

# Book of Memories





This resource was produced by the Enrich Community Chaplaincy team.  
More copies can be downloaded free from our website: [enrich.org.nz](http://enrich.org.nz)

For support or information feel free to contact us.

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## How to make this book:

I can write, draw or paste photos or pictures from magazines on the pages. I can add more pages by copying them. I will get it bound by a stationery or printing shop. I make this book because I miss someone.

# Who am I?

My name is:

Draw or glue picture or photo of self.

I am          years old.

I live with:

My favourite hobby is:

My favourite colour is:

My favourite food is:

My favourite place is:

My best friend is:

Other people who are important to me are:

# It helps to share.

..... isn't here anymore.

Name of person missed

..... was/is my .....

Name of person missed

relationship i.e friend, mother, pet

Draw or glue picture or photo of the one you miss.

**This is what happened:**

Tell the story of why you can't see this person/pet anymore.

# I like to remember.

I have known ..... for ..... years/months.

I used to see ..... at .....

Draw a picture or place photo(s) of two of you together:

Write or draw things that you remember most, or add photos:

**I can remember:**

There are some things I liked doing together:

There were some things I did not like:

# My emotions.

I feel: circle or tick as many as you notice and draw your own

Sad

Scared

Unhappy

Happy

Numb

Angry

Mixed up

Sick

Sorry for people

Bad

Lonely

Sorry for myself



It takes time to get used to  
how things now are.

I will miss:

Write or draw things that you will miss:

Things will be different:

Write or draw how things will be different:



# I will be okay.

Things that help me at this time are:

I feel loved when:

It is okay to feel unhappy for a while.

But

I will get used to things.

And

I can still enjoy life.

Write or draw things that you will still enjoy: