Memories worth keeping

Gathering what you do not want to lose.

Name _____ Date _____

Many people fear they will forget. Writing things down keeps them safe. Fill this in over time, alone or with family. Some answers will make you smile and some will hurt.

Their name, and what I called them

What they looked like, sounded like, smelled like

Things they always said

What made them laugh

What they were good at, and what they were hopeless at

A story that sums them up

My favourite memory of us together

What I learned from them

What I want other people to know about them

You could add photos and keep these pages in a folder or box.

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