

Name:

Year:

Date:

Treasured Memory

When you lose someone or something you love it can make you feel sad, scared, confused or even angry. But it's important to know that while the special someone or something is gone, your memories are not. Writing down happy memories about the special person or thing can help you to remember the good times you shared.

When someone or something you love is gone, it becomes a treasured memory

Is there someone or something that is gone you'd like to remember?

Can you draw your favourite memory with that someone or something?

