



MEMORY SAND JARS

The concept behind the sand jars is that every layer of sand is a different memory of the person who has died. The jar can sit by a child's bed or somewhere in their room.

All you need is a small jar and some different coloured sand (both of which are inexpensive and available from a local art and craft shop)

Start with one of the sand colours and think about a memory that colour might represent. For example, yellow might remind you of playing in the sand while on holiday. Blue might bring back memories of swimming pool fun. Red might be their favourite colour or a football team.

Pour some of the sand into the jar and say out loud (or to yourself) which memory the sand represents.

Pour another colour over the top and do the same 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 sand and memories over a period of time whereas 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/>

