

# BAG OF MEMORIES



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When someone you love dies, it can be hard to understand the different emotions that you are feeling. It can be helpful to talk to a safe adult about the person who died when you are ready to talk. You could keep special items that remind you of the person who has died in a bag of memories.

Make a list to draw all of the things that you would keep in your special bag.

These things might include:

- a picture/photo of the person
- a special letter or note they gave you
- their favourite mug
- a book that you read together

There are no right or wrong things to put into your bag.

These mean something to you.

You could put the real items into your bag (with your family's permission) or use drawings or write on the luggage tags attached.

When you are having a difficult day, you can look through the special bag with a safe adult.



Lionheart is also a great way find connections with other children who have also experienced the death of someone close to them. Your adult can contact Lionheart on 0481 199 758 to talk with someone about how Lionheart can help.

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