

A Guide to Creating Memory Boxes



A memory or rummage box is an excellent activity to create and look through together. Using a variety of multi-sensory objects that can be handled, looked at, smelt, listened to and even tasted. These can be generic or themed to a topic such as job, hobby, decade or entertainment.

Ideas for what to include

Photos of family, weddings, holidays, jobs, houses, pets etc. (originals may get damaged)

Favourite films on DVD, pictures of old film stars, cinema or theatre stubs or programmes.

Themed quizzes or questions about a particular topic.

Old toys from your past or your children's past, even Christmas decorations and objects.

Think about jobs and careers and items that can bring back memories, e.g. tape measure, nurses watch, ruler, paint brush, pen and pad, sewing buttons and ribbons onto pieces of material.

Objects relating to hobbies

Sports	Gardening	DIY related items	Craft related items
<ul style="list-style-type: none"> • sports memorabilia • tickets & programmes • information on sporting events 	<ul style="list-style-type: none"> • old seed packets • gardening magazine • photos of gardening tools 	<ul style="list-style-type: none"> • blocks of wood • sand paper • photos of tools 	<ul style="list-style-type: none"> • Wool • Material • make up • wooden spoons • recipe cards

Think about the 5 senses

 Things to look at	 Things to listen to	 Things to smell	 Things to taste	 Things that are tactile to touch
<ul style="list-style-type: none"> • colourful card or paper • pictures • colourful objects 	<ul style="list-style-type: none"> • music CDs • sound recordings of birdsong, water, animal noises children's laughter etc. • bells 	<ul style="list-style-type: none"> • perfume • soap • dried tea • coffee • mint sauce • grass and plants 	<ul style="list-style-type: none"> • sweets • crisps • drinks • fruit • marmite • jelly 	<ul style="list-style-type: none"> • material • fur • sandpaper • water • shiny treasure

These boxes are meant to be shared and to stimulate chat and reaction. Keep changing the object and follow the person's lead, if they are bored of one thing then move onto another.

Try talking about how the items makes the person feel.

Contrast two things to look at or two flavours to taste.

Make sure if there are items that are dangerous or could be