



Supporting Our Community
to Cope with Coronavirus



Art Support

Create a Feelings Collage to Remember a Loved One

It can be hard to express our loss in words but using art can help us express ourselves and the emotions we feel when remembering a loved one.

Materials

1. Old books/magazines
2. Pens
3. Card - white or coloured
4. Scissors
5. Glue

Method

1. Using all your senses to recall a memory. Remember and feel the memory, this could be of a special time or place you spent with the person who has died.
2. Using all your preferred art materials, draw, write, collage and paint your memory.
3. You may remember the emotion of how you felt on the day ,

or what you were wearing for example. What was the weather like? Is there any musical connection? What sounds could you hear at that time- were you in a bustling city or on a calm beach for example.

4. Represent the feelings you connect with this memory using symbols, images from magazines, stencils, different paint techniques- printing/mark making.