

Remembering Ornament



This activity helps children put their grief and emotions to words in an ornament that can then be hung on the Christmas tree or elsewhere. The activity is found [here](#), but for ease of reference, we included the directions from the website below.

Supplies:

- Colored ribbon (Six different colors for younger children and ten or more colors for older children)
- Clear plastic or glass ornaments that can be open and filled (found at craft or dept.stores)

- Thin strips of multi-colored paper
- Beads, stars, glitter, fake snow, or any other items that can be used to fill the ornament
- Markers, pens, or colored pencils

Set up:

1. Cut the ribbon into six-inch segments.
2. Talk with children about all the different emotions they feel when they are thinking about the person they have lost and make a list. Some common emotions with younger children may be sad, lonely, happy, scared, mad, love, etc. For older children, there may be more emotions, like guilt, regret, hope, yearning, anger, etc.
3. Assign each emotion to a different color ribbon and lay them all out on a table, with labels.



Fill the ornament:

Give each child an ornament. Explain that each ribbon is a different emotion and they should fill the ornament with the different emotions they feel when they think about the person they have lost. This

is a great time to talk with younger kids about feelings and help them understand that they may be feeling a wide range of different feelings, and that is okay. Explain next that the beads represent memories. Encourage kids to think about different holiday memories they have of the person they have lost. For each memory have them drop a bead into the ornament. This is a great opportunity to share memories together, but if kids don't want to share that is okay too – don't push too hard. For kids who are younger and may have fewer holiday memories, you may want to make this any memory. You could also use this as a way for you to share a memory with the child, then add a bead for each story you share with them. Finally, allow kids to write or draw anything they would like on the strip of paper. This could be a message to the person who died, a memory, or whatever else they wish. When they are done, add the paper to the ornament and close it up. Tie a ribbon to the top and you are all done! It's that easy.