memories surrounding those items, and allow yourself to be held by these memories. You may decide to put these reflections in a special notebook to be kept with your Memory Box.
- Then decide which of these items you want to place in this box.
- Decide if you would like to invite either a family member or friend to join with you in doing a Memory Box. Just remember, it is very important for you to do your own box, that contains your own special memories. After you have done your own a group could do a box together.
- Spread out all the items that you selected and begin placing them in the box. If this feels too overwhelming, ask a friend to help you think about what to place where in your box. Be gentle with yourself, and honor the powerful emotions this touches.

#### What kind of things can I put in my box?

- Pictures, poems, mementos
- Fabric, badges, handkerchiefs, ties
- Stuffed animals, small toys
- Jewelry, pins, awards
- Shells, sand, stones
- Anything that reminds you of that loved one

When you have finished or as you are going through this process, you can share this experience with your friends in this online support group. Some have made Memory Boxes of their own and would be very open to hearing your experience.

We hope this is a helpful process as you honor and remember your precious loved one.