

Memory Book

Create a memory book to hold all of your best and happiest moments.

1 Think of all the special memories you have about the thing, place or person you miss.

2 Write down these good memories on pieces of paper. Draw some pictures too!

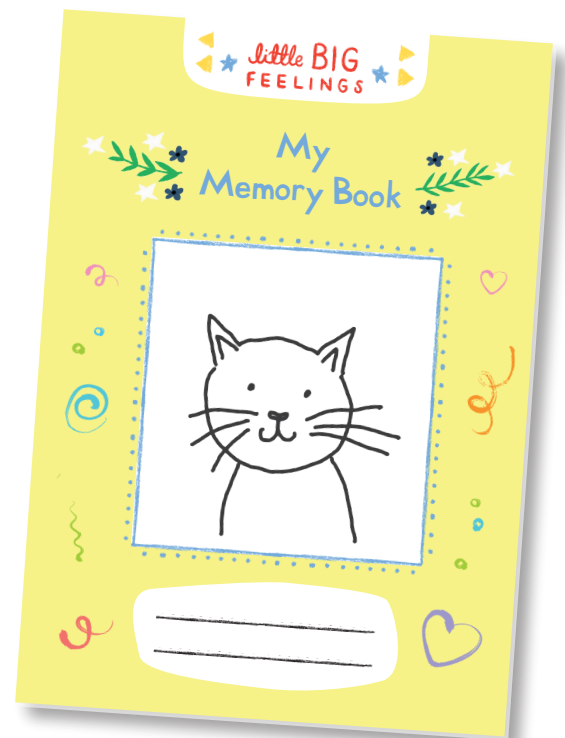
3 Stack all of the papers together and add the 'My Memory Book' sheet on top. This will be your cover!

4 Brighten up your cover with drawings and any other decorations. Don't forget to add your name too!

5 Ask a grown-up to help fasten the pages together using staples or string. Now read through your finished memory book together!

You will need...

- A4 paper
- Pencils, crayons or felt tips
- Stapler or hole-punch with string
- Glue, sequins, biodegradable glitter, stickers (optional)

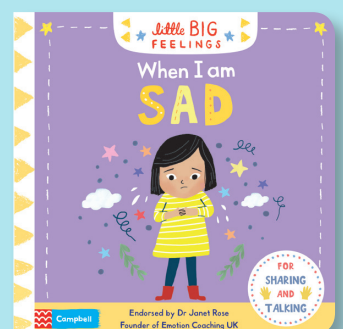


NOTE FOR PARENTS AND CARERS

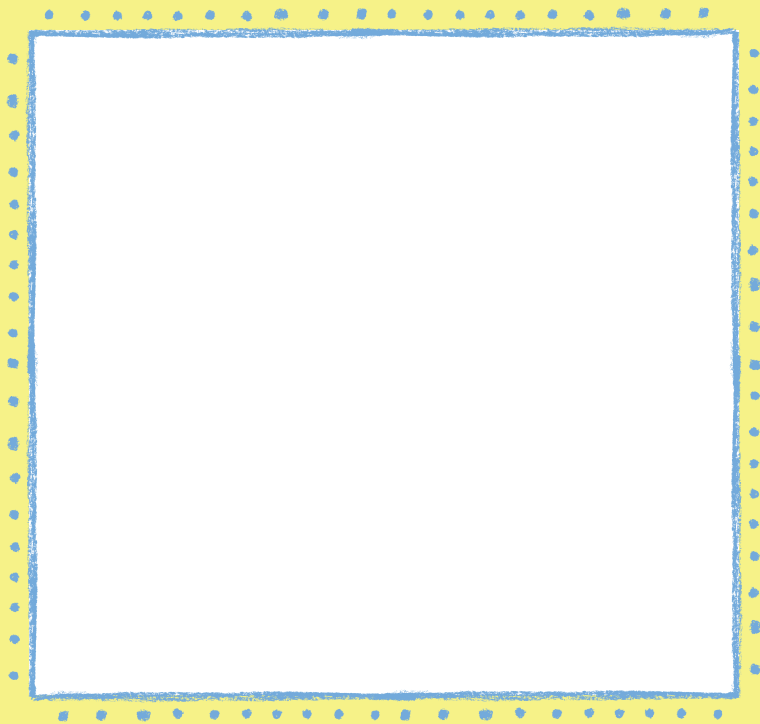
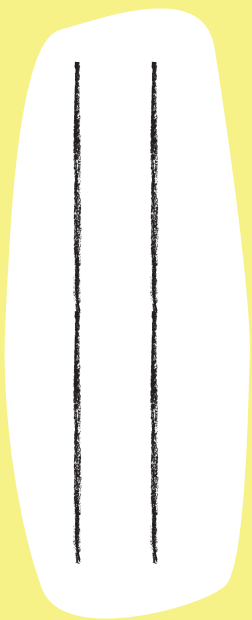
Supporting children as they come to terms with something sad, even if it's just a small thing, builds resilience. It is important to help them express their feelings and reflect on their loss, so they can move forward.



We'd love to see your work!
Tag us on Instagram @Campbell_Books
Adapted from *Little Big Feelings: When I Am Sad*
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Illustrated by Marie Paruit, 2022



Fold along here



My
Memory Book



Little BIG
FEELINGS

