

## Memory Jar

Remember your special person by creating a memory jar. All you need is a jar, which you can decorate and then fill with all sorts of things relating to your special person. You could include special memories written on paper, small objects and photographs.

Here are some ideas (taken from the Internet) to get you started...



You could either have your jar out on display, or just look at it when you feel you want to. Empty the jar's contents out every once in a while and enjoy revisiting the memories you've put in it.