

How To Make A Memory Collage



Supplies

1. Small pieces of poster board
2. Magazines
3. Glue sticks
4. Scissors
5. Beads, markers, stick-on's (optional)

Activity (est. 30 minutes)

Group participants are given a piece of poster board then given directions to search the magazines to find pictures that “connect” with them and represent the person who has died. It could be a favorite activity, food, music or words.

Participants are encouraged to fill the poster board as full as they want to, even with pictures overlapping or touching.

Once the activity is completed, participants are invited to share their collage with the group, telling the accompanying stories.

Discussion

Facilitator can discuss with the group the purpose of the activity (i.e. focusing on the person's life vs. death) and what they were feeling as they found the different pictures and the importance of remembering. Participants are encouraged to take collages home and continue to add to it as they want to.

Optional: Playing a CD of quiet, instrumental music as participants work through activity.

