HOPE for HIE

SUPER SIBS

HEARTS CONNECTED LOSS PROGRAM

CREATING CONNECTIONS

This activity will help you honor the memory of your sibling while also encouraging connection and bonding with those you love.

MAKE MEMORY BRACELETS

I'm sure it has been a while since you made a bracelet, but trust the process and give it a try. This can become a meaningful and thoughtful project for you to do for yourself, as a gift for your family members, or together with them.

Gather some beads and string, using these ideas for what they can symbolize:

- [ ] Your sibling's favorite color
- [ ] The month that they were born in
- [ ] Their favorite holiday
- [ ] Their favorite sports team
- [ ] Their personality traits
- [ ] The happiest memory you have with them or of them
- [ ] Anything else that reminds you of your sibling that you'd like to add!