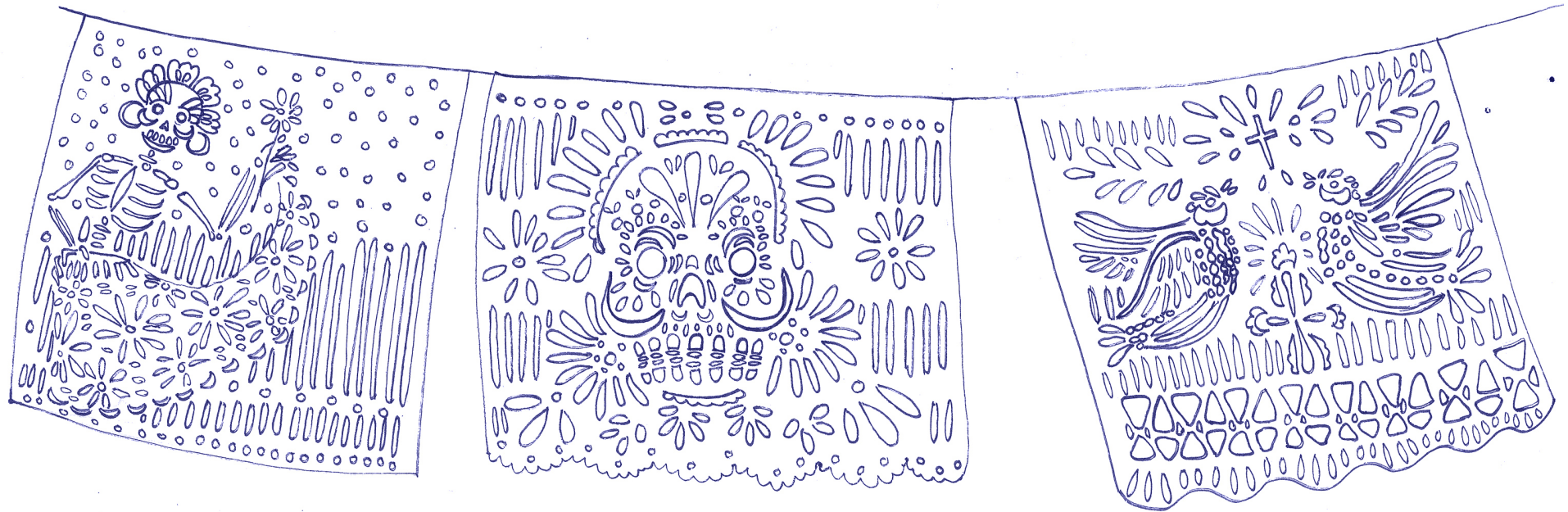


DIA DE LOS MUERTOS INSPIRED

ACTIVITY PACK



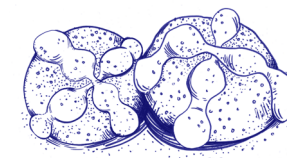
By Ellie Harrison and Bethany Wells

 
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In collaboration with Mexican artists Laura Pirez, Vlady Diaz,
and Marco Medina, Magnolia Gonzalez, Jonathan Perez Ramirez,
Christian Cruz from Zion Studio, Faro de Oriente, Mexico City

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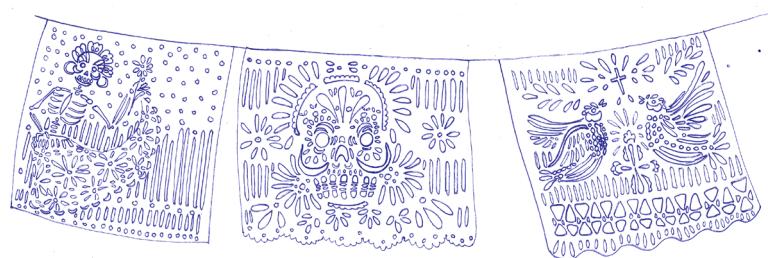
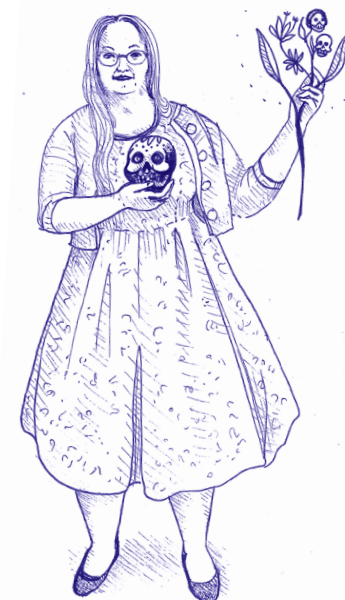
In Mexico people celebrate Dia De Los Muertos (Day of the Dead) in late October and the start of November. People take this time to remember people they have lost.

They could celebrate and remember friends and family or famous people from history who have died. People put up photographs and decorations in their home, cook special foods like grandmas handed down recipes and share stories and memories. Although the memories can feel sad, they also celebrate the lives of the people they love.

The love changes from a loving in presence to a loving in absence.

With our friends in Mexico City, we have made some Dia De Los Muertos activities for you to do all year round. You might want to remember someone or something you have lost or you might just want to have fun.

With warm wishes from Ellie and the team at Grief Series in Yorkshire and Mexico City.



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COLOURING

In Mexico everything is painted really bright - including the houses!

Blue, orange, yellow and pink are some of people's favourite colours in Mexico.



 
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Put on your favourite music and find some bright coloured crayons or pens.

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COLOURING



 
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WRITING

Use this page to write a message to someone or something you have lost.
Take time to think about significant objects, food, music or places.

This page is dedicated to... _____

I miss... _____

Things that bring back memories include... _____



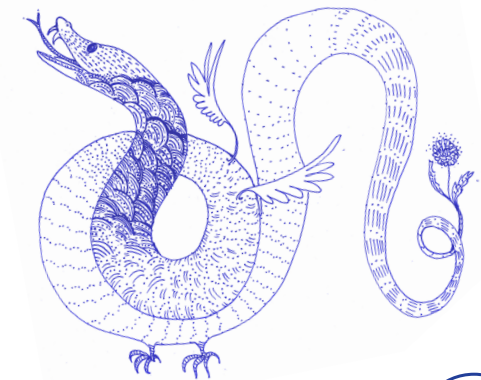
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DRAWING

Doodle + draw! You could draw a happy memory.
You could even design your very own Alebrije.

Alebrijes (A-la-bri-hes) are brightly coloured Mexican folk-art sculptures of fantastical creatures. These imaginary creatures have elements from different animals such as a lion's head and the body of a crocodile, or the body of a fish with bat wings, to name a few. They are often considered as spirit guides or animals that watch over you and keep you safe.

What would your Alibrijes look like?



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DIA DE LOS MUERTOS INSPIRED MASK MAKING

INSTRUCTIONS

Cut around the outside shape

Carefully cut out the eye holes so you can see through the mask.

You may need to ask for help to cut the eyes as it can be tricky

Cut down the solid lines labelled: a b and c

Tuck the part with the letter underneath to meet the dotted line

Tape or glue in place to make your mask 3D

Ask an adult to help you make holes to attach elastic to hold the mask in place on your head.

You could also use string or coloured ribbon.

TIPS

To make your mask stronger, glue this page to a sheet of card before you cut it out.

Use bright colours to paint the mask!



 
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DIA DE LOS MUERTOS INSPIRED
MASK MAKING

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Ask an adult to help you make holes to attach elastic to hold the mask in place on your head.

You could also use string or coloured ribbon.

This mask template has been left blank for you to come up with your own design.

To make your mask stronger, glue this page to a sheet of card before you cut it out.

Use bright colours to paint the mask!



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DIA DE LOS MUERTOS INSPIRED

RESEARCH

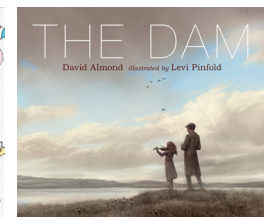
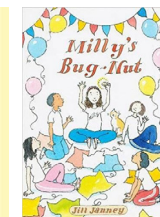
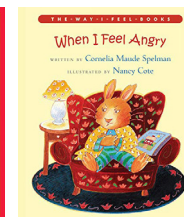
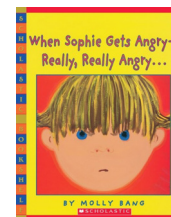
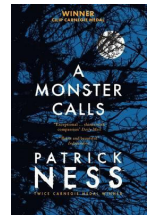
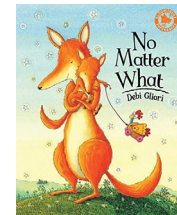
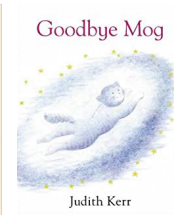
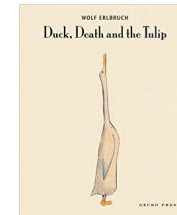
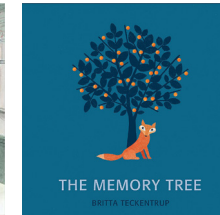
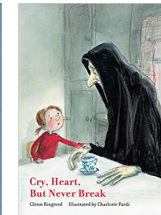
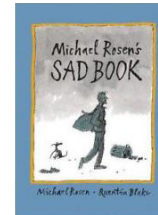
MUSIC

Here are some songs to listen to while you're working:
Listen to Dia De Los Muertos, a playlist by Grief Series on Spotify
<https://sptfy.com/diadelosmuertos>

BOOKS

Here are some of our favourite books from the Grief Series Mobile Library. Reading books about grief can help you understand your own feelings. They can also help you understand what other people might be feeling.

The sad book	Michael Rosen
Cry Heart but never break	Glenn Ringvold
The Memory Tree	Britta Teckentrup
Wilfred Gordon Macdonald Partridge	Mem Fox & Julie Vivas
It's different without you	Carol Rodgers
Duck Death and the Tulip	Wolf Erlbruch
Goodbye Mog	Judith Kerr
No Matter What	Debi Gliori
A Monster Calls	Patrick Ness
When Sophie Gets Angry...Really Really Angry	Molly Bang
When I Feel Angry	Cornelia Maude Spelman
Milly's Bug-Nut	Jill Janey
The Dam	David Almond



WEBSITES

Good website to browse are:

Child Bereavement UK www.childbereavementuk.org
Winstons Wish www.winstonswish.org



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