



# National Alliance for Grieving Children

## **Family Holiday Activity: Memory Stocking or Gift Box**

Submitted by: The Amelia Center (Birmingham, AL)

Holidays can be overwhelming after a loved one has died. Since everyone is probably thinking about him or her anyway, this activity offers a great way to acknowledge the person who has died and allow a time of remembrance.

### **Memory Stocking**

*What do I do with his or her stocking at Christmas? Do I put it up or keep it down?*

Here's an idea...

Tell everyone in your family that throughout the holiday season that they should write down special memories of the person who died on index cards and slip them in that person's stocking. They can also use pictures that represent a memory. When Christmas arrives, set aside a special time to empty the stocking and have each person share their memory with the family. If you are a Martha Stewart-type, you can make a stocking as a family or decorate a store-bought stocking and use that as well.



### **Memory Gift Box**



If you do not celebrate Christmas or do not decorate with stockings, a memory gift box will serve the same purpose on any holiday or special day. This allows even more creativity because your family can find wrapping paper with your loved one's favorite color, team, or activity. Cut a slit in the top of the box and voila! You have a Memory Gift Box waiting to be filled with special memories.