

# The Memory Box

## A Book About Grief

Written by: Joanna Rowland

Illustrated by: Thea Baker

### Concepts

This book provides an excellent opportunity to initiate productive discussions about:

- Loss
- Coping mechanisms
- Grief
- Emotional intelligence
- Support systems
- Connecting with loved ones

### Takeaway

Resilient people learn to carry love and memories after loss.

This book explores the process of grief and the worries of forgetting a loved one that has passed. In this story, the main character loses a family member and makes a memory box to prevent her from forgetting them. She puts objects and pictures that remind her of memories with this loved one, as well as objects and pictures of things she wanted to do with this loved one. She finds ways to ground herself to think of her relative, but also finds time to continue with her own personal activities and hobbies. She takes time to mourn and grieve and allows her emotions to come and go.

***“I’m making a box so I won’t forget you, with our memories like sand from the beach where we played and left footprints as we ran from crashing waves.”***

This book can be an important tool for children to learn how to cope with loss and grief, especially of a family member. Grief can come in many forms: the breakup of a friendship, the loss of a loved one, moving homes, etc. It’s important for children to learn how to take care of themselves during these tumultuous times, and to learn how to find peace through loss.



### Activities to try at home:

Use one or more of the attached activities to strengthen your child’s understanding of this book’s lessons.

1. **My Memory Box Page**
2. **Feelings Tree**

Flip for **Conversations to Have at Home**



**RESILIENCE  
GROWS HERE**



# Conversations to Have at Home:

After reading *The Memory Box* by Joanna Rowland, parents have a meaningful opportunity to support their child's understanding of grief and loss. The following talking points are designed to help guide these important discussions—encouraging emotional expression, building resilience, and reminding children that they are never alone in their grief.

## Consider these ideas when discussing this book with your child:

- Support your child with what they're feeling. If you're experiencing grief as well, be vulnerable with your child.
- Encourage your child to talk about how the character in the story felt and relate those feelings to their own experiences. Let them know that feeling sad, confused, or angry after a loss is completely normal.
- Invite your child to think about what they might put in their own memory box. Sharing special stories or memories about a loved one can be a comforting way to keep their presence alive.
- Reinforce the idea that grief is something we don't have to go through alone. Talk about the importance of family, friends, and community when we're feeling sad or missing someone.
- Help your child recognize that while grief may always be a part of us, it can soften over time. Talk about ways to honor and celebrate the person they've lost, which can bring comfort and a sense of peace.
- Remember that everyone grieves differently.

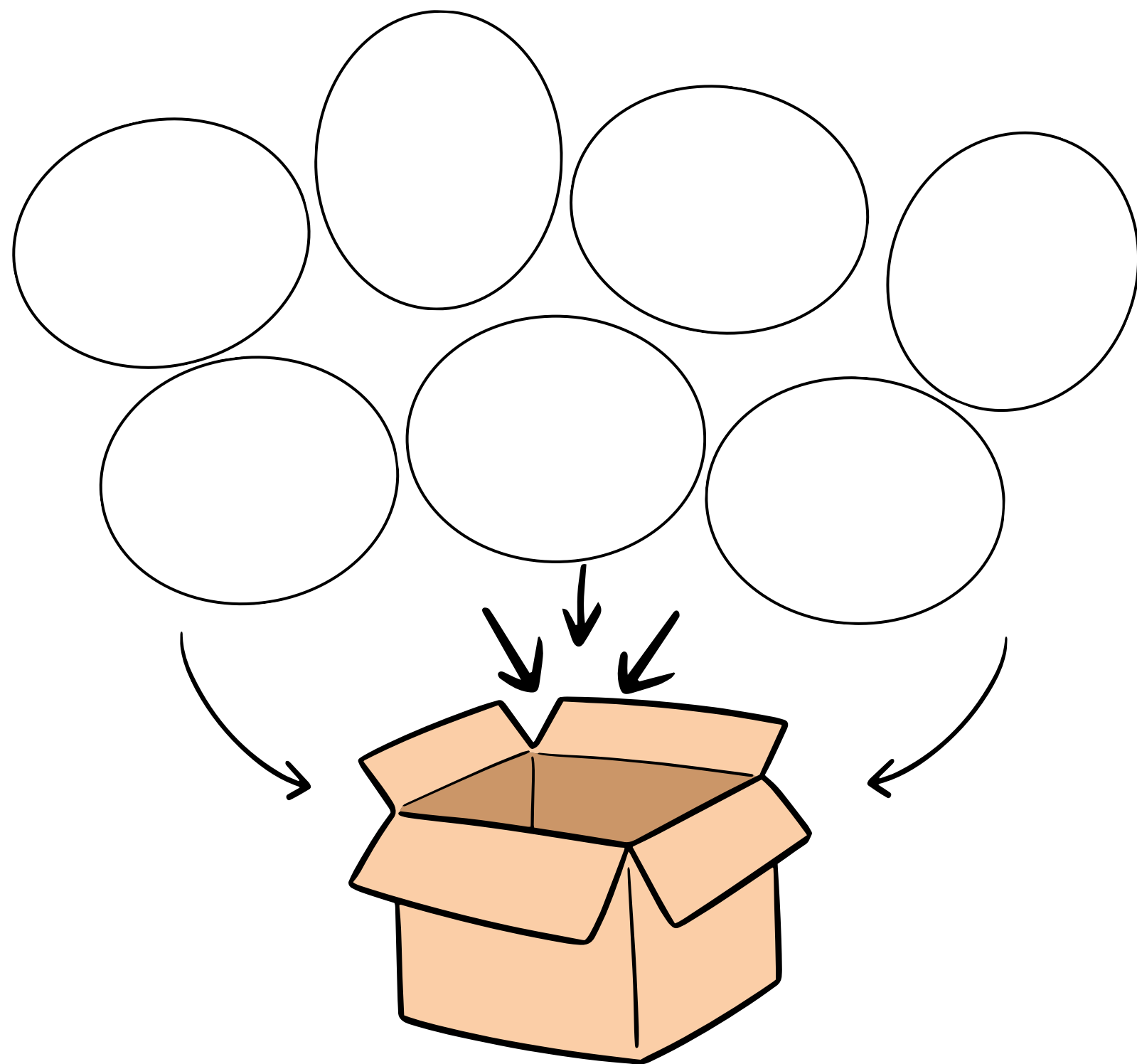


For additional *Resilience Grows Here: At-Home* book recommendations, visit [fvhd.org/community-health/rgh/books](https://fvhd.org/community-health/rgh/books)

For additional mental health support, visit [fvhd.crediblemind.com](https://fvhd.crediblemind.com)

# My Memory Box Page

Think about a loved one or place you miss. Reflect on the person's personality, the time you spent together, and the things that remind you of that person or place. Then, fill the circles using words, drawings, or both to put into the memory box.

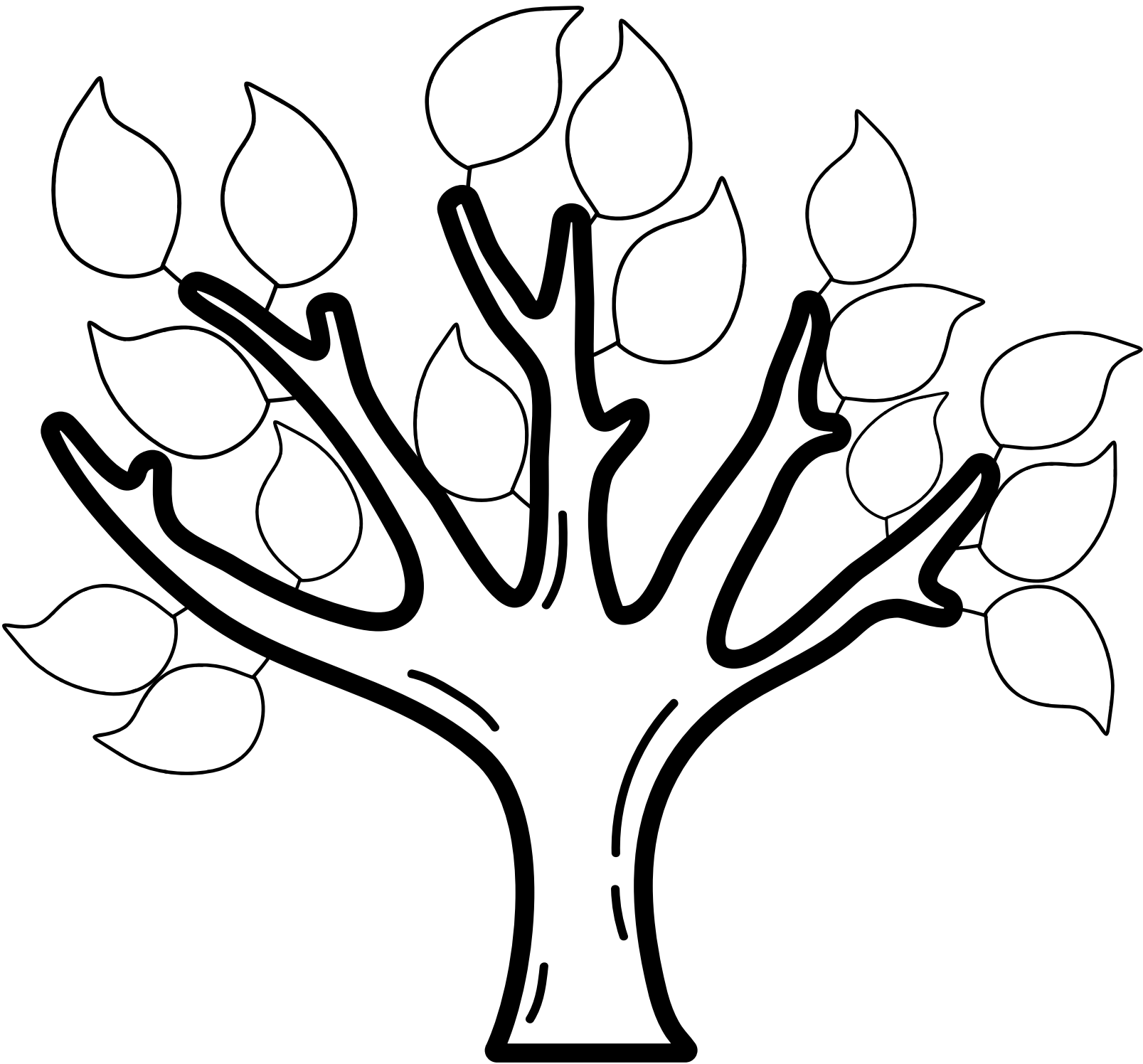


## Takeaway:

Resilient people learn to carry love and memories after loss.

# Feelings Tree

Just like a tree has many leaves, we can have many feelings. Write or draw a feeling on each leaf that you've had since your loved one passed away.



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