

MEMORY JAR PROMPTS

Simple prompts for remembering a person, pet, or shared moment.

THERE IS NO RIGHT WAY TO REMEMBER.

A memory can bring comfort, sadness, laughter, longing, or several feelings at once.

Choose what feels okay.
Passing is always allowed.



HOW TO USE

- 1 Cut apart the prompt cards.
- 2 Fold them and place them in a jar or box.
- 3 Choose one when it feels okay.
- 4 Write, draw, talk, or simply notice.

This jar can hold the prompts, finished memories, or both.

PROMPT CARDS 1-8

Cut along the dashed lines. Choose only the prompt that feels okay today.

1

The first thing I picture when I think of them is...

WRITE • DRAW • TALK • NOTICE • PASS

2

A small thing they did that made me feel cared for...

WRITE • DRAW • TALK • NOTICE • PASS

3

A sound, phrase, bark, purr, or laugh I remember...

WRITE • DRAW • TALK • NOTICE • PASS

4

A place we spent time together...

WRITE • DRAW • TALK • NOTICE • PASS

5

An ordinary moment I want to keep...

WRITE • DRAW • TALK • NOTICE • PASS

6

Something they taught me...

WRITE • DRAW • TALK • NOTICE • PASS

7

A time we laughed or played...

WRITE • DRAW • TALK • NOTICE • PASS

8

A food, song, smell, toy, or object that reminds me...

WRITE • DRAW • TALK • NOTICE • PASS

PROMPT CARDS 9-16

Cut along the dashed lines. Choose only the prompt that feels okay today.

9

A habit or funny thing they did...

WRITE • DRAW • TALK • NOTICE • PASS

10

The way it felt to be together...

WRITE • DRAW • TALK • NOTICE • PASS

11

Something I miss today...

WRITE • DRAW • TALK • NOTICE • PASS

12

A moment I wish I could visit again...

WRITE • DRAW • TALK • NOTICE • PASS

13

Something I would like to say...

WRITE • DRAW • TALK • NOTICE • PASS

14

A memory that brings a little warmth, even if it also hurts...

WRITE • DRAW • TALK • NOTICE • PASS

15

A memory I want someone else to know...

WRITE • DRAW • TALK • NOTICE • PASS

16

One way I can carry this memory with me...

WRITE • DRAW • TALK • NOTICE • PASS