








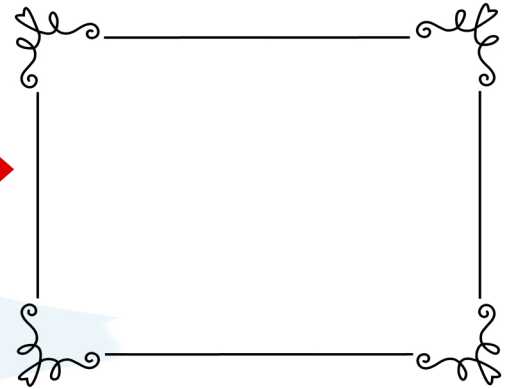
# Holiday HIGHLIGHTS

a newsletter for kids who are grieving  
& the people who love them

## Ideas for Remembering

When you're missing someone who has died, it might help to do something special to help you remember them. For sure, remembering might bring up some tough feelings. Remembering might also help you feel more peaceful or even happier. Here are a few ideas for ways that you might remember your special person. Draw a picture in the box of one way you can remember your loved one. Use one of these ideas, or create your own!




-  Write a note to your special person
-  Bake your loved one's favorite dessert and share it!
-  Plant something in a special pot (the herb rosemary is used for this very purpose!)
-  Hang a special ornament on your tree or in a window
-  Create a memory spot in your home - fill it with photos, drawings, or objects that remind you of your special person



## Remember Me







You've probably heard of the Disney movie *Coco*, which takes a closer look at death & loss through the lens of Día de Los Muertos, or the Mexican "Day of the Dead." The theme song [Remember Me](#) highlights the importance of staying connected to loved ones through stories, music, and memories.

-  Name 1 special way that you feel connected to your loved one
-  Is there a favorite song that makes you think of them?
-  What is your favorite photo?

## Share Your Story

Talking about your special person helps to remind you of how important they were to you. In a way, it helps to continue the bond you can still share. Does your family tell old stories during the holidays? Do you have special traditions that your loved one was a part of? Here are some ideas to kick-off conversations about your loved one. You could also write or draw your answers! No matter how you respond, find someone special to share your story with!

-  A funny memory that I have about our family during the holiday is...
-  A holiday tradition that I hope we will keep is...
-  Something I enjoyed doing with my special person during the holidays was...
-  One way I could remember my special person this holiday is...



# Cinnamon Holiday Ornaments

(recipe from McCormick)

## Ingredients

- 3/4 cup applesauce
- 2 bottles cinnamon (2.37 oz. each, or approx. 1 c.)
- Cookie cutters
- Drinking straw
- Colorful ribbon



- Preheat oven to 200°F. Mix applesauce and cinnamon in small bowl until a smooth ball of dough is formed. (You may need use your hands to incorporate all of the cinnamon.) Using about 1/4 of the dough at a time, roll dough to 1/4-inch to 1/3-inch thickness between two sheets of plastic wrap. Peel off top sheet of plastic wrap. Cut dough into desired shapes with 2- to 3-inch cookie cutters. Make a hole at top of ornament with drinking straw or skewer. Place ornaments on baking sheet. (if dough crumbles, allow to rest for a while and try again!)
- Bake 2 1/2 hours. Cool ornaments on wire rack. (Or, to dry ornaments at room temperature, carefully place them on wire rack. Let stand 1 to 2 days or until thoroughly dry, turning occasionally.)
- Insert ribbon through holes and tie to hang. Decorate with craft supplies, if desired.

\*these ornaments are not edible

Photo credit: regan76, Creative Commons

## Feelings Word Search

E R P P U L L R C Y B J D Z B  
S C Z D N Y Y G E D R E Y O F  
N A L Z H S M I L L T G R C N  
E L S C A R E D D A I E N N K  
T M J D P Y E J T E D E D A M  
L J X E P C E I B Y K V V P Q  
O B H P Y A R E L F S C Q E Q  
V Z A I L R B E M K U Q O S D  
I H Z O I V N S N R O W S H R  
N A U F N O G Q O W I Z G M S  
G S F X L D E R I T X U I Z N  
U E K R X E Q I D P N K H X Q  
G B P E A C E F U L A U O X V  
J K Z E X I L O V E D C B O F  
E H W P I A D J S U O V R E N

AFRAID  
ANGRY  
ANXIOUS  
BORED  
CALM  
GLAD  
HAPPY  
IRRITATED  
JEALOUS  
LONELY  
LOVED  
LOVING  
MAD  
NERVOUS  
PEACEFUL

RELIEVED  
SAD  
SCARED  
SHOCKED  
TENSE  
TIRED  
UNHAPPY



How are  
YOU feeling?

Make your own Emoji!



## Hot Cocoa Mix

### Ingredients

- 2 cups confectioners' sugar
- 1 cup unsweetened cocoa powder, preferably Dutch process
- 2 1/2 cups nonfat dry milk powder
- 1 teaspoon fine-grain salt
- 2 teaspoons cornstarch
- 1 pinch (or more to taste) ground cayenne pepper, optional
- Hot milk or water to serve

- To mix: Combine the confectioners' sugar, cocoa powder, milk powder, salt, cornstarch and cayenne in a large airtight container. Secure the lid and shake vigorously to combine, and remember to shake prior to every extraction.
- To serve: Place 2 tablespoons of the mix in a mug and add about 2 fluid ounces hot water or milk. Stir to combine. Fill the mug with more hot water or milk and enjoy!



COCOA



## Tips for the grown-ups who are helping you

The holidays may naturally bring about feelings of grief in children. Not only are they experiencing their own feelings of loss, but they may also encounter others' grief as families come together. Whether this is your first holiday or if several years have passed since your loved one's death, the holidays can be a tough time for families who are missing their special people. Here are some tips for supporting the children and teens in your life. (hint: these work for adults, too!)



**Make time to listen.** Offer opportunities to talk, but don't force conversations. Make it known that you are available and ready to listen to whatever feels important to share.



**Accept all feelings as OK.** Grief encompasses a wide range of emotions, and there is no script for how someone should or should not feel. Allowing space in which all feelings can be expressed and heard is critical to healthy grieving.



**Invite their perspective.** You may have special traditions - or be open to new ones. Invite the children and teens in your life to offer their ideas. Learn what is important to them, and allow some flexibility for their ideas to be incorporated into this year's holiday season.



**Allow space.** Kids are adept at touching in with honest and deep emotions. They need breaks from these feelings, and will often need some time alone or time to focus on play & fun. It is OK if your child needs to find another spot away from the family. They may spend more time in their room or with peers, or they may want to draw near to you. Allow space for any and all of these expressions.



**Do something fun together!** We all need time for a break from the heavy work of grieving. Brainstorm activities your family can enjoy together!

## Table Talk

Meals are often at the center of many family holiday traditions. The absence of your loved one may be felt the most at these special times. This might provide the perfect setting for wonderful conversations. Use these questions as conversation starters. You can also cut them out and place in a bowl or jar for your table. For more ideas, visit the [National Alliance for Grieving Children](https://www.nationalallianceforgrieving.org/children).

| *What is your favorite memory of your loved one?* |

| *What special touch did they add to the holiday?* |

| *Share a special holiday memory.* |

