

Growing hope

JOURNEY STONES

Imagining a future without the person who passed away can be incredibly difficult. Journey stones are to encourage young people to visit places that hold happy memories of their loved one or to explore new locations while carrying their journey stone as a source of comfort.

WHAT YOU WILL NEED

- Find a stone to represent the special person who died, it could be big, small, smooth or a different shape.



HOW TO MAKE YOUR JOURNEY STONE

- Think of a happy memory with your special person who died or things that make you feel happy.
- Find a stone and decorate it with Ceramic pens, Sharpies or glitter glue. You use colours that have important memories or a symbol to represent something you liked doing with the special person.
- Add the name of your special person who died
- Take your stone on a journey, this could be to a place that holds happy memories of the special person or it could be to a new place that you haven't been before.
- You could take photos of your journey stone in each place you visit!

