

A FITTING TRIBUTE

Bring your memories to life

Materials: Worksheet copies, construction paper, various art supplies like magazine pictures or illustrations, feathers, jewels, stickers, scissors, glue, markers and crayons

Directions: Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

Grief is real. When a loved one dies, life as we once knew it changes.

And sometimes, we just don't know what to say.

It's important to learn how to express your grief.

Today, we're going to make a memory collage to honor our deceased loved one or pet.

ACTIVITY INSTRUCTIONS

- Starting with a sheet of construction paper, select art supplies for your collage. You can use pictures, create your own drawing or write a poem. Whatever you feel is the best way to express your memories.

You'll have 10 minutes to create your collage.

(Set the timer for 10 minutes.)

- When the timer sounds, let's discuss the following questions:
 - What did you like about making the collage?
 - What did you dislike about making the collage?
 - Are you surprised how the collage turned out?
 - Do you have special memories of your loved one you'd like to share?



Source: San Diego Hospice and Institute for Palliative Medicine Intern Training Program

Note: A qualified adult will facilitate all Grief activities.

