

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

**Favourite Memories** (Adapted from: Legacy Project “Best Memory Notes” - <http://www.tcpnow.com/mother'sdaykit/part2/md2.1.html#anchor2.1bmn>)

Create and decorate Memory Cards for each member of the family.

**Included Materials:**

- Cardstock and/or construction paper
- Glitter, gel, stickers, sequins
- Pens, pencils, markers

**Needed Materials:**

- Scissors
- Scrapbooking scissors (optional)

**Instructions:**

1. Ask every member of the family to write down, on a piece of cardstock, their favourite memory that they have of other members of the family. Adults may need to help younger children write down their memories.
2. Decorate the card with drawings, glitter, sequins, markers, paints.
3. After everyone is finished decorating their card, each person will take turns sharing what they wrote and give the cards out to the appropriate family members as a keepsake.

**Tips and suggestions:**

- You can use this activity for other topics like “What I love most about you” or “My wish for you”.
- The cards can be kept as a remembrance of this event.



Sample of a “Favourite Memory” card