Memory Satchels

PROCEDURES

1. Take the small canvas bag and place it on the table.
2. Select the plant materials that remind you of a loved one that passed away.
3. Hold the bag with one hand and with the other hand open it up.
4. Using the tablespoon, add your selections into the bag. The tablespoon does not need to be leveled. Just make sure that the bag is not completely full.
5. Place your memory satchel to the side.
6. Fold the sheet of paper in half twice to create four squares. Using the scissors follow the lines and cut the paper in four equal parts. You only need one square.
7. Using the pen and colored pencils write special words for your loved one on one piece of paper. You can also draw a picture as a welcome message.
8. When you are finished writing, fold the paper three times, and place it inside the memory satchel.
9. You can make one memory satchel for each loved one you would like to honor.
10. Smell your memory satchels. As you inhale the beautiful smell of the flowers think of your loved ones and the beautiful memories you enjoyed with them.

MATERIALS

- 1 small canvas bag with drawstrings; alternatives: a burlap bag, an organza fabric bag, a paper gift bag, or a brown paper bag
- dried or fresh cut herbs and flowers; for example: rose petals, marigold, lavender, sage, or chamomile
- 1 tablespoon
- 1 pen
- colored pencils
- scissors
- 1 sheet of paper, 8 ½" x 11