

Scrapbook

Make a scrapbook of pictures, artwork, written notes or stories, calendars and other small items that help to tell a story. You could tell the story of your time with the person before and after they died, or something that you did together, or about their life. Scrapbooks can be as simple or as fancy as you choose and can include anything you want.

Supplies

- Scrapbook, notebook, or binder, and paper
- Scissors
- Glue or tape
- Pens, crayons, pencils or markers
- Personal items like photos, tickets, artwork, a lock of hair, a hospital card or bracelet, nametags, calendars, keys, and anything else you can think of.

How to make it

There is no right or wrong way to make a scrapbook. Some people add photos or items in order of how they happened. Other people group things into categories, like “school,” “hospital,” “travel”. Include whatever is meaningful for you and if you like, write something about it.

