

Making a memory star

People often tell children that the person who has died has become a star in the sky. Whilst some children may find this comforting others will be confused as they will interpret it very literally.

It can be more helpful to say to children “when we look at the brightest star it can remind us of the things we used to do with the person who has died”. Making a simple memory star to hang in the window will help us to talk to children about some of those memories.

You will need:

6 flat wooden lollipop sticks

Felt pens or paint

Self-adhesive Gem stones

Glue

Thread

1. Paint lollipop sticks – *you could choose to paint them the person’s favourite colour*
2. Make two triangles gluing the ends together
3. Now place the two triangle on top of each other to make a star and glue in place
4. Talk with the child about different memories of the person who died, then for each memory choose a gemstone to stick on the star.
5. When dry tie a thread to the top of the star and hang in the window

