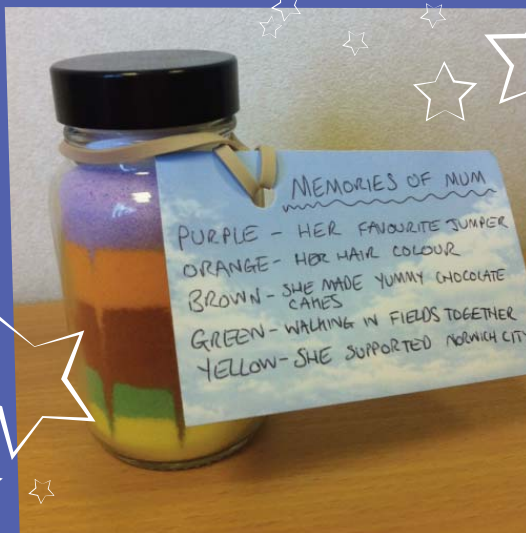


# Other memory activities

**Lighting a candle** in memory of someone and blowing it out after a short time or at the end of a day, can be a nice way to mark an anniversary, or any time you are thinking of someone.



**Making a memory jar** is a great creative way of keeping special memories. It can be done using any jar (herb jars are quite good). All you need is salt and different coloured chinks. Firstly think of about 5 or 6 (or more) special memories about the person who died, and decide which colour represents that memory for you. Then tip the salt onto different sheets of paper (1 sheet per colour) and rub in the chink until it all turns into a colour you are happy with. Finally tip the coloured salt back into your jar, 1 colour at a time. Remember to label your jar so you will always remember why you chose the different colours to remind you of your memories. The example above gives you an idea.

**You can keep these in your memory box.**



**Please note:** Nelson's Journey use biodegradable materials when releasing balloons. We also advise that candles should not be lit without adult supervision.

**Writing a message** to the person who has died and attaching it to a helium balloon can be a nice way of remembering someone. Often when someone has died there are things we wish we had a chance to say to them, writing it down and letting it go can feel like a big relief. When you are watching the balloon fly up into the sky, you can think of the things you used to do together.

**Nelson's Journey**  
bringing back smiles to bereaved children



Nelson's Journey  
Registered Charity No. 1065775  
enquiries@nelsonsjourney.org.uk  
www.nelsonsjourney.org.uk