



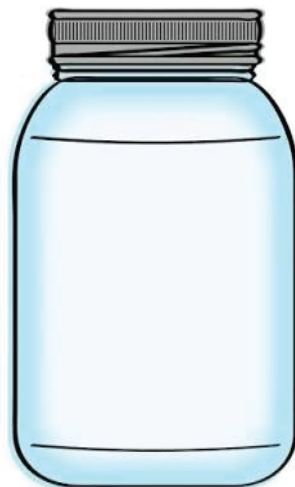
## Memory Jar Activity

### Directions:

In the jar, squeeze all of the good memories you have with your loved one.

Write all of the things you never want to forget.

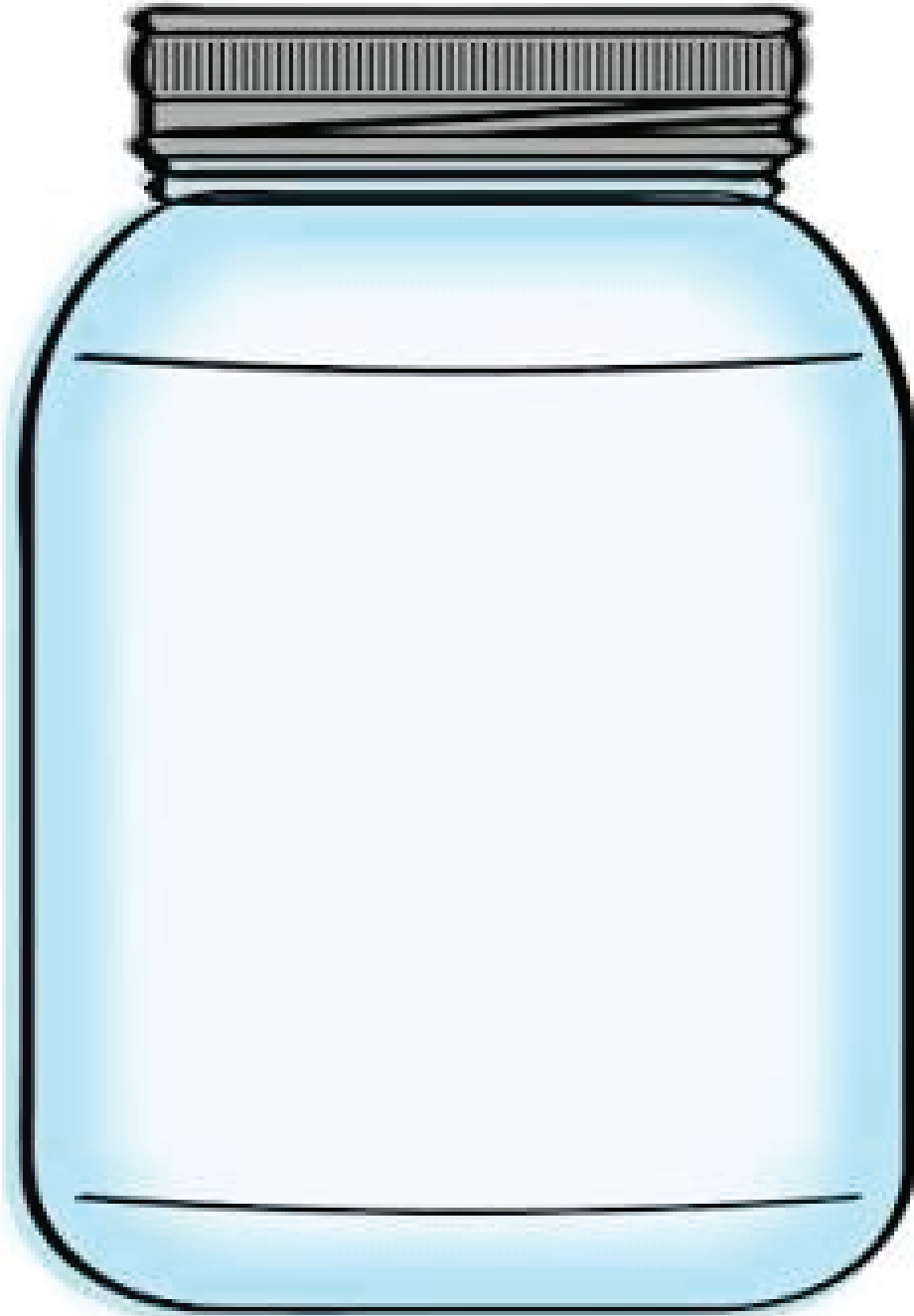
Don't forget the silly and funny ones too!



# Grieving It

NORMALIZE GRIEF.

## Memory Jar



[www.grievingit.com](http://www.grievingit.com)