

My Journey – Memory Box

Making a memory box is a way of gathering the things you treasure, in order to save your story for family and friends. A memory box can tell your story through photographs, objects, letters, journals, diary entries or other items.

What do I need?

- A box – plain or decorative. It may be any shape or size and made from whichever materials you choose
- Paper (coloured and plain) to write messages or poems and draw pictures
- Stationery – including pens, pencils, scissors, glue, sticky tape, and any other craft tools you choose

How do I decorate my box?

- Include your name and any other details that may provide a context for future generations
- Use paper, material, drawings, magazine pages, or other items that reflect your personality to personalise the outside of our box

What could I put in my box?

- Items that friends and family have either sent or given you while you were in hospital – including cards, photos and other memorabilia
- Photos of yourself from various stages in your life
- Sealed letters that you have written for loved ones to open and read at a specified date in the future
- A video or voice recording
- A list of books that inspire you
- Diary or journal entries that reflect upon your life
- A list of things that make you happy and laugh
- Items such as sentimental objects, academic or sporting awards, travel mementos and lucky charms

Who can help me?

Parents, children, grandchildren, other family, neighbours, work colleagues, and friends can help with decorating and filling your box.

Please contact your therapist if you have any queries or concerns.

Therapist: _____

Phone: (07) 3646 7100