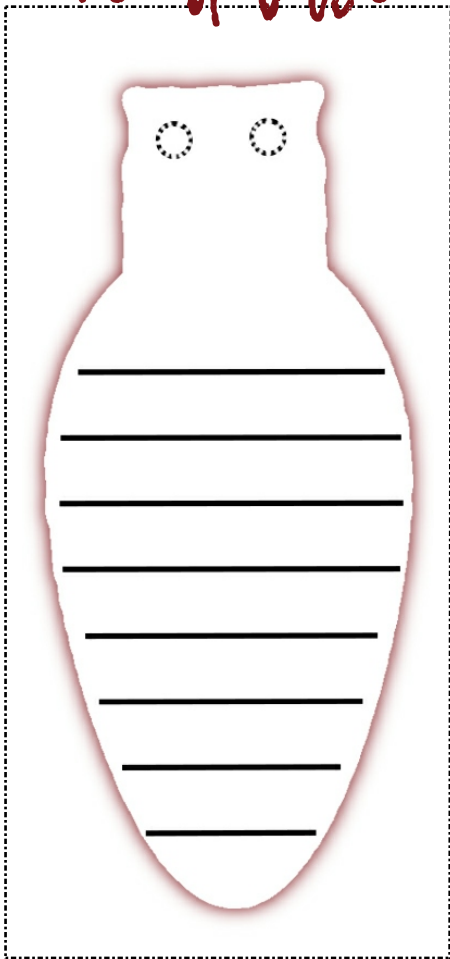


THE
creative
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STUDIO

Light up the ANDspace

Template



For this year's holiday kit, we are lighting up the ANDspace. Here at the Creative Grief Studio, we coined the phrase ANDspace to talk about how grief experience often doesn't fit the binary set ups of our world. It can seem like we have to either be grieving OR be healed. We have to either be mourning OR celebrating. But we fully believe it is possible to BOTH grieve AND celebrate in the ANDspace.

So this kit offers you a holiday light template you can print out on color paper or use as pattern to cut out bulbs. Maybe write the name of a loved one no longer here + a treasured memory of them. Punch out the holes at the top and add to string. Do as many as you like. Ask others to do same for same a person they'd like included this holiday. String together and you have a String Of ANDspace Lights to hang on wall or add to tree.

Or try these fill-in prompts for the lights:

- *This year I'm celebrating with [insert names] AND re-remembering [insert names]...
- *I'm doing both [enter celebration here] AND [enter self care here]...
- *I'm feeling both [name emotion] AND [name another]...
- *I'm both missing [details here] AND appreciating [details here]...

Inspired by <http://www.peppyzestyteacherista.com/2015/12/unwrapping-holidays-writing-ideas.html>

Big Love from all of us at
CreativeGriefStudio.com