



Activities to Support You and Your Grieving Family

Memories: Connection & Comfort

We know the spring holidays, such as Easter and Passover, are coming. Due to the unprecedented times we're experiencing, we are unable to provide our in-person Children's Bereavement programs. However, we are here to support you and provide resources.

At this time of year, your thoughts may linger on memories and traditions from when your special person was still alive. Here are some ways to honor and begin a conversation about your person, remembering their personality, gifts, and the special times you shared.

Warmly,
Gilly Cannon
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Make / Do

Memory Jar: Gather memories in a safe place

Sometimes you may worry that you will forget details, memories, and important moments with your person. This activity is a way to record and keep memories you have and to collect memories from your family and friends, to share together.

1. Find an empty jar or an object that's large enough to keep notes inside.
2. Feel free to decorate your memory jar with stickers, permanent markers, ribbons or any materials you have.
3. Write or draw some of your favorite memories about your person on pieces of paper. Fold each memory up and add it to the jar.
4. Ask others in your home to write or draw their memories and add them to the jar.
5. You can call or email other relatives and friends who knew your special person to join in this activity too. Record their memories and add them to the jar.
6. Gather with your family to share the memories you have collected.



We'd love to see your Memory Jars!

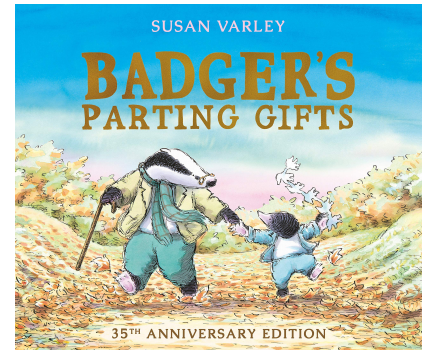
**Send your photos to Gilly at gillyc@caringsmatters.org
and we'll post them on social media and on our website to honor your person.**

Read / Listen

Badger's Parting Gifts by Susan Varley

Badger has died and his friends are very sad. They begin to talk about all the things Badger taught them. These memories remind them that Badger will always be with them and brings them comfort. As you listen to the story, think about something you learned from your person that helps you remember them.

Listen to Badger's Parting Gifts at
<https://youtu.be/tRTRABhJTbo>



Think / Talk

Keep The Memories Alive

Sometimes it's hard to begin a conversation about your person. Here are some ways you can start. Complete these prompts together as a family. You can do this while you eat your person's favorite food or play your person's favorite game.

Take turns completing these prompts:

- My person taught me to...
- One funny thing that happened with my person was...
- One thing I liked to do with my person was...
- I am like my person because...



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for more resources to help children and families