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Meaningful Creations & Memory Boxes

There are many different creations you could make with the goal of remembering your loved one. Several examples are listed below. The beautiful thing about any craft or creation that you make for the sake of maintaining or holding memories is that the process of making it will spark stories. And then if you share it with others, it can spark more memories.

It is perfectly normal and healthy to create a space in your home to devote to these items. In non-Western countries, people have shrines, altars, or other spaces devoted to remembering loved ones who have died.

Types of Meaningful Creations

- Organizing their collections or personal items: tools, household items, collectibles, hats, spoons, thimbles, art, fishing lures, etc.
- Scrapbooks, collages, video montages, etc.
- Taking clothing or items and turning them into a quilt or teddy bear
- Works of art they created or personal items turned into wall art.

Memory Boxes, Chests, or Cabinets

- Memory boxes can be an ideal place to hold treasured items.
- Having a container makes it easy to take with you and to pull out when you want to spend time remembering your loved one or sharing stories with others.
- Some cabinets are large enough to also hold urns and other larger items and are meant to be kept in your living areas.
- You can find examples of memory boxes, chests, and cabinets on GriefPlan.com