

Creative Workshops for Remembrance



**Four templates for
group activities**

Introduction

The To Absent Friends festival takes place 1 - 7 November each year. Groups, communities and organisations are welcome to run remembrance activities as part of the festival. Find out more at: www.toabsentfriends.org.uk

Creative Activities

Many people get a sense of fulfillment from creating something new, and find the process of making art in remembrance of someone they love a positive experience.

Creative workshops can prompt sharing of stories, memories, laughter and tears.

Beautiful events can be created around people's artwork, for example photographic exhibitions, a puppet show or a poetry evening.

This booklet suggests templates for four creative remembrance activities that can be run as a group workshop or an individual reflective activity.

Contents



Memory page

**"What they
meant to
me"**

story

Poem

Activity 1: Memory Page

Think of a person in your life who has died.

What words would you use to describe them?

Are there any objects or things that make you think about them?

Fill a page with words about the person and little drawings of things they liked, such as a hat they always wore.

The drawings don't need to be great. And you don't need to draw the person.

If this exercise makes you remember a story about the person, a special event or time you shared, or a story that sums them up, just jot it down simply (even if it's only a few lines in your own words.)



Activity 2: What they meant to me

Think of a person who you know who has died.

If they were a colour what colour would they be?

If they were a flower what flower would they be?

If they were weather what weather would they be?

If they were a place what place would they be?

If they were an item of clothing what would that be?

What mood would they be?

Keep jotting all these down on one page and if you can, draw some as little sketches, and maybe colour them in. All these things together might start to give a picture of how you felt about the person.



Activity 3: Tell a story

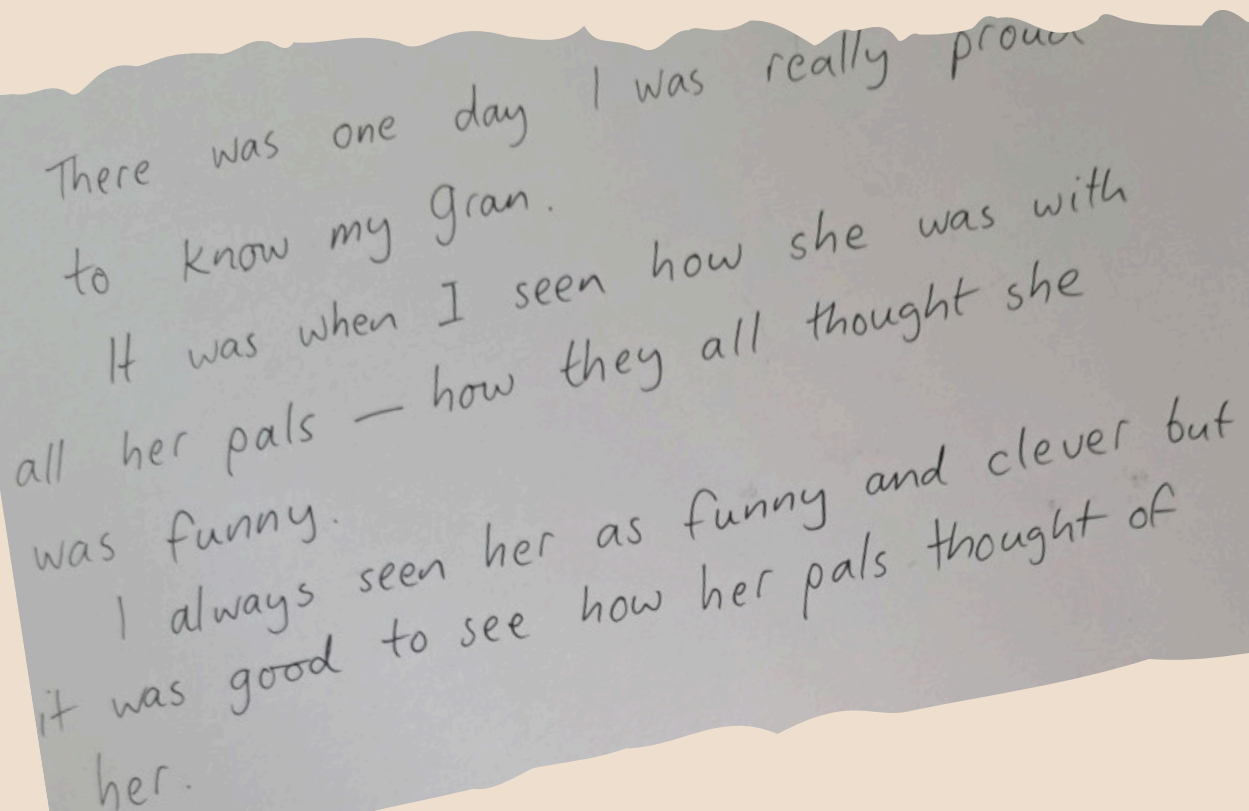
Think about a person who you have lost.

Is there a day you remember with them that was really special?

Was there a time you had with them that made you really happy? Really proud to know them? Really impressed?

If you can think of one just write a simple story by beginning with that.

Example: "I miss John. There was one day that I was really proud of him. It was the day he graduated from university because he never thought he would".



There was one day I was really proud
to know my Gran.
It was when I seen how she was with
all her pals — how they all thought she
was funny.
I always seen her as funny and clever but
it was good to see how her pals thought of
her.

Activity Four: Remembrance Poem

Write down the name of the person who died, vertically.

Then think of words or phrases that spring to mind when you think of them.

For example...

Mary

Mother

Always quick with a joke

Retired teacher, still learning

You will always be missed

Proud mum with five weans.
~~Eliza~~ Energetic, never even slept much.
Gran to me.

Great laugh and a hero.

Yarrow Crescent in Wishaw - where she lived.

And finally...

What if people get upset?

These activities can bring up different feelings for people, and that's okay. People can participate at whatever level is comfortable for them.

Don't create an expectation that people will find the activity upsetting, but be clear that it is ok if people get upset, and that they can either continue, stop or step away for a moment if they wish.

If you are concerned about someone you could check in directly with them and ask if they need a break or to have a private chat.



Stay in touch

If you are planning to hold an activity for Absent Friends, please consider sharing your experiences with us by emailing: samara@palliativecarescotland.org.uk





To Absent Friends is an initiative of the Scottish Partnership for Palliative Care. It is part of our Good Life, Good Death, Good Grief work to make Scotland a place where everyone can help when someone is caring, dying or grieving.

www.palliativecarescotland.org.uk

www.goodlifedeathgrief.org.uk

www.toabsentfriends.org.uk



Activities devised by John Martin Fullton.
Examples by John Martin Fulton.
Cover photo by Conor Mollinson.

