

HELLO KIDS WHO CARE FAMILIES!

Welcome to another addition of the KWC Bimonthly Activity Newsletter!

The Latin American holiday, Día de los Muertos or Day of the Dead, is approaching. Día de los Muertos is a holiday which is celebrated in Central and South America as well as some parts of the US. This holiday is a time when family members who have died are remembered and celebrated. It is believed that we "welcome the souls of the dead." The souls are said to return each year to enjoy the pleasures that they once had in life.

This week's activity involves making your own altar to honor our loved ones who have died. I hope you enjoy!

Warmly,

Jocelyn Chamra-Barrera



FAMILY FUN ENGAGEMENT

Materials:

Photos

Flowers, marigolds are traditional

Items of the person that died

Food that the person enjoyed

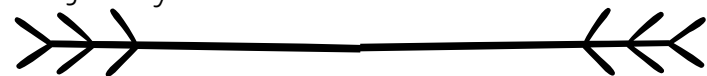
Candles

A few things to remember:

Kids attention spans are short.

Grief comes in spurts. Some kids may not want to share their grief at a certain times.

Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!





DÍA DE LOS MUERTOS ALTAR

Set up:

- Find a space for your altar
- Encourage everyone to participate, and remember that all feelings are part of a healthy emotional experience

Suggested Guidelines

- Talking about the activity:
 - Explain what Day of the Dead is
 - Talk about making an altar to honor your person that died
 - Collaborate on what you'd like to include to honor that person
 - Find others ways to honor that person (eating their favorite food, sharing memories)

Activity:

- Find a place in your home for an altar
- Decorate your altar with traditional altar components
 - Typically three-tiered
 - Marigolds
 - Papel picado
 - Candles
 - Monarch butterflies
 - Sugar skulls (made or bought)
- Now, add photos of your loved ones
 - Add items as a family or individually
 - Items the person loved or enjoyed
 - Food or drink they enjoyed
- Find time to reflect as a family. Keep your altar up as long as you like. Día de los Muertos takes place November 1 and 2