

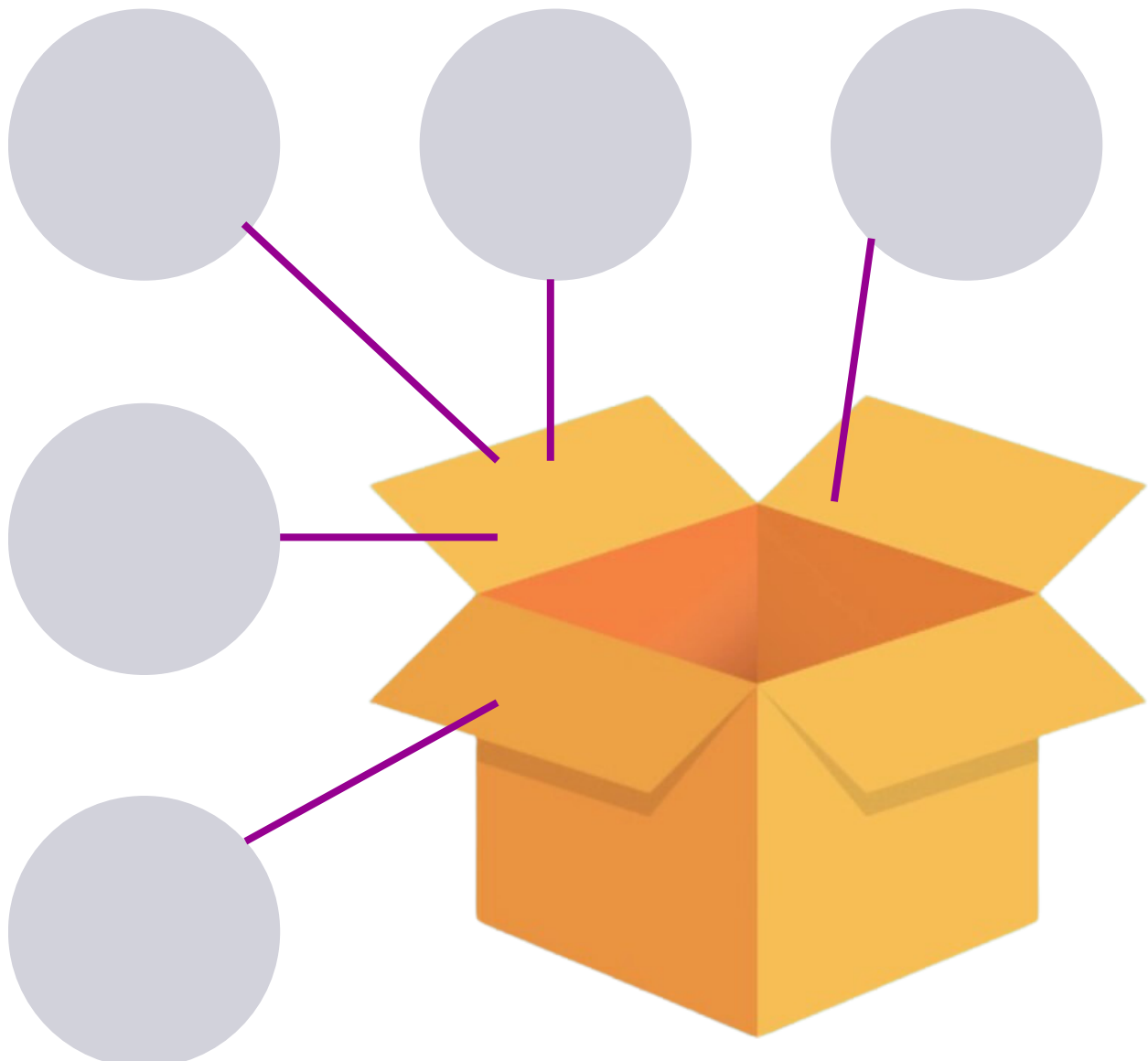


The Mind Garden
bloom where you're planted

HONORING MEMORIES ACTIVITY

REFLECTIONS *in a box*

Gather your supplies, including a plain box or container, paints, markers, stickers, and collage materials. Personalize your box with colors, images, and symbols that represent your loved one. Select keepsakes and mementos that hold special memories, reflecting on each item's significance as you arrange them thoughtfully within the box. Add final touches, such as labeling the box with your loved one's name, creating a cherished tribute to their life and legacy.





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KITCHEN

connections

Share a beloved recipe associated with your loved one. Write it down with memories. Reflect on its significance. Compile shared recipes into a keepsake collection.

RECIPE SHARING

Share a favorite recipe linked to your loved one.

What dish brings fond memories of your loved one?

RECIPE DOCUMENTATION

Write down the recipe with ingredients and instructions.

Add any personal touches or memories related to the dish.

MEMORY CONNECTION

Share memories or stories associated with the recipe.

Reflect on how this dish connects you to your loved one.

COLLECTION CREATION

Compile all shared recipes into a keepsake collection.

How does it feel to contribute to this collection honoring your loved one?



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FOND

farewell

Reflect on your loved one's life and write a heartfelt eulogy or tribute. Recall cherished memories and their impact on your life. Structure your tribute to highlight their personality, achievements, and unique qualities. Write authentically from the heart. Whether shared orally or in writing, your words will honor and celebrate their memory.