



The Creative Grief Studio

Holiday heARTmaking Prompts

We offer the following holiday prompts as jumping off points for you to journal, write poetry, art journal, paint, create movement or do whatever kind of heART-making speaks to you!

1. Be conscious about tending your needs this season. Make yourself a cuppa, put on your favorite holiday tunes, and write a letter to yourself about how you will tend you as you both celebrate and grieve this season.
2. Find an object that meant a great deal to your loved one who died. Take a photo of it. Do an art journal page exploring all the reasons why your beloved loved this object.
3. Ponder all the wonderful qualities of your loved one who died. Consider all the values they taught you were important. Make a New Years list of all the ways you plan to carry those qualities and values forward in your own life, out to the world at large, in honor of your love.
4. Are you missing your loved ones who died and wish you could include them in things like holiday decorating? Make sparkly holiday elements that include their names in the decorations so they are invoked as you celebrate the beauty of the season.
5. Make a year-in-review list to explore all you've experienced in this past year. Ponder all the ways your loved one who died might be surprised or be supportive of your experiences. Do an art journal page expressing reflections of all your loved one would say to you to keep you encouraged in the coming year, too!

