

Resources

Articles

5 Ways to Support Grieving Children Over the Holidays

<https://modernloss.com/5-ways-to-support-grieving-children-over-the-holidays/>

Holiday Season Grief Support Tips

<https://refugeingrief.com/2022/11/11/holida-season-grief-support-tips/>

Books for Adults

Bearing the Unbearable (Joanne Cacciatore)

Modern Loss: Candid Conversations about Grief
(Rebecca Soffer & Gabrielle Birkner)

It's Okay that You're Not Okay (Megan Devine)

What's Your Grief? Lists to Help You Through Any Loss (Eleanor Haley)

Books for Children

The Invisible String (Patrice Karst)

The Memory Box (Joanna Rowland & Thea Baker)

I Have a Question About Death: Clear Answers for All Kids (Arlen Grad Gaines)

I Miss You: A First Look at Death (Pat Thomas)

Activities

Memory Ornaments

Materials:

Clear, plastic ornaments, scraps of paper, pens/
pencils/markers/crayons

Instructions:

Write a few words that invoke a special memory, or
draw a small picture on a piece of scrap paper

Curl the scrap paper around a pencil then place paper
inside of ornament. Fill with many memories!

Memory Bracelet

Materials:

Beads (any material) of different colors and shapes,
bead string, scissors

Instructions:

Cut a length of string to fit your wrist.

Choose beads to represent memories and favorites
of your person.

String the beads and tie together to create bracelet.

Other Ideas for Incorporating Your Loved One into the Holidays

- Set a place for your loved one at the holiday table.
- Cook a favorite dish of your person, or a recipe they always made.
 - Have a toast to your person.
 - Share memories throughout your holiday conversations.
- Display your loved one's photo within your holiday decorations.
- Do an activity or make a donation in honor of your person.