

Children's Mental Health Week
3rd - 9th February 2025



Suggested Homework Activity

MY MEMORY BOX

Cut out and create your own colourful memory box using the template provided.

- Write lots of different memories on pieces of paper and keep them safe in the box. You could add things you are grateful for or proud of, so that you can look back and remind yourself of how many wonderful memories you have!
- Why not add some keepsakes or souvenirs too? Like a shell from a trip to the beach, or tickets from a cinema trip.
- You could also make the box with someone else so that you can both add your memories and look back on them together. Was there a time where you both laughed and cheered each other up, or went on an adventure together?

**Please see the files to download section for a memory box template sheet.
Alternatively, you could decorate an old shoe or cereal box.**