

TREASURED MOMENTS

A COMPANION TOOLKIT FOR FAMILIES

PURPOSE OF THIS RESOURCE

This toolkit is designed as a gentle companion for families navigating illness, grief, loss, and memory-making together. It is not intended to teach families how to grieve, but rather to create small opportunities for connection, storytelling, play, and remembering.

The activities in this toolkit are inspired by the original Treasured Moments project and are designed to be printable, adaptable, and accessible for families, therapists, hospices, hospitals, and caregivers.

This resource can be used:

- During illness
- In anticipation of loss
- With families at home
- In therapy settings
- In hospice or hospital support contexts

There is no right or wrong way to use this toolkit. Families may choose the activities that feel meaningful to them.



HOW THIS TOOLKIT WORKS

The heart of this toolkit is the idea of creating “Memory Packets.”

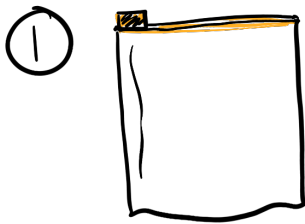
Families are invited to create small packets filled with memories, stories, objects, drawings, photos, notes, or prompts connected to a loved one.

These packets then become part of shared family activities and games designed to encourage conversation, reflection, storytelling, and connection.

The toolkit is structured into four parts:

1. Creating Memory Packets
2. Prompt Cards & Reflection Activities
3. Family Games
4. Guidance for Caregivers

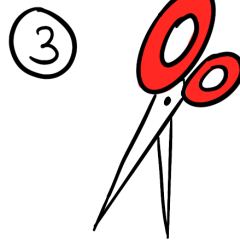
WHAT YOU WILL NEED TO GET STARTED



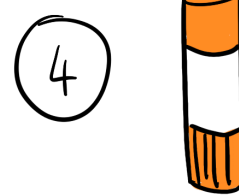
A SET OF ZIPLOCK BAGS



PAPER CLIPS



SCISSORS



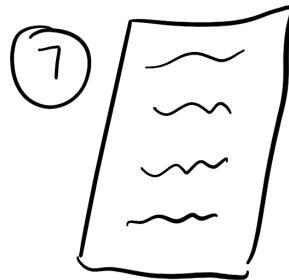
GLUE



TAPE



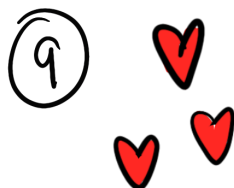
ALL YOUR FAVOURITE CRAFT SUPPLIES



A PRINTOUT OF THIS BOOKLET



BOARD GAME PAWNS, DICE



PICTURES, MEMORIES, TRINKETS AND LOTS OF LOVE

Note: You will only need to print out pages from 8 onwards. Please ensure you print it out 1 sided and in colour for the best experience.

PART 1: MAKING MEMORY PACKETS

WHAT ARE MEMORY PACKETS?

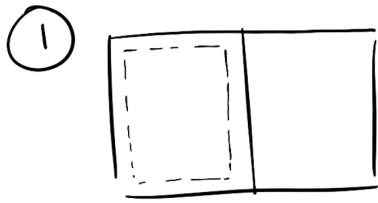
Memory Packets are small collections of memories created together by families. Each packet can hold:

- Notes
- Drawings
- Printed photographs
- Small objects
- Stories
- Letters
- Stickers
- Shared memories
- Things that remind a child of a loved one

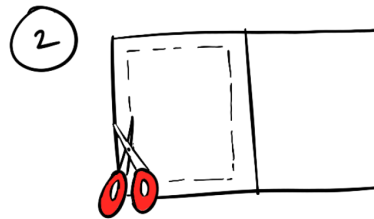
Families can create around 10 packets over time.

The packets are intentionally simple and accessible.

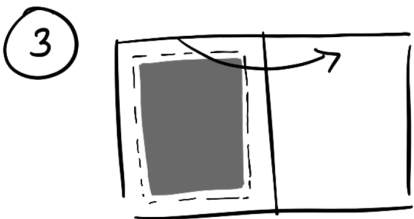
HOW TO MAKE A MEMORY PACKET



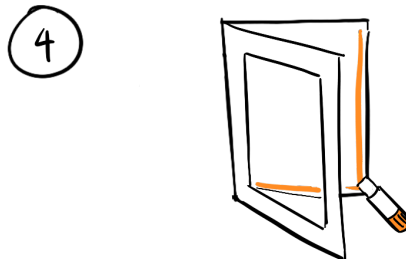
1 TAKE YOUR PRINTED TEMPLATE (PAGE 8-17)



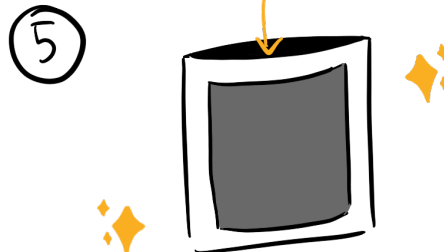
2 CUT ALONG THE DOTTED LINES



3 FOLD IN THE MIDDLE ALONG THE LINE



4 PUT GLUE ALONG THE ORANGE LINES AND STICK



5 YOU HAVE A MEMORY PACKET READY FOR YOUR MEMORIES!

You may decorate these memory packets in any way that you like!

PART 2: REFLECTION ACTIVITIES AND FILLING UP MEMORY PACKETS

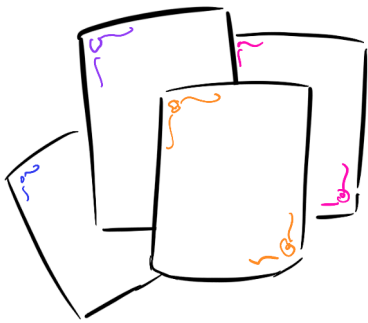
PROMPT CARDS

Prompt cards are designed to gently encourage storytelling and conversation. Families can:

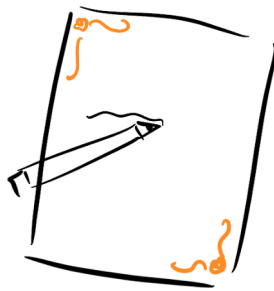
- Pick cards randomly or pick the ones they like the most
- Use them to create meaningful packets
- Use them during games
- Use them whenever conversation feels difficult

Fill in the prompt cards with words, stories, poems, drawings, anything that feels natural to you. You can also find small trinkets, toys, pictures, anything that you think fits with the prompt cards. Feel free to also create your own prompt cards if you have any ideas!

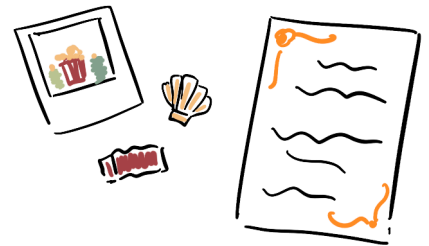
HOW TO PUT TOGETHER A MEMORY PACKET



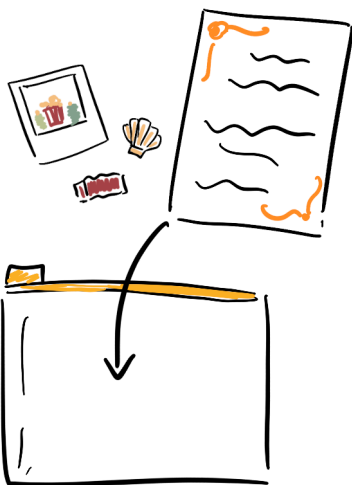
TAKE YOUR PRINTED PROMPT CARDS (PAGE 18-21) AND CUT THEM OUT



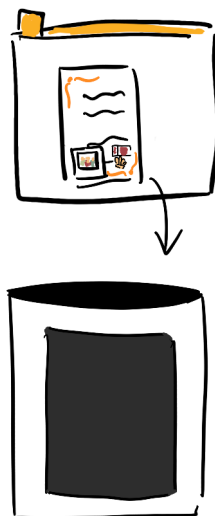
PICK YOUR FAVOURITE ONE AND FILL IT OUT



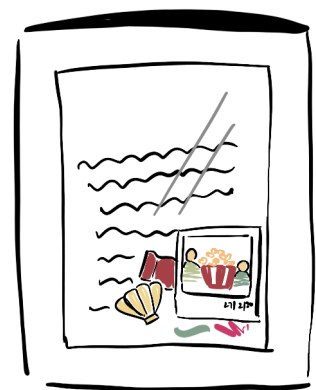
FIND PICTURES, TRINKETS AND THINGS YOU ASSOCIATE WITH THAT TILE



PUT THEM INTO A ZIPLOCK BAG AND SEAL IT



PUT YOUR ZIPLOCK BAG INTO THE MEMORY PACKET YOU MADE EARLIER



YOUR MEMORY PACKET IS READY! MAKE AS MANY AS YOU LIKE. IT IS SUGGESTED TO MAKE AT LEAST 6

PART 3: FAMILY GAMES

The games are designed to create moments of togetherness and gentle conversation through play. The goal is not competition, but connection.

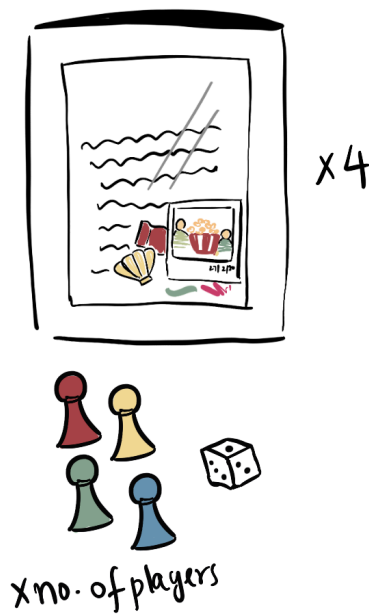
GAME 1: A WALK THROUGH MEMORY LANE, THE BOARDGAME

Players move through a shared path using the Memory Packets and prompt cards. As players land on spaces, they:

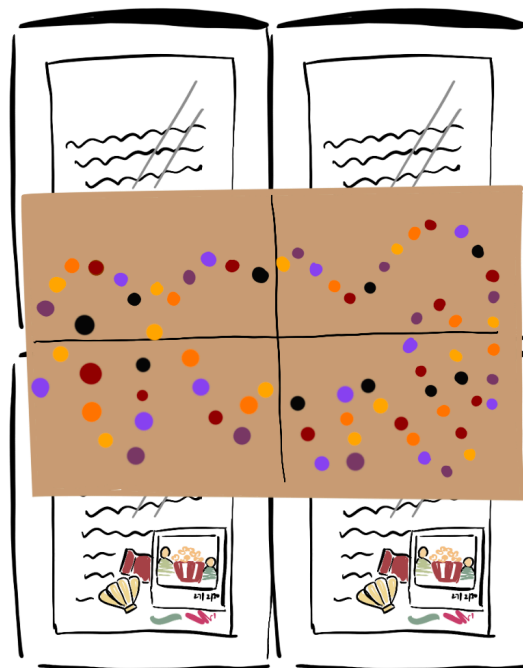
- Share memories
- Open packets
- Answer prompts
- Complete simple reflective activities

The game encourages storytelling and shared remembering.

HOW TO GET STARTED



PICK ANY 4 MEMORY PACKETS THAT YOU HAVE MADE, GAME PAWNS FOR THE NUMBER OF PLAYERS AND A DICE



PLACE THE 4 MEMORY PACKETS AS SHOWN AND PLACE THE PRINTED GAME BOARD (PAGE 22) ON TOP OF IT AS SHOWN

You are now ready to get started, you can find the rules for the game on page 24. Every time you play, swap out the memory packets to keep creating a new game board!

This game is likely to be enjoyed most by children who enjoy playing boardgames, talking and sharing.

GAME 2: TREASURE HUNT

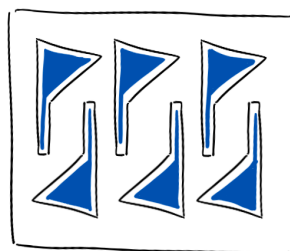
Families search for memories, objects, stories, or meaningful moments in the form of memory packets connected to a loved one.

The scavenger hunt is intended to encourage noticing, remembering, and sharing together in a more active way allowing children to embrace their natural playful spirit.

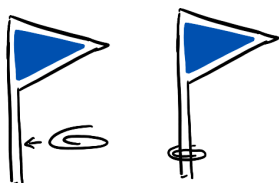
HOW TO GET STARTED



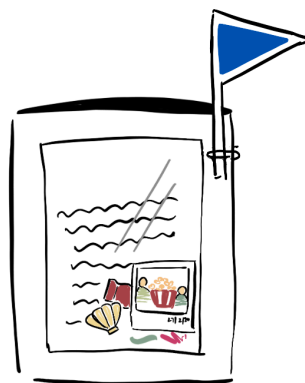
PICK ANY 4 -6 MEMORY
PACKETS THAT YOU
HAVE MADE



GET YOUR FLAGS
(PAGE 23) AND CUT
AROUND THE DOTTED
LINES



ATTACH PAPER CLIPS
TO EACH OF YOUR
FLAGS



ATTACH YOUR
PREPARED FLAGS TO
YOUR CHOSEN
PACKETS

You are now ready to get started, you can find the rules for the game on page 24
Every time you play, swap out the memory packets to keep creating a new treasures to find!

This game is likely to be enjoyed most by children who enjoy a more active play style.

PART 5: A NOTE TO CAREGIVERS

BEFORE YOU BEGIN

There is no single “right” way for children to experience grief, memory, or loss. Every child responds differently, and those responses may change over time. Some children may want to talk often. Others may express themselves through play, drawing, questions, movement, or even silence. Sometimes a child may move in and out of difficult emotions very quickly. Sometimes they may return to the same memory again and again.

This toolkit is not designed to provide answers or to guide families toward a particular way of grieving. Instead, it is intended to create small opportunities for connection, storytelling, remembering, and being together.

Not every activity needs to lead to a conversation. Sometimes simply creating something together, laughing together, or sitting quietly beside one another can be meaningful too.

Play can offer children a gentle way to explore emotions that may otherwise feel difficult to express directly. Through memories, objects, stories, and shared activities, families may discover their own ways of remembering and connecting.

Families may use this toolkit differently over time, returning to certain activities when they feel ready and leaving others aside entirely.

This toolkit is designed to be open-ended and adaptable.

Families may choose to:

- Create only the Memory Packets
- Play only one of the games
- Use the activities over weeks, months, or longer
- Return to the same prompts repeatedly
- Create their own prompts, rituals, or ways of playing
- Use the toolkit in quiet moments or as part of larger family conversations

There is no expectation to complete everything.

Different families will naturally engage with the toolkit in different ways.

Memories do not always live only in photographs or objects.

Sometimes they appear quietly in everyday moments: in a familiar smell, a shared joke, a favourite song, a place, or a small story told again and again.

Even after loss, these moments can continue to exist in the lives of families in different ways.

This toolkit is simply an invitation to notice them, hold them gently, and create space for them together.

A NOTE FROM ME

Hi, I'm Swetha, a play designer based in the Netherlands.

Treasured Moments began during my graduation project at TU Delft, where I explored how play, storytelling, and shared activities might help families navigate illness, grief, and memory together.

Over time, the project grew into both a physical toolkit and this printable companion resource. My hope is simply that it can help create small moments of connection, conversation, and remembering for families in whatever way feels meaningful to them.

If you would like to:

- Learn more about the original project
- Explore the physical wooden version
- Access the book connected to this toolkit
- Share feedback or experiences
- Discuss collaborations or professional use
- Support the continued development of the project

you are warmly welcome to reach out.

You can reach out at : swethalkri@gmail.com or fill out the contact form on my website www.swethakrishnan.com

My Personal Website

























Songs that we like to sing



Games we like to play



An everyday activity



Food we like to eat together





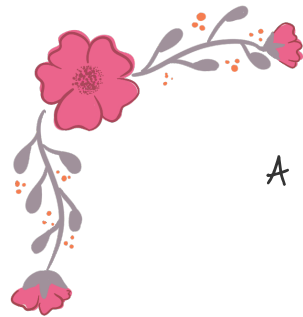
Stories we like to read



The moment you were born...



Something that I am proud of you of



A message for you





A holiday memory



Things we like to do together



Something you do that makes me laugh



This always makes me think of you





On your 18th birthday



On your graduation

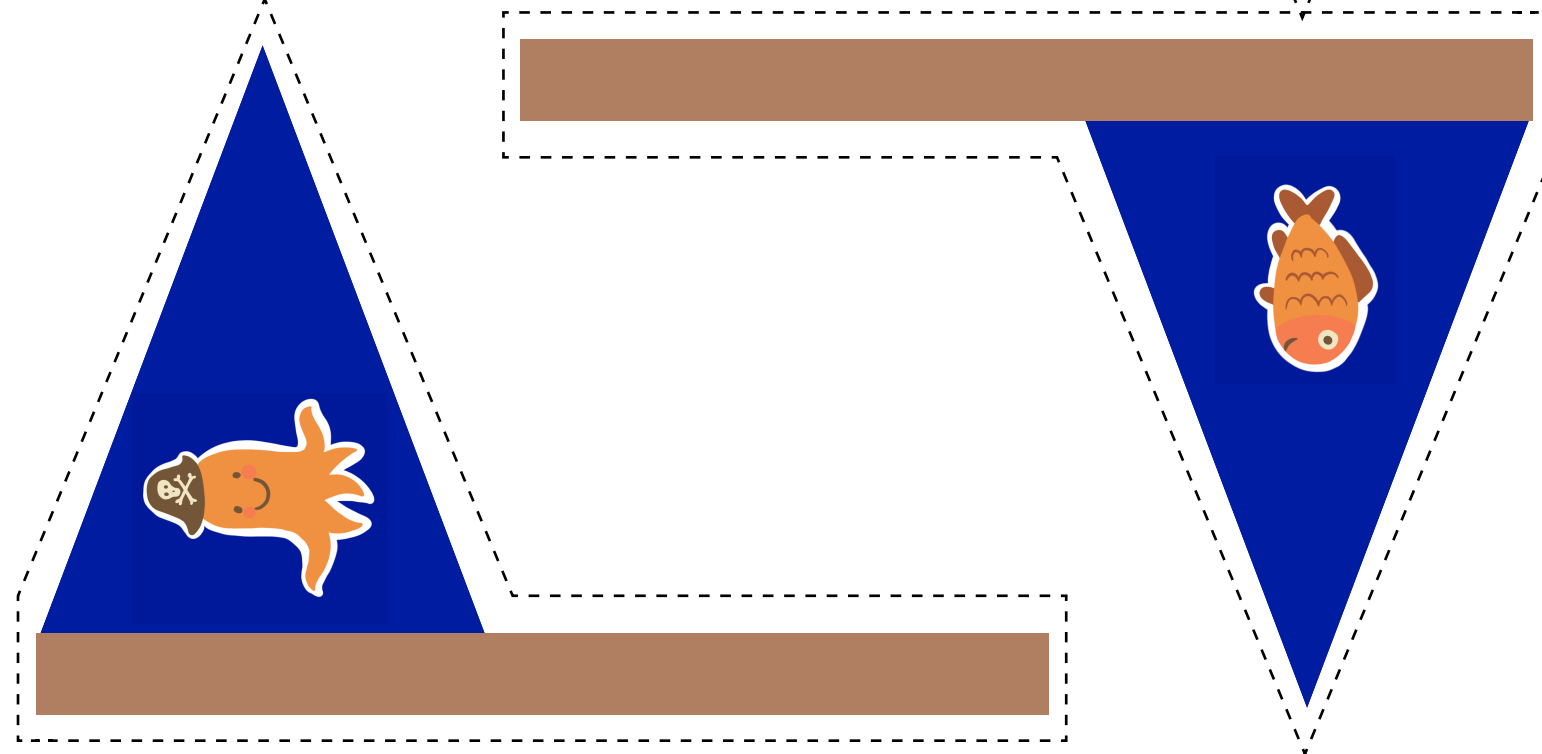
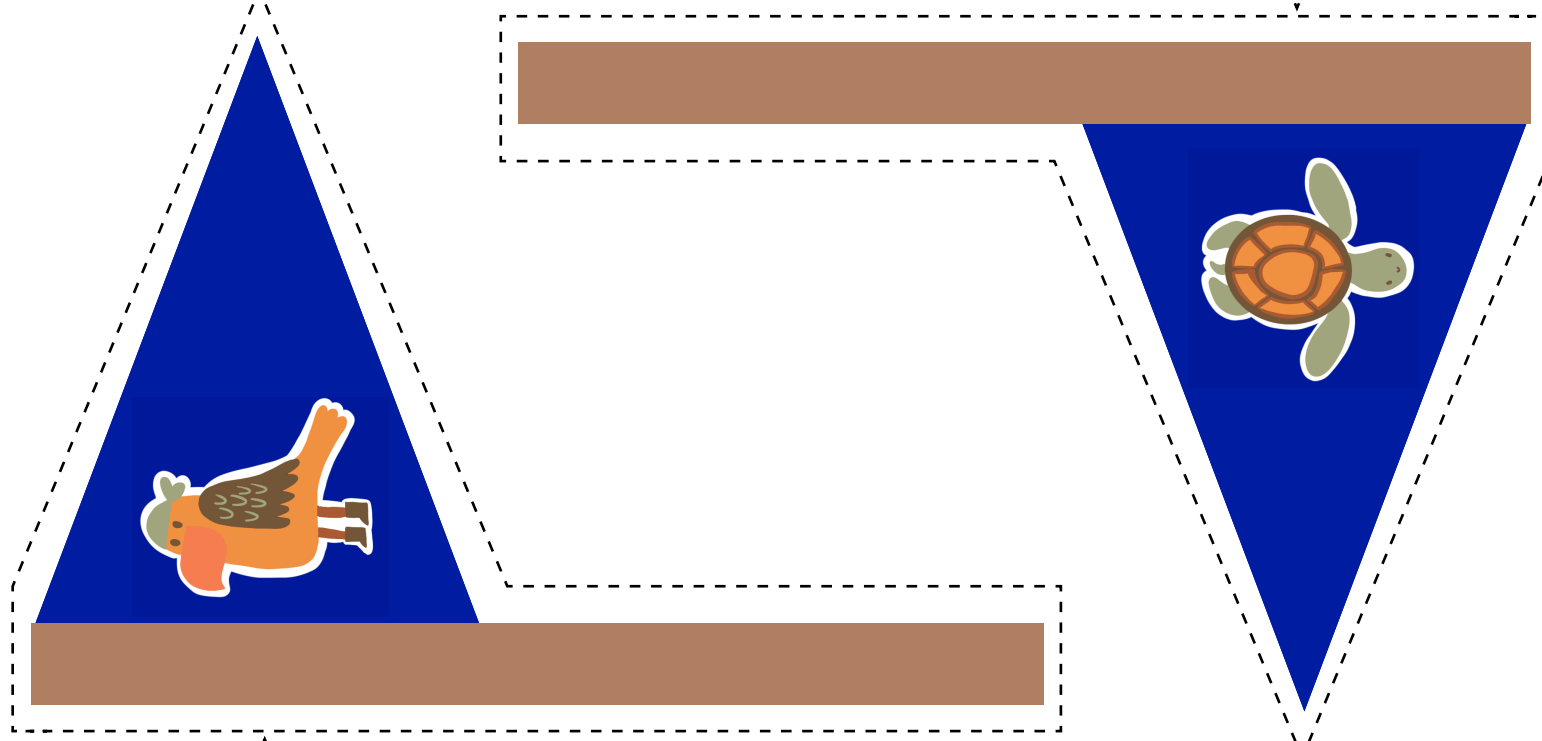
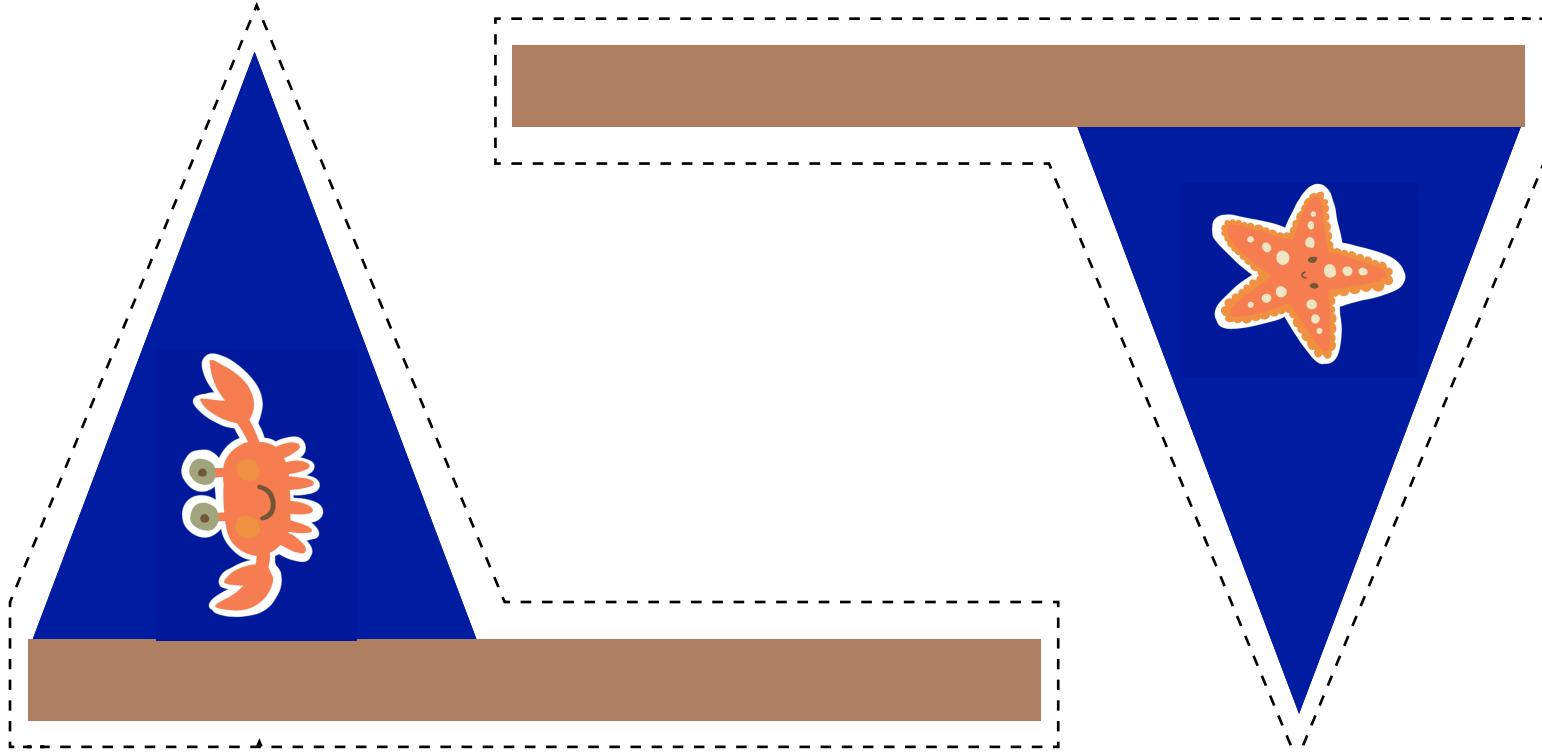


On your wedding day



Some advice for you as you grow up





A Walk through Memory Lane

The Boardgame

How to Play

Pick your favourite game pawns and get ready. A random player rolls the dice and starts moving ahead.

When a player lands on this



They must defeat the nightmare with a powerful memory. Happy memories scare him away so talk about something that makes you happy when you see the memory packet you are on.

Keep walking on the board by rolling the dice, some spaces ask you to go forward or backwards.

Keep playing till every player completes their walk.

The Treasure Hunt

How to Play

The parent then takes the prepared memory packets and hides them in their house in places of their choosing. These places can be relevant to the memory or random and fun for the child to explore.

The child goes on an adventure, finding the memory packets.

Parents can give clues relating to the contents of the packet too.

When all the packets have been collected, you discuss the treasures (memories in the packets) together!

