



10 WAYS TO REMEMBER A LOVED ONE THROUGH CRAFTING

SCROLL DOWN FOR IDEAS AND INSTRUCTIONS





MAKE A MEMORY JAR



You will need: a glass jar with a lid, a pen, salt, coloured chinks, felt tip pens and several sheets of A4 paper

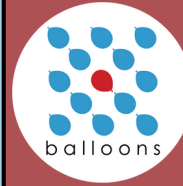
1. Carefully fill the jar with salt and place to one side
2. On a piece of paper write down any six things you remember about the person who died
3. Draw a dot of colour next to each memory (for example, blue for their favourite song, pink for a time you did something fun together)
4. Spread out six sheets of paper and split the salt from the jar between them
5. Colour each pile of salt one of the colours of the dots by rubbing a piece
6. Carefully pour each pile of salt into the jar one at a time to create layers
7. Gently tap the jar to settle the salt then fill up any remaining space with plain salt to prevent the layers mixing
8. Put your jar somewhere you will see it often and keep your memory sheet safe so you can show it to friends and family.

This activity helps you think about happy memories while creating something beautiful to help remember your loved one. You can even add objects to the jar that have significant meanings.





MAKE A MEMORY BRACELET



A beaded bracelet is a lovely way to remember a loved one. You can keep it somewhere safe or wear it to remind you of the bond you still have with the person who has died.

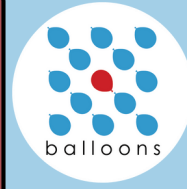
You will need: a selection of beads (different colours, shapes, letters), beading elastic, scissors, paper.

1. Choose a selection of beads that remind you of your loved one (e.g. their favourite colour, their favourite holiday, their sports team, their personality)
2. On a piece of paper write a description of the bead and why you have chosen it.
- 3 Take the cord and tie a random bead onto the end - this is just to stop your special beads slipping off as you thread them.
- 4 Thread the beads onto the cord or elastic and then remove the random bead on the end.
- 5 Ask someone to tie it to your wrist using a double knot.





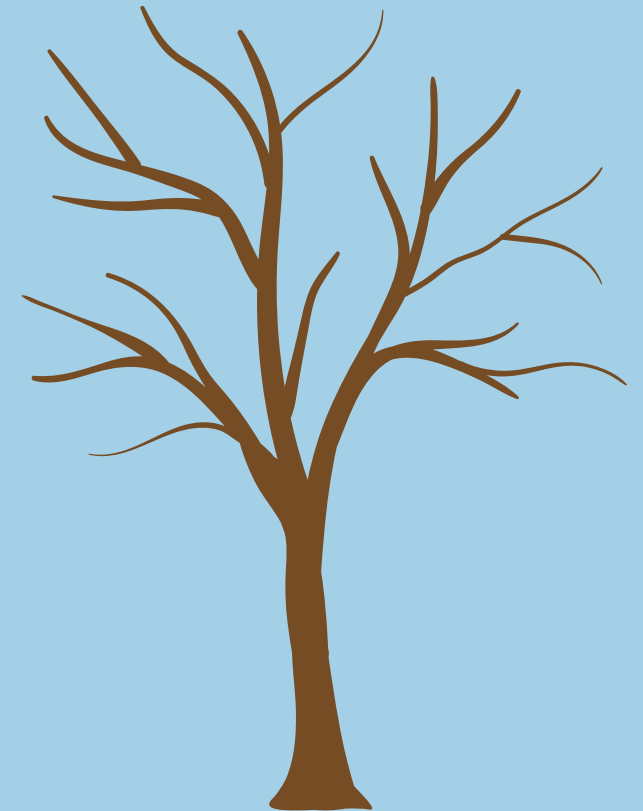
MAKE A MEMORY TREE



Making a memory and loss tree is a good way to reflect on what you miss about your loved one as well as the happy memories you shared.

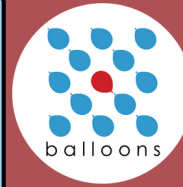
You will need: A large sheet of paper with a picture of a bare tree on it, a couple of sheets of A4 with leaves drawn or printed on, coloured pens, scissors.

1. Think about your loved one and write down what you have lost on a leaf
2. On another leaf, write down a happy memory you have of them
3. Cut out your leaves and stick them on the branches of the tree
4. Colour the tree however you like. You can then store it away somewhere safe or hang it on your wall.





MAKE A MEMORY BOX



Memory boxes are a really special way to keep all of those things that remind you of your loved one in one place. You can decorate it however you like and make it personal to you and your memories.

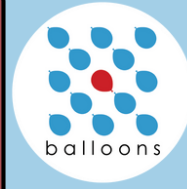
You will need: a plain box (a shoe box is perfect), items that remind you of the person who died (e.g. clothing, jewellery, books, cards, photos), sticky tape, glue, coloured pens and decorations to stick to the box.

1. Decorate the box in any way you choose. You might want to do something simple (like wrap it in wrapping paper) or go all-out with beads, feathers and sparkles!
2. Gather together objects relating to your loved one that are really special and have memories attached to them.
- 3 You can even write notes to remind yourself why you chose these objects.
- 4 Put the box somewhere safe and revisit it whenever you want to. You might want to keep it private or you might like to show it to others.





WRITE A LETTER



Writing a letter gives an opportunity to share your thoughts and feelings with your loved one. It can help make you feel more connected to them when they are no longer with you in person.

You will need: A few sheets of paper, a pen and an envelope.

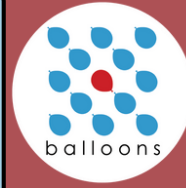
Alternatively, you can write a message on your phone/computer.

1. The most important step is to find some space where you can be comfortable and undisturbed.
2. Write to your loved one anything that you would like to. You might want to talk about your grief, the way that they died, or how you are feeling. You can also tell them things like family news.
3. There is no right or wrong thing to say, so don't put too much pressure on yourself.
4. Once you have finished your letter you can do what feels best with it - you might want to destroy it, keep it somewhere safe, or share it with others.





MAKE A DECORATION

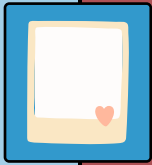


You will need: A clear plastic ornament that can be opened and filled, different coloured ribbon strips, different coloured beads, different coloured strips of paper, and coloured pens.

1. Think about the different emotions you feel when they you are think about your loved one and make a list. Assign each emotion to a different colour ribbon and write the colour next to each emotion on your list.
2. Fill the ornament with the different ribbons to symbolise the emotions you feel when they think about your loved one.
3. Do the same with the beads but this time think about the memories you have of them. For each memory, drop a bead into the ornament.
4. Finally, on the strips of paper, write or draw anything you would like to include in your decoration. These could be messages to your loved one, a wish, or a hope for the future, or whatever else they wish.
5. Add the paper strips to the ornament and close it up. Tie a ribbon at the top so that the ornament can be hung.

This activity helps to put your grief and emotions in to words in an ornament that can then be hung on the Christmas tree or elsewhere.





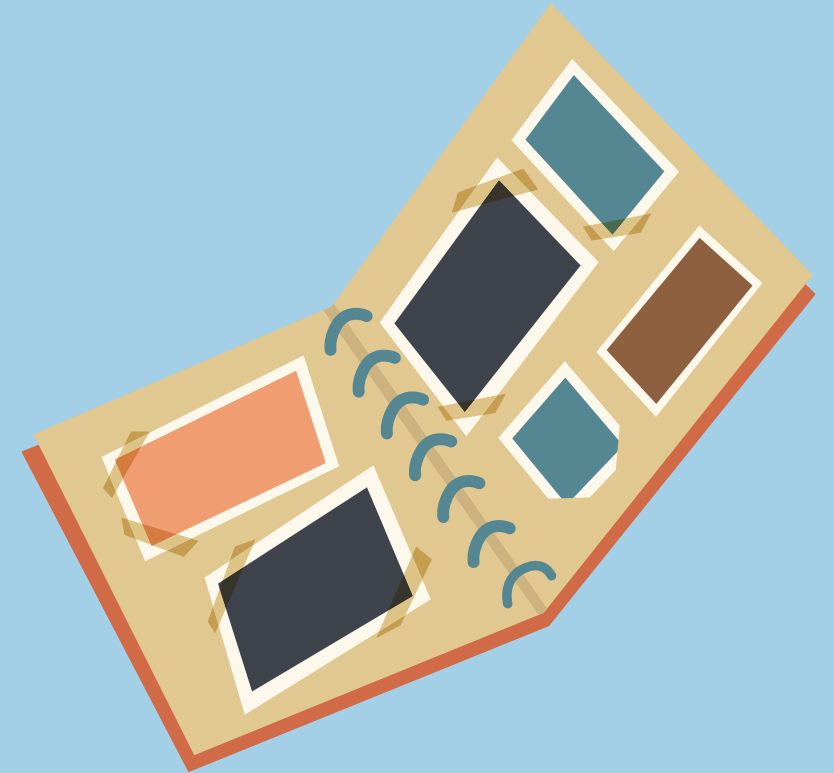
CREATE A PHOTO ALBUM

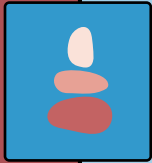


Many of us now have hundreds of photos saved online but there is still something special about having printed photos in an album. It's a lovely way to honour the memory of a loved one

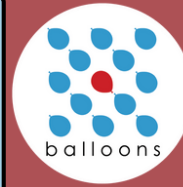
You will need: A selection of your favourite photos of your loved one and a photo album (you can buy a decorative one or buy a plain one and decorate it yourself).

1. Go through your photos and attach them in the album in any way you wish. You could do it in date order, by theme or any other way you like!
2. You could also write down your thoughts or feelings about each picture and keep this with the album.
3. If you have bought a plain album, you can decorate the outside. Putting your loved one's name on the front is a nice way to dedicate the album to them.
4. Store your album somewhere safe and bring it out to look at whenever you wish to. It's also nice to show it to others if you wish.





GATHER MEMORY STONES



If the death of a loved one has been difficult or traumatic, the three stones can help to find the balance between the different types of memories

You will need: three stones (one smooth, one rough, and one precious/shiny stone) and a small bag to keep them in.

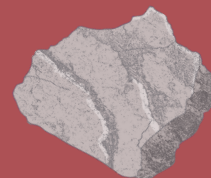
1. Gather your stones - you can buy them or collect them on a beach/country walk (perhaps in a favourite place you shared with your loved one)

2. Think about what each stone represents (further guidance on this page)

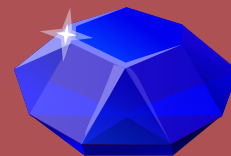
3. Put the stones together in the bag. This symbolises how we have to hold all of the memories in unison. Take the stones out of the bag whenever you need to and you will notice how you will sometimes notice one stone more than the others. It reminds us that in spite of this, we can be comforted by the fact that the other stones/memories are always present.



1. The Smooth Stone - The smooth stone is plain and simple. It doesn't stand out by looking shiny, or sharp. This stone represents the ordinary memories, the every day things about the person who died.



2. The Rough Stone - The rough stone feels sharp, hard and rough. It doesn't sit comfortably in our hand and it can hurt to carry it. This stone represents the painful and difficult memories.



3. The Precious Stone - The precious stone looks shiny and beautiful. It stands out among the rest and fits nicely in our hand. This stone represents the special memories we may have of the person who died, such as special occasions, special times spent together etc.



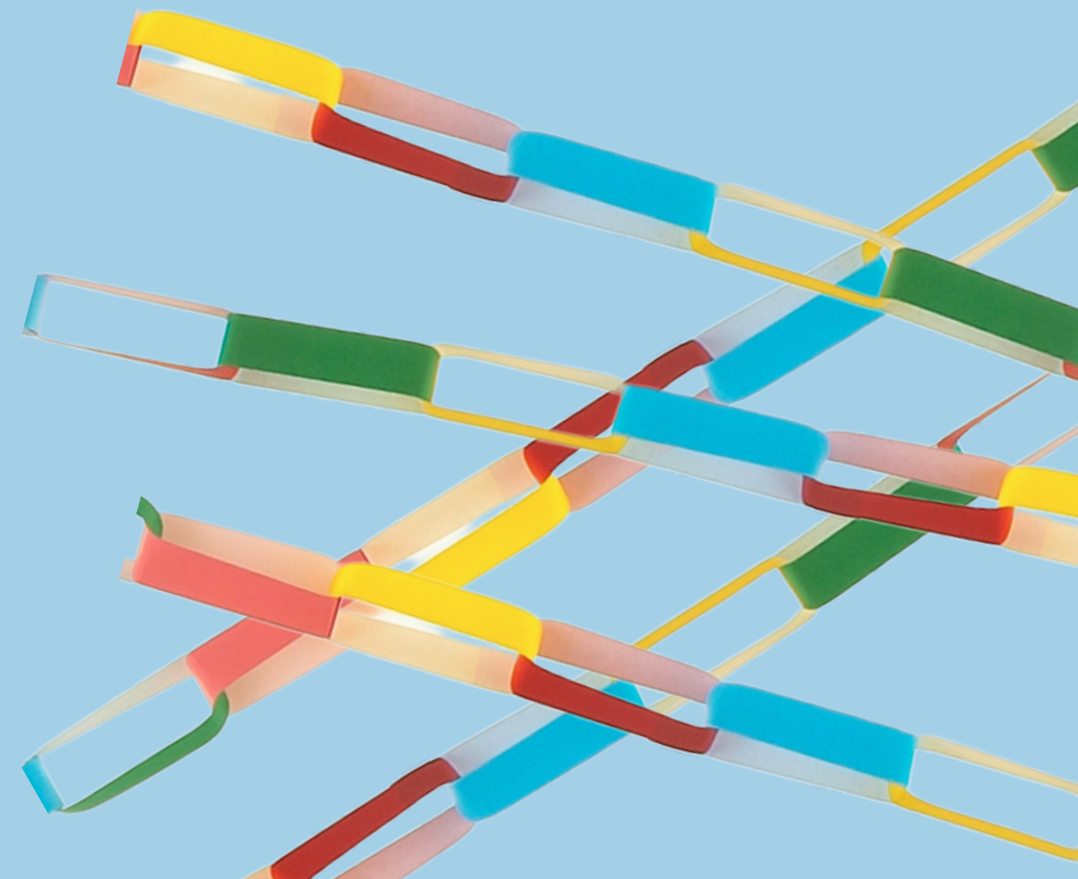
MAKE A MEMORY CHAIN



A great way to remember your loved one – the memories interlink to form a lovely chain which can be hung-up all year or on special occasions/anniversaries.

You will need: Sheets of coloured paper, scissors, sticky tape, and pens.

1. Cut the paper into strips (try to keep them the same width)
2. Write a memory about your loved one or something about them (their favourite colour, place, etc.)
3. Loop the strips together and secure each link with the sticky tape.
4. Keep adding links (memories) until you have created your memory chain.
5. Hang up your memory chain or keep the memory strips somewhere safe. You can always add new memories and make the chain longer!
6. This is a great activity for a family or friendship group as everyone can add-in their memories and read through them together.





TALK



You will need: You, another person/people that you feel safe to open-up to, and a comfortable space.

1. Talking about your loved one can range from sharing a memory with another family member, to speaking to a professional service on the telephone.
2. You could arrange to get together with your family and share memories of your loved one over a meal or drink. A group walk around their favourite place can also be a nice idea.
3. If talking to someone face-to-face is too difficult/not possible there are many online organisations that you can get support from or talk to. We've included details of some organisations on the following page.
4. Remember - only talk about your loved one to others if you feel ready and comfortable to do so. It's ok not to talk to someone if you don't feel like it at certain times.

Talking to someone else about your loved one can be the simplest and, at the same time, the hardest thing to do. Keeping difficult feelings inside us can make us feel worse, so talking to someone you trust can be really beneficial.





ABOUT BALLOONS

Balloons provides support to pre and post bereaved children and young people in Exeter, Mid and East Devon. They have experienced the death, or will experience the imminent death, of someone significant in their lives. Volunteer Grief Support Workers (GSWs) support the children and young people through their grieving and healing process. If you would like to speak to us, please visit our website www.balloonscharity.co.uk/contact or call 01392 982570

If you are looking for support urgently for a child or young person there are also some fantastic national charities that might be helpful to speak to:

- Winston's Wish: If you need urgent support Winston's Wish Crisis Messenger is available 24/7 – text WW to 85258.
- Child Bereavement UK: 0800 02 888 40
- CRUSE: 0808 808 1677

Special thanks to Winston's Wish and whatsyourgrief.com for some of the craft ideas above.