



MEMORY PEBBLE JAR

The concept behind the memory stones in a jar is that every stone contains a drawing of a different memory. The full jar is a reminder of all the lovely memories that you have and can be a helpful prompt to talk about these memories together.

All you need is a larger jar, some pebbles or stones, and some permanent markers or paint that can be applied to stone.

Start by thinking of a memory and then draw something to represent this memory on the stone. A sun might remind you of a trip to the seaside, a football might remind you of playing football in the garden or a musical note might make you think of singing songs together.

Once the drawing is complete, place the pebble in the jar and say the memory (out loud or quietly to yourself). Keep adding the pebbles or stones and until the jar is full. Put the lid on the jar and keep the jar safe.

You can do this at a speed that works best for you, some people choose to add pebbles and memories slowly and others do it all in one go.

For more suggested activities which may be helpful in supporting the development of healthy continuing bonds, please visit

<https://fullcirclefunerals.co.uk/bereavement-support/continuing-bonds/>

