

LEGACY BUILDING ACTIVITIES FOR CHILDREN AND TEENS

- Developing a life chronicle with photos/maps (use decades if possible)
- Plan out cards, gifts, and letters for future events (from the dying to child)
- Storycorps (record life stories)
- Plaster molds (fingerprints, hands and/or feet)
- Hand-prints, thumb-prints on canvas (mini or large)
- Write about your relationship using music, songs, or instrumental sounds
- Create a legacy alter or remembrance space
- Legacy timelines (earliest memory to last memory)
- Create a memory book (Shutterfly or Hooray Heroes)
- Design a bracelet with meaningful charms (use charms as milestones)
- Participate in a virtual time-capsule (www.timecapsule.com)
- Identify meaningful symbols, words, or phrases
- Complete the memory collector activity (www.radicalgrief.org)
- Decorate space with arts/crafts or symbolic of favorite season/ location
- Create comfort items such as bears, pillows, quilts, or clothing
- Identify a heirloom or an item that can be passed around among family
- Create an online memorial page, website, or social media account
- Create a new word in honor of your person, write a definition, and share it

