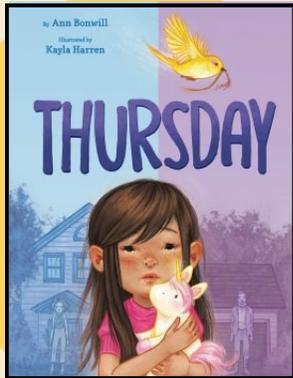


# Make a Memory Nest



## Gather the Materials

1. Empty shoe box
2. Scissors
3. Construction paper
4. Crayons/Markers
5. Glue
6. Tissue Paper

## Decorate Your Box

Here are some suggestions:

- Use construction paper (provided) or paint to cover the box
- Cut out shapes from the construction paper to glue on the box or use your own stickers
- Color or draw your favorite things on the box



## Fill Your Box

Fill your box with tissue paper and all of your favorite memory items

## Find A Safe Place

Put your memory nest in a safe place  
Pull it out whenever you need it.



\*Remember that your memory nest is small enough to travel back and forth, but big enough to hold your heart.