



The Creative Grief Studio

"I wish for each of you to feel the presence of your loved one, to let his/her life and death affect you and the people around you. I honor the memory of *all* loved ones, living and dead alike. For they all matter. The candles in my house are lit for them all this holiday season."

~Different Kind of Parenting, Oct-Dec 2003, KotaPress



Creative Grief Holiday Activity

Instructions:

1. Tape your stencils onto the jars so you have your hands free to paint.
2. Paint in the stencil shape with the black acrylic paint. Let dry ½ hour.
3. Remove your stencil. You may want to use fine point brush at that point to paint crisper edges to your shape. If so, let dry another ½ hour.
4. Use white ink pen to write in names of loved ones you are remembering.
5. Fill jar with water. Place floating candle inside. Light candles for your holiday table center piece as a way of including *all* family members.

Optional:

- Put the names on by using alphabet stickers instead of gelly pen.
- Wrap holiday ribbon around the top of the jar threads.

To see Kara's step-by-step tutorial [click here!](#)

Tools + Materials

- Clear jars
- Black acrylic paint
- Applicator and/or brush
- White ink gel pen
- Stencils of holiday shapes
- Tape
- Floating candles
- Water

Optional:

- Fine point brush
- Alphabet stickers
- Holiday ribbon



Big Love,
Cath & Kara

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