

A Succulent for Dad

Father's Day is a day to express love and gratitude for father figures in our lives. It can also be a time to celebrate all that it is to be a father, to love unconditionally and instill values upon our children. This sentiment is equally as important whether those impacted by Fatherhood are living or not.

Please use the following activity and/or modifications to celebrate your dad or special person!

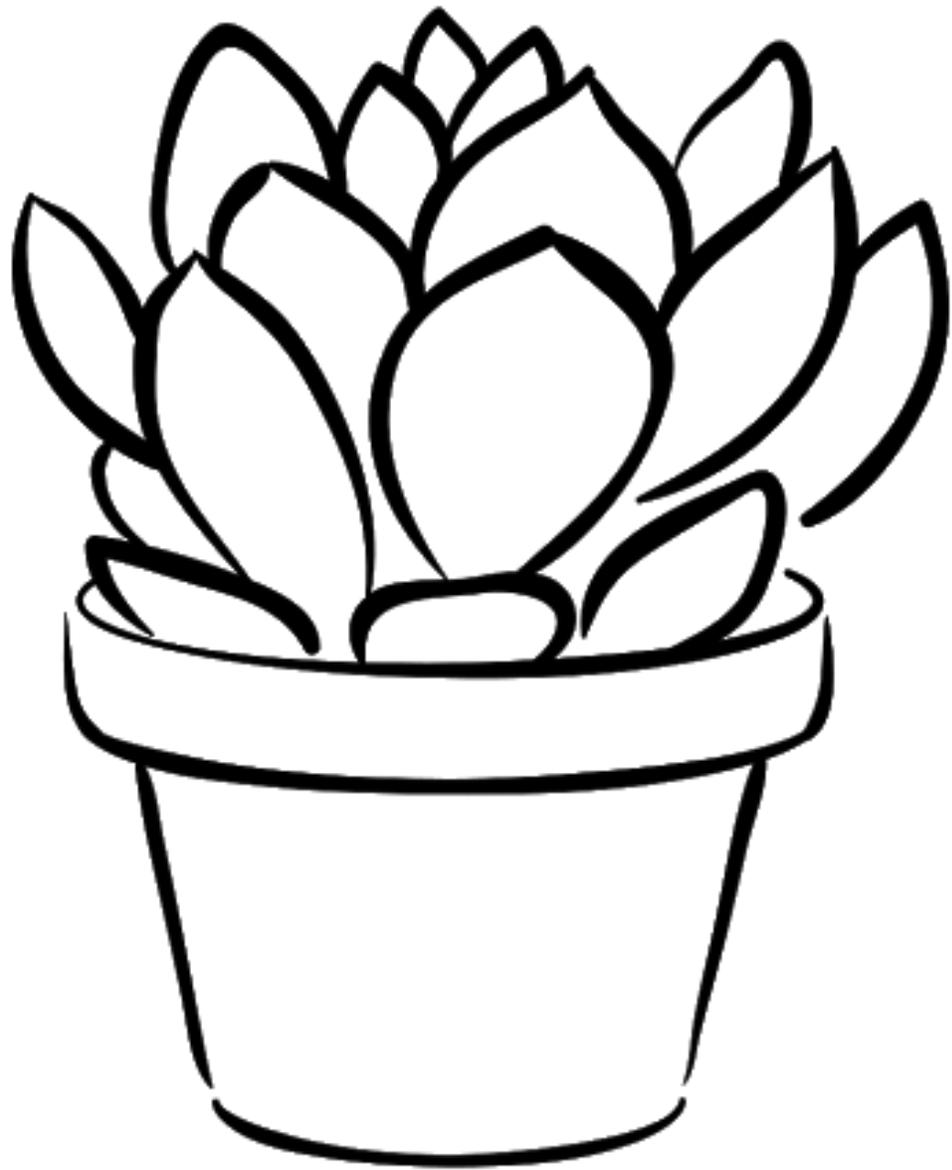
Succulents are resilient, withstanding extreme conditions and continuing to grow, much like those who are grieving. We can use the symbol of a succulent to honor challenges, strength and love as we navigate life with or without a father.

Cut out the succulent below or get creative and make your own. If you'd like, maybe you already have a succulent at home in your garden or can purchase a new one at the nursery. Be creative and find what works best for you. On the pot, draw a picture of you and your dad or anything significant for you. On each of the leaves, write or draw something special about your dad, something you love(d) doing together, one of his favorite things, what you miss most, where you'd like to go together, things you are grateful for, anything!

If you've created your own succulent, paste the leaves to your pot base. Otherwise, cut out your flower to display in your home or yard!

Alternative Project for Tweens, Teens and Adults: Use the prompts below to write a letter to your dad, or the father of your children or your child. If your dad or child has died, you can store the letter somewhere special, send it up in a biodegradable balloon, leave it for him at his gravesite or urn, read it aloud to him from a private or special spot, or even give it to your living special adult to read.

The goal of both activities (or anything that celebrates Fatherhood) is to honor the love you will always have for each other from a place of gratitude.



Letter Prompts

Some of your favorite things...

I am similar to you in the way that...

I am different from you in the way that...

If we could go anywhere together, I'd choose...

The most fun we've ever had together...

I miss most doing ____ with you...

If I could buy you anything, I'd buy you...

Something most people don't know about you is...

When I think of you, I feel...

I am so grateful we...

One thing I want you to know is...