

Downloadable and printable guide to creating lasting legacies and keepsakes.



Capturing Memories



Fingerprint Tree

Use coloured ink pads or paints to place family and friends finger prints on the tree. You can write your name next to this if you wish or use different colours for each family member and show a colour key at the bottom.

Leave the centre heart for the special individual to place their fingerprints inside.

Please see above for examples of a finished tree and on the following page you will find a tree outline to help you create your own fingerprint tree from home.



© 2015/2016/2017/2018/2019/2020/2021/2022/2023/2024/2025/2026/2027/2028/2029/2030/2031/2032/2033/2034/2035/2036/2037/2038/2039/2040/2041/2042/2043/2044/2045/2046/2047/2048/2049/2050/2051/2052/2053/2054/2055/2056/2057/2058/2059/2060/2061/2062/2063/2064/2065/2066/2067/2068/2069/2070/2071/2072/2073/2074/2075/2076/2077/2078/2079/2080/2081/2082/2083/2084/2085/2086/2087/2088/2089/2090/2091/2092/2093/2094/2095/2096/2097/2098/2099/2100



Fingerprint Bookmarks

The template on the next page can be printed onto plain card.

Petals are added to the top of the flower stem using fingerprints. A small stick on gemstone is put in the centre of the petals.


You can then laminate the bookmark to protect it, if preferred.

To finish off, use a hole-punch to make a small hole on the bookmark (usually centre bottom) through which to thread and tie a small piece of ribbon in the colour of your choice.

There are a couple of templates below and on the next page or create your own.



*Our
fingerprints
never
fade from
the
lines we've
touched*



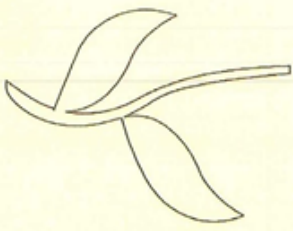
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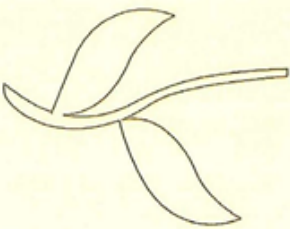
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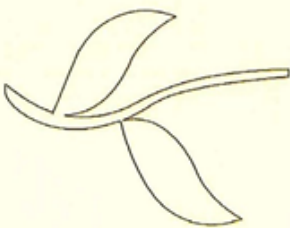
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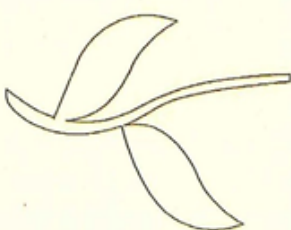
*I made you a
flower with my
finger and my
thumb
So you will have
these memories
For all the years
to come*



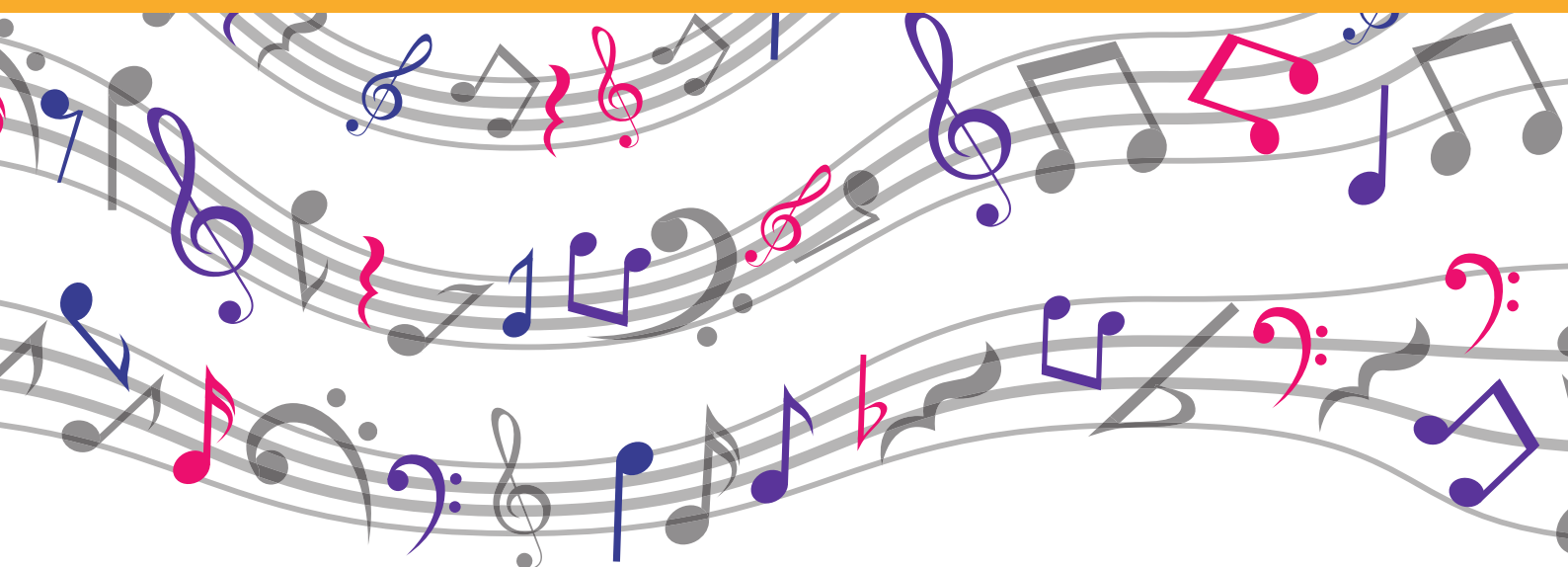
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Making and Recording Memories

Sometimes during particular times in our lives we begin to think more about memories and how loved ones want to remember us and the special events or times we have shared together.

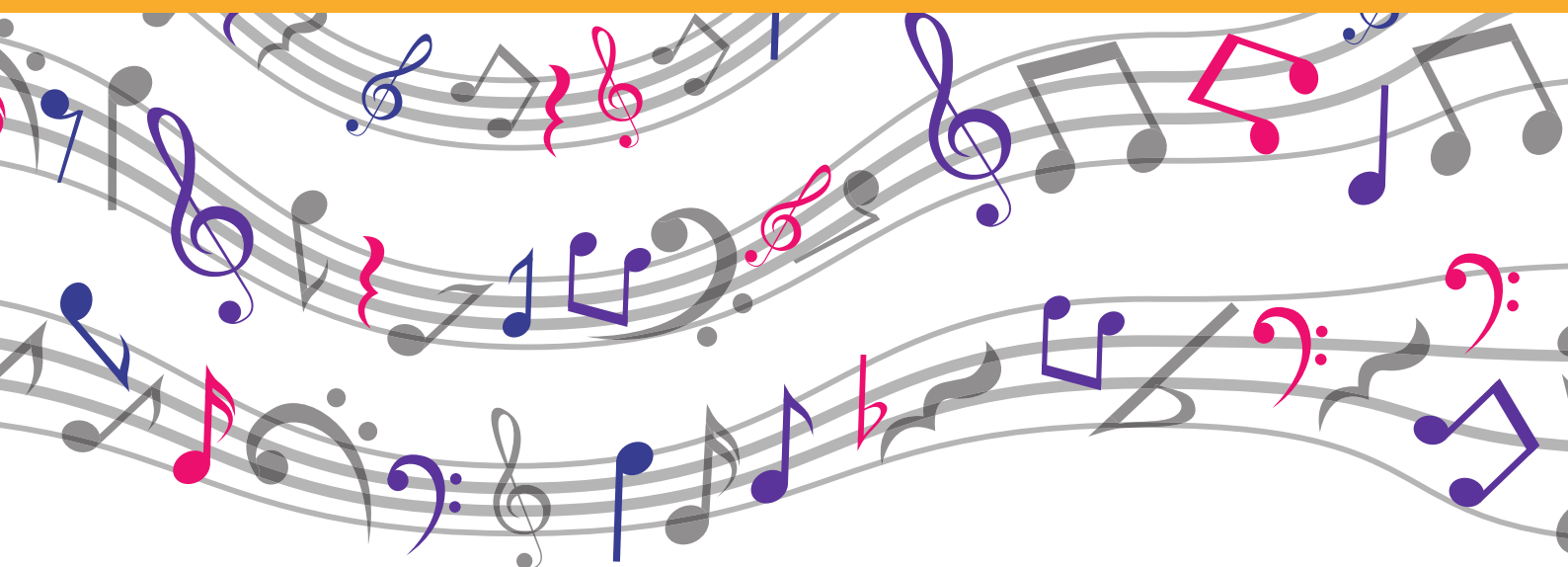
You could write letters, create a DVD or voice recording, make cards for special occasions, make a scrapbook, or create a new experience or event such as a family get together, etc. Your memories are personal and unique to you - you don't need to be a poet, artist, or film director to capture your special memories.

The following ideas might help inspire you.

Recording music, messages and life stories

One idea is to record yourself telling your life stories. This can be done alone or with the support of friends, family member. The recording could be interspersed with your favourite music, or music that is linked to special memories. Or if you play an instrument you could record yourself performing.

You could use just voice recording or create a video. Think 'Desert Island Discs' or the 'BBC Listening Project'. On the next page is a list of questions as prompts to get you started.



Recording messages - example questions to ask yourself

- Tell me a little about your life history; particularly the parts that you either remember most or think are the most important?
- When did you feel most alive?
- Are there specific things that you would want your family to know about you, and are there particular things you would want them to remember?
- What are the most important roles you have played in life (family roles, vocational roles, community-service roles, etc)?
- Why were they so important to you, and what do you think you accomplished in those roles?
- What are your most important accomplishments, and what do you feel most proud of?
- Are there particular things that you feel still need to be said to your loved ones or things that you would want to take the time to say once again?
- What are your hopes and dreams for your loved ones?
- What have you learned about life that you would want to pass along to others?
- What advice or words of guidance would you wish to pass along to your (son, daughter, husband, wife, parents, other[s])?
- Are there words or perhaps even instructions that you would like to offer your family to help prepare them for the future?
- In creating this permanent record, are there other things that you would like included?

Journals and Scrapbooks

You may want to create a journal about your life, or specific times such as holidays or key family events.

A 'life story book' might include little keepsakes in a scrapbook style. There are no rules to making journals or scrapbooks.

Ideas of things to include:

- Information about your childhood, where you were born, your family and education
- The important people in your life
- Marriage/moving in together
- Children and pets
- Jobs/Careers
- Your worries and dreams
- Your illness
- Your faith or spirituality
- Good points about yourself...
- ...And the not so good!
- Things you are proud of
- Your favourite things, hobbies and interests
- Photographs
- Tickets, cards, event brochures, fabric
- Small keepsakes.





Memory Boxes

A box of treasured memories either of your own life or the life of someone you love. It doesn't necessarily have to be a box it could be a bag, basket, glass jar, etc.



What can I put in a memory box?

- Letters to the person who will receive the box.
- Poems
- Small objects with messages attached e.g. 'this is a stone we found on the beach together in.....'
- Personal items such as jewellery, a hat, first baby shoes, lock of hair
- Small personal messages e.g. 'I remember when we...'
- Ideas or advice for the future e.g. 'When you feel sad...'
- Your favourite book
- A favourite smell e.g. perfume, aftershave...
- A CD of your favourite songs
- A voice recording using laptop or mobile phone
- A video clip of yourself saved onto a disc
- Tickets/leaflets from places you may have been
- Photographs
- A portrait you paint or draw
- Certificates
- A favourite movie on DVD
- Special cards you may have kept
- Presents/cards e.g. for the person's birthday or special date that you will sadly miss.



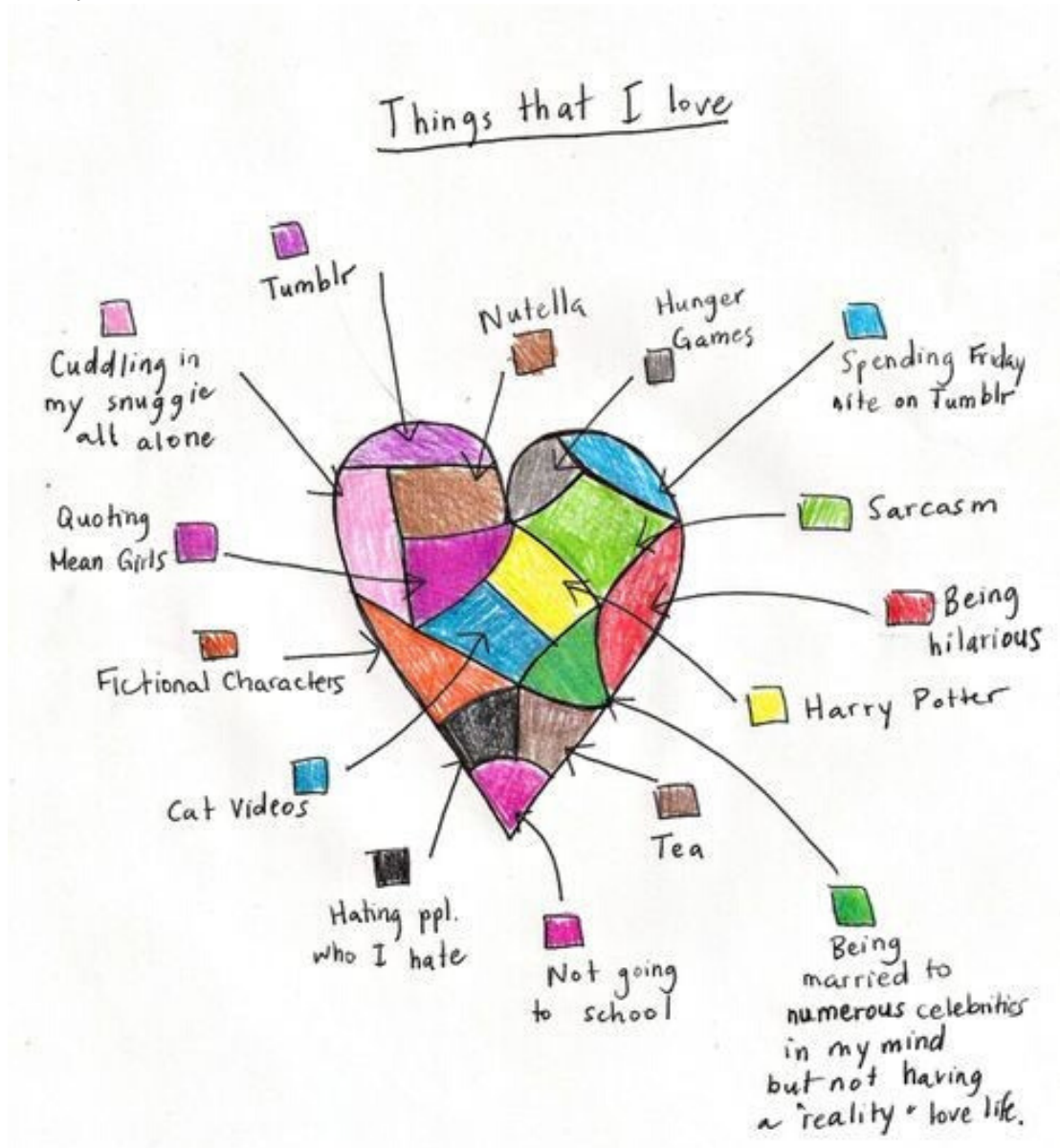
'Things that I love' artwork

This is a great way of getting to know each other better, and to share something about yourself and what's important to you.

Draw a heart or use the printable template on the next page. Draw lines inside to separate it into different sections according to the things you love in your life.

Colour in each section and then write down each of those things around the heart or make an index.

See example below:





Life in your hands

This is another great way of getting to know each other better, or to share something personal about yourself.

Materials needed: sheet of paper, any pens or pencils in any colours you fancy.

Draw around your hand on a sheet of paper. Then focussing on your hand consider what it has experienced, created, touched, achieved. What sensations are particular favourites....warm sand, cool grass, kneading dough, stroking skin or a pet, another hand in yours?

Perhaps you have used your hands to make music, or build, or comfort others, or bring new life in to the world.

Express these in any way you choose within your hand outline either as images, words, doodles, or even poetry...there are no rules. List whatever comes to mind. Maybe you can go to a particular memory where the hands have played a significant part of your experience. You could create a collage using images torn from old magazines.

May it be a joyous reminder of all the experiences and sensations your life has touched.

With thanks to Creative Alternatives @creatingwellbeing for this idea.



A Jar Full Of Love

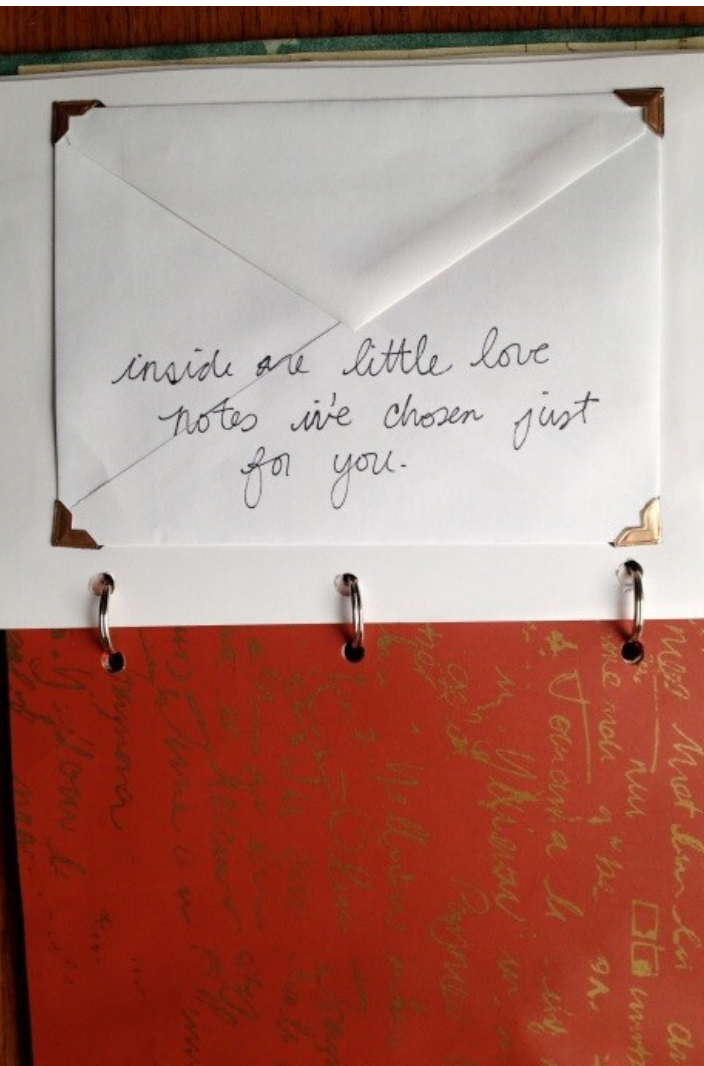
Take one clean empty jar and fill with words that bring a smile, evoke memories, offer inspiration or lift your spirits.

Then decorate your jar with ribbon, labels, paint or paper – the choice is yours.

Ideas of things to write:

- Positive or encouraging messages
- Words of wisdom
- Loving thoughts
- Dreams
- Things you like/love
- Things you are proud of
- Memories that make you smile
- Favourite places
- Inspirational quotes
- Favourite lines of poetry
- Favourite song
- Favourite film
- Prayers
- Favourite Jokes





Letter Writing

Write about happy times, things to remember, things that will make you laugh or smile. Write letters to loved ones to be opened in the future, or on special milestone dates, full of love, memories, reminders and perhaps the wisdom of your experience.

Envelope books are a nice way of presenting letters you might wish to write to your loved ones.

It may help to write ideas down first and then work out which order you want to write the letter afterwards. You may know what order you want to write the letter. There is no right or wrong way. It may help to write it as you would normally talk, for example if you use particular slang words or phrases include them.

Letter Writing

Here are some questions to help get you started:

- Who is the letter to?
- Do you want to add the date so they know when you wrote it?
- Do you want to let them know who the letter is from? If it is a letter for the future it may help to start the letter off with your name.
- Do you want them to open this at a certain time in their life? If so do you want to give this to a family member/close friend to give to them or do you want to place a note on the front for example: "Dear son this is for you to open on your 21st Birthday"
- Do you have any nicknames for this individual, if so where did they come from?
- How did you meet this person?
- If this is for a child how did you feel when you first knew you were having them?
- Do they have a strong personality? If so are there certain things that make you smile and think of the person?
- What special memories do you have and how did they/do they make you feel?
- Is there a special photo you have of this person? If so it may help to look at the photo and write about that day you could include this photo in the letter.
- Is there a special place you shared? If so why was it special?
- Did you share a special song together? If so why was it special?
- If you want to look into the future what do you hope for this individual? You could include things such as: Career, Marriage, their children.
- Some individuals include some of their life story.
- Ending the letter can be difficult. If you have a particular way you both say goodbye on a day to day basis use that. For example: 'Chow for now, See you later alligator'. Or you could end this in a heartfelt way such as: 'All my love, Always in my thoughts'





3D Thumb and Hand Prints

Use oven dry clay to create finger or thumbprint pebbles.

Or alternatively make a batch of salt dough to capture hand prints or even footprints. There is a salt dough recipe below.

- 500g plain flour
- 500g table salt
- 250ml warm water





Family Artwork

There are lots of other ideas to be found online for using hand and fingerprints to create fun artwork for all the family to treasure.

Here are a few examples to get you inspired.



Fabric Keepsakes

Many people find it comforting being able to hold something that was once worn by their loved ones.

Making cushions or bears from clothing, blankets or bedding can fulfill that need.

Below are a few examples

