



# Activity: Notes from the Heart

## Remember, Together

### Objective

Many people who are grieving worry that, over time, their memories or sense of closeness to the person who died might fade. One simple way to keep the connection strong is to keep “talking” to them. Writing letters or journaling can help—but sometimes it feels hard to know where to start. Short messages, using a simple notecard, can make those touchpoints feel more natural and doable. Whether notes are serious or silly, shared or private, each one becomes a small thread that helps our hearts stay connected.



### Supplies

- Pencil or pen
- A box for completed notes
- Notecards or “Notes from the Heart” (next page)
- Optional: **Remember, Together Cards**

### Instructions

Support youth in preparing to use this new notecard writing practice:

1. Gather supplies and make accessible to youth to use when they feel ready.
2. Help the youth visualize how often and where they might be most likely to use this new note writing practice.
3. Talk about using notecards or printed copies of accompanying template to help the touchpoints feel short & doable.
4. Remind youth that notes can be shared with a trusted adult or kept private in a box.
5. Build in gentle, judge-free check-ins focused on supporting the process and adjusting the practice over time as needed.
6. Optional: Share prompts to the right.

### Notecard Prompts

- What is happening in your life? What are you enjoying? What feels hard?
- When did you last think about your person? What were you doing? What did you wish you could say to them?
- Teach your person about your grief. What is it like for you? What events or milestones (big events) are nearing that you would want them to know about?
- Share something you have learned about yourself.

*This activity was created by Kelly Petersohn from Camp Erin Online to accompany Eluna's **Remember, Together Cards**.*

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