

MY In-Memory DECORATION

During the holidays, memories of days gone by may stir up feelings of sadness, anxiety, or other grief-related feelings. By focusing on the qualities of the person who died that feel good to reminisce about, family members may connect to the positive feelings associated with that relationship, maintaining their bond with that person.

This activity offers your children and teens an opportunity to create a holiday keepsake decoration that celebrates the life of their loved one who died.

Supplies: Construction paper/colored paper/white paper, star stickers if available, markers/crayons, glue sticks, Mod Podge or laminating paper

Instructions:

Cut paper into 9 narrow strips about 1 inch wide. If no colored paper is available use white paper color strips with markers or crayons. Arrange strips on another sheet of paper to form a Christmas Tree, Menorah, or other holiday symbol of your choice:

1. For A Christmas Tree - place paper vertically. Start with the smallest strip at the top and end with the longest strip at the bottom of the page. Leave space at the top for a shape of your choice such as a star. Glue.
2. For a Menorah- place paper horizontally. Put eight strips of equal length along one edge of the paper and a taller strip in the middle of the eight. Place a star sticker above each strip or draw a flame.
3. On each strip, write words that describe your loved one. Reserve one strip for their name.

If available seal with Mod Podge or laminate.

