



## Pocket Reminders



These were so much fun to do! We call them Pocket Reminders, and used little boxes from the craft store that resembled match boxes. There are 3 examples at the top of this page. You can do them however you want; but at our house the one on the left was for mom, the middle was for the child, and the one on the right (with two pictures of it) was for the service member. For mom; a list of her favorite things to do that would help her feel better on a tough day. For the child; an accordion menu of her favorite coping skills (because those are hard to come up with when you are sad or upset), with copies of photos on the back. For dad; a drawing of a favorite memory of the family drawn by the child to take with him. We decorated the outside of the boxes with drawings or scraps of paper. We put a magnet on the back of one (so you could keep it on the fridge if you wanted).

Have fun and enjoy!

~A Northside ISD Military Wife

<http://nisd.net/militaryfamilies/activities-military-children>

