

This idea was first shared in **The Creative Counsellors Club** by Jane Manners (amended).

## **Memory Jar**

Memory jars are a great way for a person - young or old – to be able to store and preserve their memories of the special times and occasions. Although life is full of uncertainty at the moment, we are still making memories. What precious memories from this time do you and your children want to preserve?



### **You need the following items:**

- A small/medium sized clean jar.
- A pack of salt.
- Coloured chalk.
- Some large sheets of paper.
- A label if required.

1. Spend a little time thinking about 4 or 5 special moments that you have experienced since school has closed. You may have baked a cake, phoned friends and family who you are unable to see, completed school work that you didn't think you were able to do, colouring together, a family game, made something creative, sing or danced together, done something for your local community, received help or support from someone; these are just some ideas.
2. Choose colours that remind you of the memory. As long as you can remember when you look at the jar what each colour represents then that is fine. You could fill out a label with the colour and the matching memory.
3. Fill the jar full to the top with salt, then tap it in order for the salt to settle, add a little more if needed. Divide the salt into 4 or 5 small amounts, depending on the amount of memories.
4. Place the first pile of salt on a sheet of paper, pick the chalk you wish to use for your first memory and begin rubbing it onto the salt, you will see that the chalk will start colouring the salt. Continue until all the salt is coloured and pick up the paper and pour into the jar. Repeat by building colour layers of memories.

5. Fill the jar to the top with your final memory, then if you want a label, tie one around the neck of the jar and place the lid on securely.