



The Creative Grief Coaching Studio

“Every true cross-bearer learns to carry his cross as if it were an ornament rather than a burden, and finds after a time that it carries him. It gives more strength to him than he gives to it.”  
- Mrs. Charles Cowman



# Creative Grief Holiday Activity

## Instructions

1. Measure and cut the watercolor paper to make two 20-inch squares. Fold 1 square as shown in the diagram. In the last step, measure four inches up from center and mark a line to each corner and cut along that line. Unfold shape; it will be a star. Repeat to create a second star.
2. Decorate your star to represent your grief and the person or people you love who've died, and who you want to remember over the holidays. Think about what you treasure most about having shared time with them. Think about how you want to remember them and carry them forward. Think about what you value and want to affirm in your life now, as a result of this relationship. How can you represent that with color, patterns, words, photos and images?
3. When you're finished decorating them, spray each star with sealant, and let them dry.
4. To support your star to keep its 3D shape, place tape across the back of each of the star arms.
5. Position 1 star on top of the other to create an 8-point star, or use the hot glue gun to stick the stars together to make a 4-point 3D star.
6. Use the hot glue gun to glue a small loop of ribbon to the top of the star. Or, if you wish to place the star on top of a Christmas tree, then hot-glue a loop of wire (such as a key-ring) to one of the points of the star.

## Tools and Materials

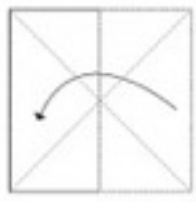
- Craft knife
- 2 large pieces of watercolor paper
- Materials to decorate your star with: glue, paints, glitter, photocopies of photographs, sequins, etc.
- Spray sealant, such as Rust-Oleum Gloss Clear spray, or you can use Modge Podge decoupage sealant.
- Hot-glue gun
- Sticky tape
- Ribbon for hanging



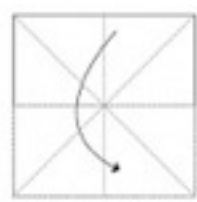
A. Fold square diagonally.



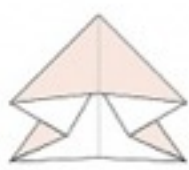
B. Unfold; fold diagonally the other way.



C. Unfold; turn paper over. Fold in half.



D. Unfold; fold in half the other way.



E. Work into this shape.



F. Cut along dotted line.

*Wishing you and your family a wholehearted, love-filled holiday and a new year that carries forward and expands all that you love most.*

*Big love,  
Kara & Cath*



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