



Make A Memory Jar!

An adult craft for yourself or to give to someone else

Materials:

- 1 32-oz. wide-mouth jar with lid
- 1 4"x6" white sheer organza drawstring bag
- 1 mini pen
- 1 chalkboard labels
- 2 printed 14-memory-slip template sheets

Instructions:

Use the library's white paint pen to write the word(s) of your choice on your label. Some ideas include "Memories," "Treasured Times," "Good Memories," "Together," etc.

Attach the label to the clean and dry jar.

Cut the slips apart from one of the sheets. (Keep the other as a template to make copies.)

Put the cut memory slips into the drawstring bag along with the mini pen.

Tape a small section of the drawstring to the jar's lid. Put the lid on the jar. OR Put a ribbon of your choice through the bag's drawstring, then tie the ribbon around the mouth of the jar.

Each time you want to write down a memory, use the pen to write it on a slip of paper and put the paper in the jar.

The uncut memory template sheet is for you to copy for future needs.

How you use the jar is up to you! Here are some ideas to get you started:

- 1) At the end of every week, think back to what you'd like to remember about the week. Write it down on a slip of paper and put it in the jar. At the end of the year, pull all the slips out of the jar and relive favorite times.
- 2) Write down your memories of past times with a favorite person (grandparent, friend, grandchild, parent, etc.). After you've filled the jar, give it to that special person to brighten their days – maybe for Christmas, on their birthday, Mother's Day, Father's Day, etc.
- 3) Write down your happy memories of past times or events. Read them on days you need a boost, or share them when you gather with loved ones.