

S.T.A.R.: Special Times Always Remembered
Kimberly Abed, LLMSW

Goal: This activity is used to facilitate discussion regarding memories

Age Groups: PK, EE, UE, MS, HS

Supplies needed:

- Construction paper
- Star Templates
- Scissors
- String
- Hole Puncher
- Markers or Crayons
- Pencils

How the Activity Works:

- Depending on the participants' ages this activity can begin by facilitating a conversation about stars
 - What do stars mean to them
 - Do they ever look at the stars...what do they think about
 - How do they feel when they look at the stars
- Talk about how sometimes we can't always see the stars (it may be cloudy, or rainy, or the sun may be too bright).
- Talk about the fact that even though we can't always see the stars, they are always going to be there, no matter what.
- Talk about memories everyone has of the person who died. Ask if anyone ever thinks about their loved one when they look at the stars?
- Talk about the fact that sometimes it's hard to remember the good times we had with the person when we are really sad or mad, but that those good memories, like the stars, will ALWAYS be there. The special times we had with that person can never be taken away from us, just like the stars in the sky
- Give each participant a copy of the star template or allow them to draw their own star on construction paper and cut it out.
- Point out that the letters in STAR can mean Special Times Always Remembered
- Each participant can draw or write a time on their star that they always want to remember. (a favorite memory, a special memory, a particularly meaningful memory)
- Invite participants to share their star.
- The stars then can be hole punched and you can tie a string to them so they can be hung

