

Resources

Articles

- Modern Loss

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

- Refuge in Grief

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

Books for Adults

- Bearing the Unbearable
 - Joanne Cacciatore
- Modern Loss: Candid Conversations About Grief. Beginners Welcome
 - Rebecca Soffer and 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
 - All ages
- The Memory Box
 - Joanna Rowland and Thea Baker
 - All ages
- I Have a Question About Death: Clear Answers for All Kids
 - Arlen Grad Gaines and Meredith Englander Polsky
 - Ages 5-11 years
- I Miss You: A First Look at Death
 - Pat Thomas and Lesley Harker
 - Ages 3-5
- The Goodbye Book
 - Todd Parr
 - Ages 2-4



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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 and then place paper inside the ornament
- **Memory Bracelet**
 - Materials:
Beads (any material) of different colors, shapes, and styles
Bead string
Scissors
 - Instructions:
 - Cut a length of string to bracelet-length.
 - Choose beads to represent:
 - A funny memory of your person
 - Your person's favorite color
 - A happy memory of your person
 - Your person's favorite animal/activity/food/etc.
 - And so on... come up with your own categories, or add beads for several different memories!
 - String the beads and tie string 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.

