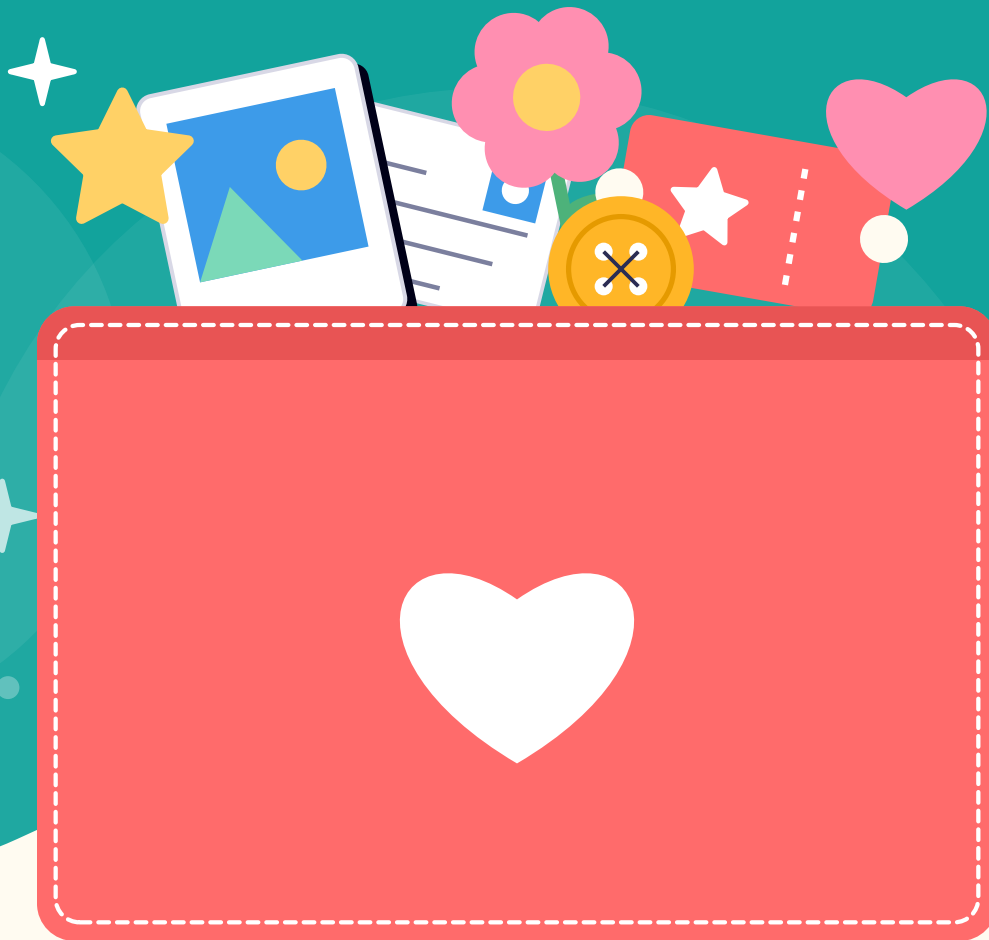


A Pocketful of Memories

THE LOVE WE CARRY WITH US



A MEMORY POCKET ACTIVITY

Inspired by Sundance

Laura Holt-Haslam

A Pocketful of Memories

THE LOVE WE CARRY WITH US



The people and pets we love become part of our story.

In Sundance, Mal remembers how his dog, Sunny, loved chasing squirrels, begged for treats when he got home from school, comforted him when he felt anxious, and helped him feel brave. Mal misses Sunny terribly. But as his story unfolds, he discovers that even though she's gone, the love they shared is still with him.



Who has become part of your story?

Maybe someone showed you how to throw a baseball, splash in a mud puddle, or bake the best chocolate chip cookies in the world. Maybe your pet curled up beside you when you were sad, or your best friend told jokes that made you laugh until your stomach hurt. Sometimes it's the smallest moments that stay with us the longest.



Make a pocket for one special person or pet.

Fill it with reminders of what connects you: photos, drawings, notes, tiny treasures, and memories. Your special person or pet might be right beside you, living far away, or someone who has died.



This pocket belongs to you. Choose what goes inside, what stays private, and what you might add another day.

One special connection

You can make more pockets later for the same person or pet, or for someone else.

This pocket is for...

What comes to mind when you think of them?

Maybe a place, a funny habit, a sound, something you did together, or a feeling you remember. You can start with just one little thing.

Room to doodle, jot ideas, or add a photo

♥ No right answers. Nothing you have to share.





Gather your treasures

There are lots of ways to tell the story of a relationship.

Look for little things that remind you of your special person or pet. You might find a photograph, a ticket from a trip or concert, a postcard, a sticker, a button, a favorite recipe, a pressed flower, or a tiny lock of hair or pet fur.



You can make treasures, too.

Draw a favorite place. Write down a silly saying. Sketch something that makes you laugh. Copy a recipe or create a tiny picture of an object too special to put in the pocket.



Try the memory cards on pages 6–9.

Write, draw, attach a small photo, or use the cards however you want. They are suggestions, not assignments. You can skip any of them, invent your own, or make more copies.



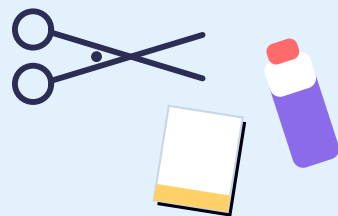
A gentle reminder: Ask before taking something that belongs to someone else. For a precious or delicate item, use a copy, a photograph, or a small protective envelope instead.

Build your pocket

One pocket is enough to begin. Add more whenever you like.

WHAT YOU NEED

Printed pocket template (page 5), scissors, glue or tape, and a sturdy backing sheet. Cardstock makes a stronger pocket, but construction paper or ordinary paper works for lighter treasures.



HOW TO MAKE IT

1

Cut out the pocket template along the solid outer line.

2

Fold the side and bottom tabs along the dotted lines.

3

Glue or tape the tabs to a backing sheet. Leave the top open so your treasures can slip inside.

4

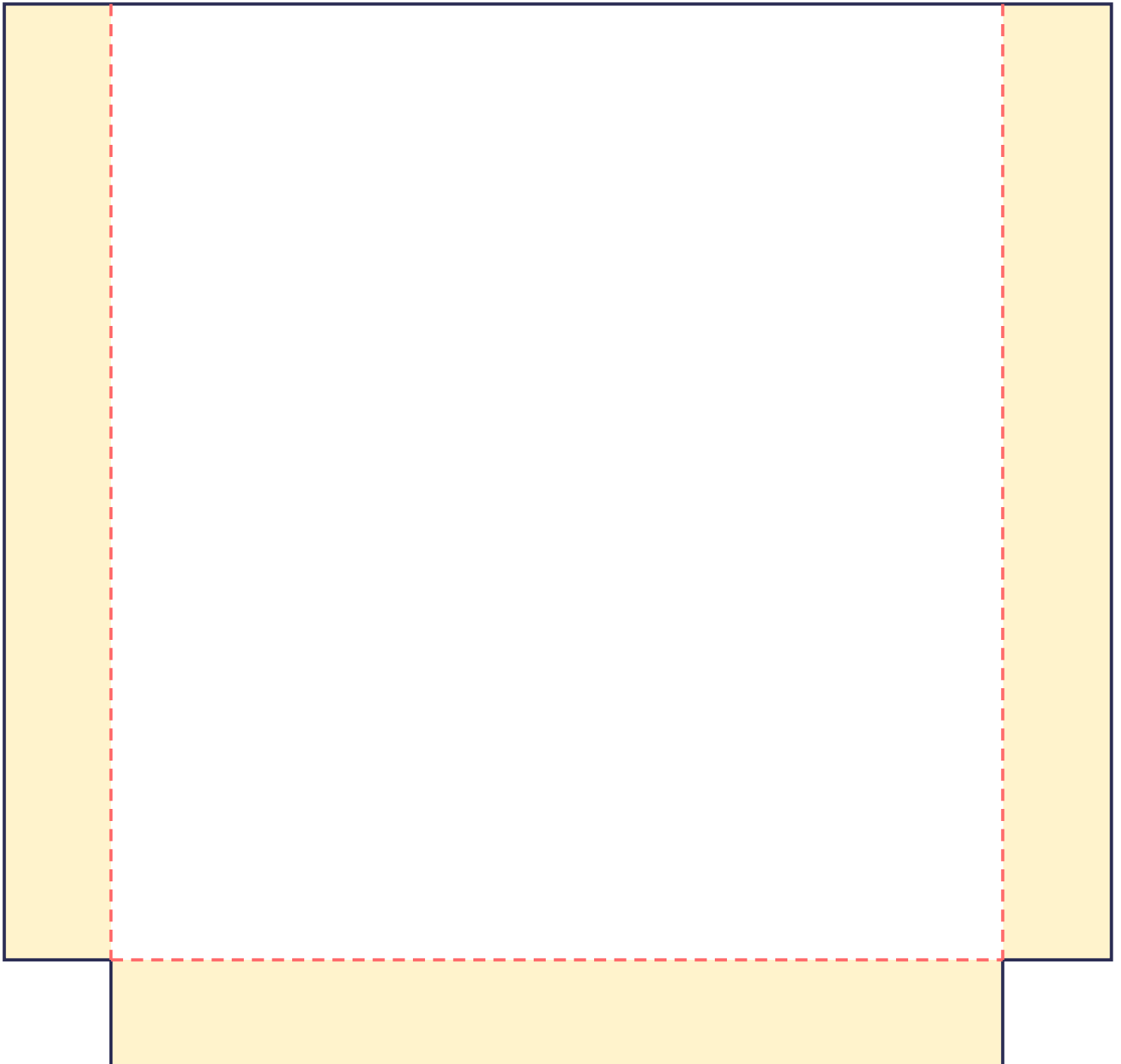
Decorate the blank front any way you like. Add cards and treasures when you are ready.



Want to create a collection? Print another pocket and arrange two or three on a larger piece of poster board. They can celebrate different memories of one person or pet, or different people and pets.

Your memory pocket

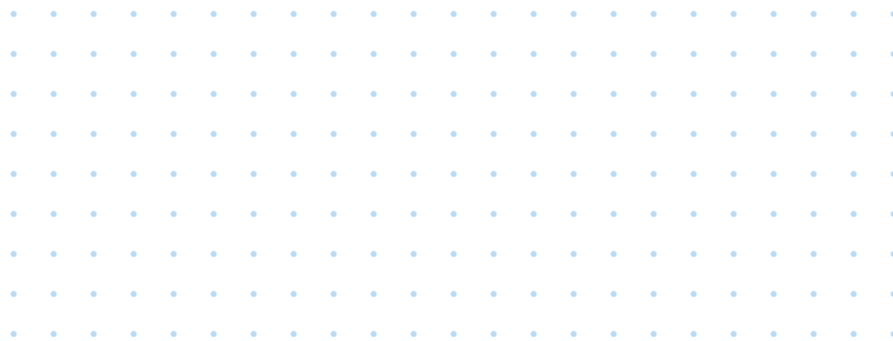
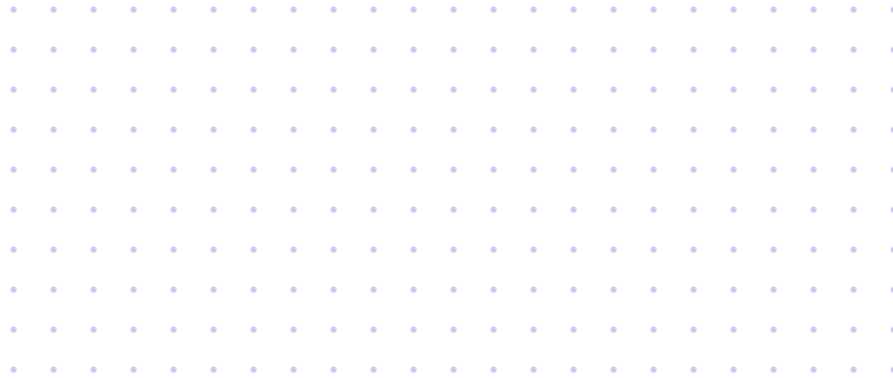
Cut the solid outline. Fold on dotted lines. Glue or tape only the tabs.



Blank front: decorate after assembling.



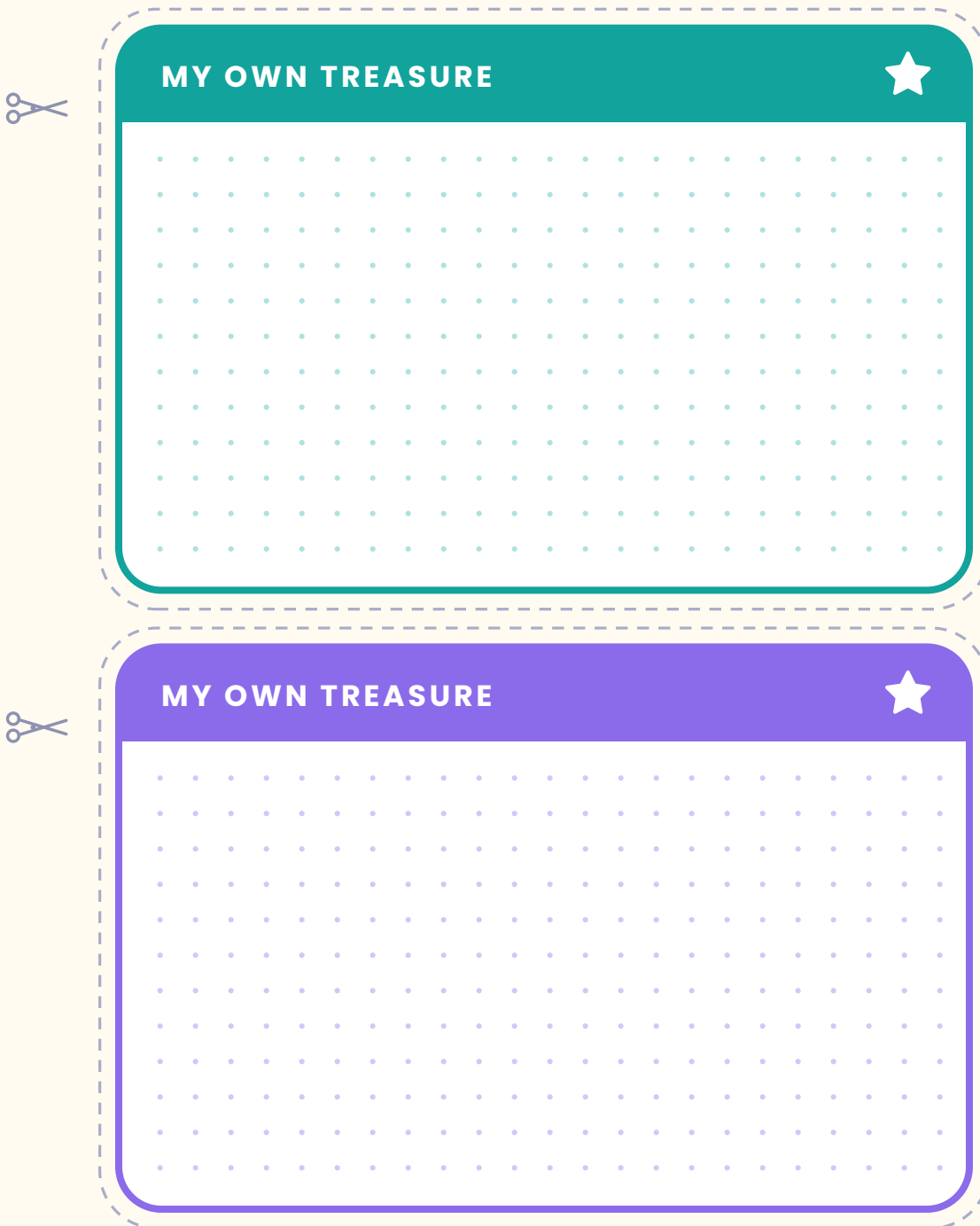
Cut out the cards. You can write, draw, or include photographs. Choose whichever cards feel right. You can print extra copies. These cards work for someone near, far away, or dearly missed.





Make it your own

There is no prompt to follow on these two cards. Draw, write, attach a photo, or invent something new. Anything you want to remember belongs here.



The image shows two identical memory cards stacked vertically. Each card is designed to be cut out, as indicated by dashed borders and scissors icons. The top card has a teal title bar with the text "MY OWN TREASURE" and a white star icon. The bottom card has a purple title bar with the same text and star icon. Both cards feature a large dotted grid for drawing or writing.

MY OWN TREASURE ★

MY OWN TREASURE ★

A pocket that grows with you

You do not have to finish your pocket today.

Maybe you remember another story next week. Maybe something funny happens tomorrow. Maybe you find an old photo, or make a new memory. You can add it whenever you like.



What we carry

Sometimes we carry someone with us in ways we cannot quite explain. Maybe it is a memory, something we learned, courage we found, or simply the feeling of being loved. You do not need perfect words for it.



For parents, teachers, and other grown-ups

Invite children to choose a special person or pet, and give them the freedom to decide what to include or share. A memory might be funny, joyful, complicated, or sad. Encourage children to explore their memories and discover what those memories mean to them. Sometimes, simply creating the pocket is meaningful enough.

ABOUT THE BOOK

This activity was inspired by Sundance (© 2023 Laura Holt-Haslam), a heartfelt story about love, courage, friendship, and the connections we carry with us.

Available in paperback, ebook, hardcover, and audiobook formats.

<https://books2read.com/Sundance>

