



Window into our Family

Materials

Large sheet of paper, markers, crayons, pens, pencils; paint if you want to get wild!

Procedure

The holidays are typically a time of reflection; about time that has passed as well as the hope a new year can bring. We can use the imagery of a window to symbolize looking inward and outward, behind us and ahead of us, at our family collectively and ourselves individually.

Draw a giant window on their paper. You can decorate it for the holidays if you would like to add festive symbols. Draw your family's story as follows:

- ** Upper left quadrant is a picture of your family before the death.
- ** Upper right quadrant is a picture of your family at time of death or the death itself.
- ** Lower left quadrant is picture of your family after the death.
- ** Lower right quadrant is a picture of your family's hope for the future.
- ** You can choose to enclose their window in their home (draw your home around the window) or use the paper space outside of the window to add points of reflection for the year – what brought comfort, what were highlights/favorite memories (with or without your loved one).

Please note, there is no right or wrong way to draw or write their window. Some choose to draw; others may write their story. Some family members choose to do one quadrant each while other families may work as a team on whole thing.

Come together and discuss your window! Hang it somewhere in your home that is symbolic to remind you of how far you have come and how you can still look forward.