

A Year of Activities

January

Choose photos of your loved one to add to a string of fairy lights so as Christmas decorations come down, they can go up.



March

Plant bulbs with a note to your loved one of what you wish you could tell them and/or a resolution you'd like to 'grow'.



May

Make a dragonfly using a wooden peg for the body and pipe cleaners for wings. Look for dragonflies if you're by water.



July

Decorate a clear jar with memories/ shapes/words/feelings. Put a tea light in and light to invite thoughts of your loved one to be with you.



September

Create Worry Dolls with an old-fashioned peg. Encourage your child to tell it their concerns at night so the doll can do the worrying for them, and they can sleep peacefully.



November

Create a memory bead string. Have a reason to select a bead, it might be your loved one's favourite colour or it reminds you of something they said or did.



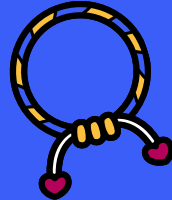
February

Leading up to Valentine's Day, write something you love about your children on a Post-it® to give them each morning.



April

Make friendship bracelets. Choose a different colour thread for different people who are a good support to you.



June

Create an Emotional First Aid Kit for the bruises which hurt on the inside. Search Emotional First Aid Kit on the Winston's Wish website for a template.



August

Make a small comfort blanket from pieces of clothing which belonged to your loved one. It can be as simple as a small square cut from a shirt/cardigan.



October

Light sparklers and fill the night's sky with stars, hearts and your loved one's name. Remember to stay safe when using sparklers.



December

Decorate stones with pictures and words about or for your loved one. You can keep them at home or throw into a river or into the sea.

