

TREAT THESE STEPS AS A GUIDE AND NOT RULES.

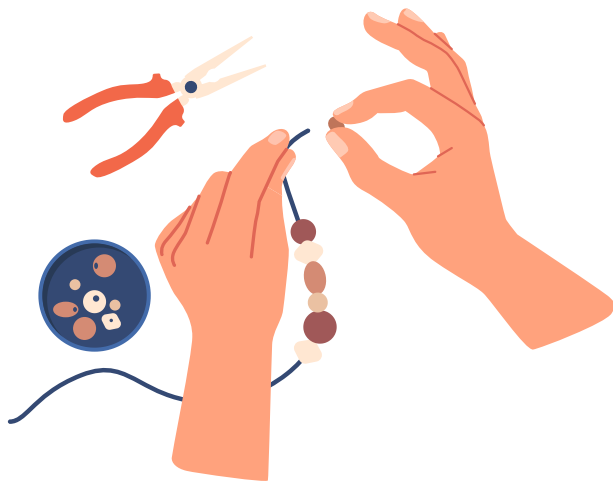
TIPS FOR MAKING THE BRACELET

MAKING YOUR BRACELET

We all have different loved ones whose memory we would like to hold close to us, therefore everyone's memory bracelet will be a little bit different. As you go through the steps feel free to skip a bead that isn't meaningful for your loved one or add a bead that you think might be meaningful for any reason.

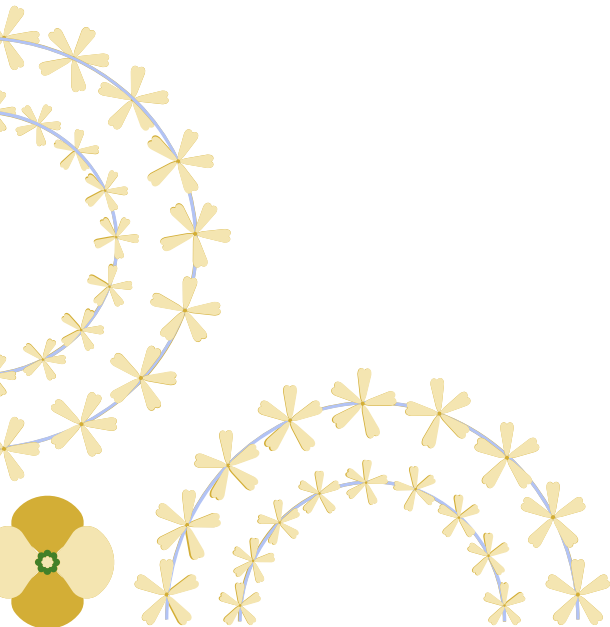
1. Have individuals pick out their beads to represent each prompt prior to putting them all together. This way, they can add extras where necessary and ensure there are enough beads to go all the way around the bracelet.
2. Explain the activity and meaning behind it prior to starting the activity.
3. Provide as many colors as possible so that individuals can find the right color to match their loved one's favorite food, color, etc.
4. If possible, also provide beads and charms that could be symbolic to individuals (such as flowers, anchors, peace signs, etc.).
5. Give time between each prompt to give an opportunity to share. This activity is not only for the bracelets, but also for the opportunity to talk about a lost loved one.
6. The activity can be as personal or as collaborative as each individual would like

1. Place a bead on your bracelet to represent your loved ones favorite colour(s)
2. Place a bead on your bracelet that represents the month they were born
3. Place a bead on your bracelet that represents their favorite holiday.
4. Place a bead on your bracelet that represents something they loved.
5. Place a bead on your bracelet that represents your favorite memory of them.
6. Place a bead on your bracelet that is a colour that reminds you of them.
7. Place a bead on your bracelet that represents their favorite season.
8. Place a bead on your bracelet to represent your favorite colour(s)
9. Place a bead on your bracelet that represents their favorite food.
10. Place a bead on your bracelet represents the love you have for them.



TIE OFF YOUR BRACELET

Add any additional beads you need. Maybe you add additional beads to represent things like their favorite place, something they used to say, or their pet. If more than one color applies, add as many as you would like. When you are happy with the bracelet, take a moment to reflect on your loved one as you tie the ends together.



WHY MAKE MEMORY BRACELETS

1. Provides individuals with a tangible connection to their loved ones.
2. When done together, it provides an opportunity for individuals to connect with each other.
3. Provides an opportunity for individuals to talk about their loved one.
4. Artistic expression (such as bracelet making) can be therapeutic for many individuals.
5. Provides an opportunity for individuals to reflect on their relationship with their loved one



Centre for Suicide Research
and Intervention

MAKING MEMORY BRACELETS

USING ART & CREATIVITY TO HONOR THE MEMORY OF LOVED ONE

