



Memory Pillows

Source: Adapted from <http://blog.madewithloveandsparkle.co.uk>

Age Group(s)

- [Pre K](#)
- [Early Elementary](#)
- [Upper Elementary](#)
- [Middle School](#)
- [High School](#)
- [Family](#)
- [Young Adult](#)

Activity Theme(s)

- [Coping Skills](#)
- [Feelings](#)
- [Sharing Memories](#)

Goal

Children create a pillow in memory of their person, which aids in recalling/sharing memories and honoring the person who died

What You Need

- Two pieces of colorful fleece fabric (cut in 16x16 inch squares with 3-inch deep slits along all four sides)
- One piece of white/light colored cotton/muslin fabric (cut in 12x12 inch square)
- Fabric markers
- Poly-fil for stuffing

What You Do

*** Please note: Materials for this activity takes a significant amount of prep time and can be costly. Please take these factors into consideration before choosing this activity.

Opening Circle & Begin Activity:

- Opening Questions
 - How do you honor your person who died?
 - What are some things you do (individually or as a family) to remember your person?

Introduce Activity:

Tonight we will be creating personalized pillows in memory of our people who died. Because our grief can sometimes feel as though it is being hurried or rushed, it is important to slow down and take the opportunity to cherish the memories and the life of those who have died.

Remembering the person who died and letting yourself experience the feelings that come along with those memories can be an important part of your grief process. Our hope is that creating a memory pillow will bring comfort and reassurance that the memory of your person will always remain in your heart.

Activity Directions:

We encourage you to honor and remember your special person by decorating your pillow with things that remind you of them, as well as things that you treasure about them. Each of you will get one pillow to decorate; if you have more than one person who died, divide up the space to honor them all or choose one person for your pillow – it's up to you. Once you are finished decorating your pillow, we will stuff the pillow with Poly-fil and tie the pillow around all four edges. If you choose, you may put a copy of the obituary, photos, small mementos, or a letter to your person who died inside of your pillow. If you would like to put something inside of your pillow but did not bring it with you to Ele's Place today, we can leave a small section of your pillow open and you may finish it at home.

***Recommendation: Tie three of the four sides of the pillow together before stuffing the pillow.

*****Facilitators in younger age groups will likely need to help the children stuff and tie their pillows.

Activity Prompts:

- What are some other ways you go about remembering your person?
- Is there a significance behind the design/color/fabric that you selected?
- Is there anything else you have to keep your person close or to remember them by?
- Do you ever worry about forgetting things about your person?
- How does talking about memories of your person make you feel?

If a child/teen has no memories of their person:

- What do you wish you could do with your person?
- What do you wish you could talk to your person about?
- What stories have you heard from others about your person?
- What are things you imagine your person would like?

Closing & Processing:

- Ask the children if they would like to show their pillows to the group and/or share how they decorated it
- **Processing questions:**
 - How did it feel to reflect on the life of your person?
 - Did you enjoy making something in honor of your person?
 - How will you use your pillow?
 - Where will you keep it?