



# Memory Bracelets



## Items Needed:

Assorted Beads  
Alphabet beads and Charms  
Cord, Jewelry Thread or Leather to string beads on

## Instructions:

1. Place a bead on your bracelet to represent your loved one's favorite color.
2. Place a bead on your bracelet to represent the month that they were born.
3. Place a bead on your bracelet to represent their favorite holiday.
4. Place a bead on your bracelet to represent your loved one's favorite sports team.
5. Place a bead on your bracelet that makes you think of your happiest memory of a time spent with your loved one.
6. If you have alphabet beads, place the lettered beads on your bracelet that represent the initials in your loved ones name.
7. Place a bead on your bracelet to represents the love you have for you have for them.
8. Pick out a special charm that presents something that your loved one enjoyed. Ex: a flip flop for the beach, sports charm if they liked to watch a sport, a cross or angel if they were religious.
9. String the beads, with the charm in the center. Measure the size needed for wrist and cut to appropriate size, tying off ends.



**Purpose of Activity:** Helps children redirect their feelings about the loss to positive memories and interests of their loved ones. This will help them retain a connection with them despite their physical absence (they can wear the bracelet when they are missing their loved one). This activity will help them remember details about their loved one they might forget at they get older.

Adapted from Resource:

Conroy, S. (n.d.) Memory Bracelet. [Grief Activities]. Pinterest. Retrieved 1 September, 2020 from <https://www.pinterest.com/pin/354236326918259311/>