

MEMORIES SALT JARS

Most people feel it is important to have some memories of their special person who has died. Some memories we want to share and some we do not as they are private. It is important to acknowledge that we all have a mixture of memories and that is ok. However, when any of our memories are painful or hard to cope with and manage, it is important that we can ask for help.

WHAT YOU WILL NEED

- Table salt
- Cotton wool
- Label
- Bag (to keep in)
- A small jar
- Coloured chalk / chalk pastels



HOW TO MAKE A SALT JAR

- Ask the children to think of memories they have of the person that has died. It could be a holiday, a trip somewhere, something that they often did together, things they liked....
- On a piece of paper ask them to write these memories down and associate a colour with each memory. For example, the colour could be yellow as it reminds them of a summer holiday they had where they and their person built a sandcastle together.
- Pour out some salt on to a piece of paper and rub it with one of the coloured chalks/pastels that matches one of their memory colours.
- Tip the salt into the jar to create the first layer.
- Repeat this process with the other colours they have put on to their list of memories, until the jar is full.
- To finish off, they should pack the top with cotton wool to make sure that the salt stays in place in its layers.
- Fasten the lid, then add a tag on to the jar with the name of the person who died.

