

Make a Memories Jar



It is an easy project to set up. You just need a jar with a lid and your imagination. You can put whatever non-perishable items you would like into your jar.

Collect a selection of little things for your jar that remind you of memories you have made this month, season or year.

Ideas:

- Found items
- Shells
- Feathers
- Rocks
- Leaves
- Little toys with special meaning
- Names of new people you met/spent time with
- Ticket stubs
- Receipts
- Song titles/lyrics
- Friends names
- Something you are proud of
- Maps
- Clean candy wrappers

It helps if you label the jar to remind you of the date/year you put it together. If you are using this as a time capsule, you will also want to label the items within the jar. You will be surprised what you forget in 10 years.

Here are some statements to start with if you want to write a letter to your future self:

- I am proud of...
- The three things I like most about my life are...
- I feel closest to...(people, places, pets)
- My greatest talent is...
- I really appreciate...
- If I could grant three wishes they would be....
- The thing I like best about home is...
- The three most pleasant memories I have about this time is...