



# MEMORY ORNAMENT ACTIVITY

*Credit: Whatsyourgrief.com*

This ornament activity is a great opportunity for children (and adults) to reflect on their grief emotions and some of their favourite memories with the person who has died. This activity uses different coloured ribbon to represent the different emotions that you may feel and sequins/beads to represent memories that you have of the person who died.

## List of Materials:

1. 6-10 different colours of ribbon cut into 6 inch pieces
2. Clear, plastic fillable ornament
3. Scissors
4. Sequins and/or beads
5. Strips of paper
6. Markers/pens



## Directions:

1. Brainstorm different grief emotions that the child (or you) are experiencing and assign a grief emotion to each colour of ribbon you have
2. Fill the ornament with the different pieces of ribbon
3. Add in sequins and beads (if using) and discuss what memories you're thinking of
4. Write a message to your special person on a piece of paper and add it to the ornament if you wish