

Memorializing Ideas

Below are a handful of activities that may be useful to do with grieving children. These are suggestions from our family, from our online community, and from our in-depth interviews in our grief community. This is not an exhaustive list, but we hope you may find these materials helpful for you and your family.

1. Planting seeds or tending to a potted plant. This may serve as a tangible way to nurture and remember.
2. Journaling their feelings and all details about their loved one. A grief project participant who was a teenager when her mom died said this really helped her. Her mom's best friend gave her a journal and encouraged her to fill out all details possible about her mom who died - how she smelled, how she looked, how she sounded, etc. Now she revisits the journal and is thankful that she has these details written out and can remember. Giving the child some questions or prompts may help give them structure to get started.
3. Write them a letter or multiple letters and keep them in a special place. Perhaps use a special type of stationery, or a special marker.
4. Letting them create a space with mementos, objects that remind them of them.
5. Get a teddy bear or quilt made with the material of one of their shirts so it is huggable and tangible.
6. Create a jar of memories. Fill out little pieces of paper with memories as they come up and store them in a jar. Take them out when you want to revisit memories.
7. Make a candle, or buy a fancy candle, then with adult supervision, light it when you think of them.