

This activity is part of a series of legacy-building and memory-making activities offered through Hospice. Most of the activities are suitable or can be adapted for children of all ages. We encourage all members of the family to participate in any of the activities you select.

Making Hug Scarfs

These hugs can be a gift for the family of the dying person or to the person who is dying for when their family can't be with them. When the person dies, the hug can be put in the casket or kept as a keepsake.

Included Materials:

- Beads/Sequins/Feathers etc
- Fabric glue
- Felt
- Markers
- Paint - fabric, acrylic or tempera

Needed Materials:

- Scissors

Instructions:

1. Take the piece of felt, and outline one outstretched hand on either end of the felt
2. Connect the two hands with "arms" and a heart (see picture below)
3. Decorate the fabric using paint, markers, beads, sequins, feathers, felt pieces, foam shapes etc. Each member of the family can draw or paint pictures of hearts, handprints and other favourite things. You can also write quotes or well-wishes and make felt cut-outs that you can glue on the hug scarf. You may choose to decorate one side or both sides of the felt.

Tips and suggestions:

- Incorporate special stitching or embroidery.
- Write the date when your family completed this activity on the hug itself.
- Ask each member to write his or her 'autograph' on the hug.
- Take photos during the activity and after your family has completed the hug.