



Forget Me Not

A continuing bonds activity

Kids everywhere are faced with saying goodbye to friends, teachers, or their safe space, without the typical celebrations, hugs and farewells. The Forget Me Not activity creates a visual reminder that they are not forgotten. This is also a great activity for children grieving the death of a loved one.

Items Needed:

Forget Me Not seeds
Note Card

Directions

In a note card write the message below to your child/student.

"The people we love plant seeds in us that when nurtured will flower and remain with us a lifetime. I hope you will plant these Forget Me Not seeds somewhere you will see them often and remember the ways your loved ones will always be a part of you."

