

MEMORY COLLAGE

WHAT IS IT?

Throughout *The Wishing Season*, we learn a lot about Anders through Lily's memories of him and their time together. Memories can help us move through grief and loneliness. This activity asks participants to create a memory collage of someone important to them.

MATERIALS NEEDED

- Poster board, cardstock, or other thick paper at least 11" x 17" (at least one per participant.)
- Various magazines, old calendars, used greeting cards, etc. Be sure they're okay to cut up.
- Scrap-booking supplies, construction paper, etc.
- Scissors (multiple pairs, if possible)
- Tape, glue sticks
- Markers, color pencils

PRIMARY AUDIENCE

Older Children
Teen
Young Adult

PASSIVE

ACTIVE

X

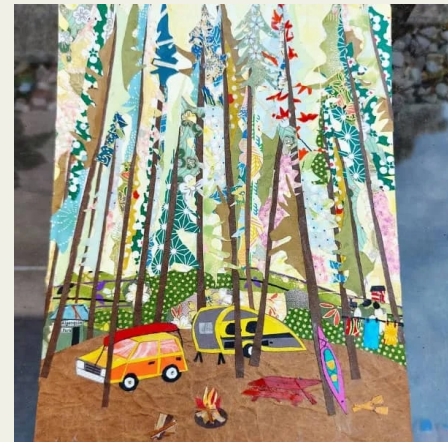


<https://medium.com/shivanis-research-den/memory-collage-poetry-4597e62324f8>

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HOW DO YOU DO IT?

- Have all of the supplies ready and accessible for participants.
- Talk about some of the things we learned about Anders through Lily's memories. How do you think remembering Anders helped Lily grieve? How do you think memories made grieving harder?
- Invite everyone to quietly reflect on a loved one. This person could have died. Or maybe they are alive, but don't live nearby. Participants don't necessarily have to share in this moment. Some prompts you might offer:
 - What makes them special to you?
 - What are some qualities that you admire about them?
 - What specific memories immediately come to mind when you think of them?
 - In what ways are you like this person? How are you different?
- After a few minutes, invite folks to select a poster board and use the provided materials to create a collage that reflects their person. Maybe it's a particular scene from a special moment together. Perhaps it's mostly words describing the individual. Maybe it's a combination of images and words.
- As people create, invite them to talk about their loved one, or continue discussing *The Wishing Season*.
- Participants may take their collage home or you could create a display of their artwork.



<https://www.allthingspaper.net/2023/05/collage-art.html>

RESOURCES

Maine Grief Support Groups (In-Person and Online)

A list of resources by county

<https://www.maine.gov/suicide/grief-support-groups.shtml>

The Center for Grieving Children

A nonprofit organization that provides a safe space, loving peer support, outreach, and education to grieving children, teens, young adults, families and the community.

<https://www.cgcmaine.org>



<https://newcity.librarycalendar.com/event/craft-magazine-collage-41319>