




## Celebrate a Life!

Make a memory jar to celebrate the life of your loved one. You can use the slips at the bottom of the page to get started. Whenever you're feeling especially sad, write down a memory (or draw a picture) on a slip and put it in the jar. On the anniversary of your loved one's passing, have a picnic with his or her favorite foods and music. Open the memory jar and read the memories aloud, one by one.



<b>I remember when</b>	<b>Our favorite book to read together</b>	<b>Our favorite activity together</b>
<b>The thing I remember most</b>	<b>We used to laugh together about</b>	<b>Our favorite song to sing together</b>