

Forget-me-not

The forget-me-not is a small blue flower linked to memory and remembrance. It is the symbol of the Alzheimer's Society who campaign for people living with dementia. Why not make a paper forget-me-not to show your support. You can find out more at alzheimers.org.uk

To make this collage of a forget-me-not you will need bits of blue and yellow paper, glue and scissors. Remember to ask your grown up for help using scissors.



1 Draw a big flower with 5 petals.



2 Track down some blue and yellow coloured paper - you could look in old magazines, or food packaging from the recycling. You'll need lots of blue and a bit of yellow.



3 Tear or cut the pictures into little pieces and stick them on the flower with glue. Use blue for the petals and yellow for the middle.



4 When the glue has dried you can cut out your forget-me-not. You could stick it in your window, or send us a picture at theharris@preston.gov.uk. Dementia Action Week has been postponed this year - but during the week of 13 May we'll share any forget-me-nots you send us on social media.

