

Remembrance & Celebration of Life Session Lesson Plan

Objectives:

1. Foster a sense of community connection, support, healing, and celebration
2. Gain skills to express feelings, experiences, and stories
3. Improve knowledge of shared community history and lived experience

Run of Show

Prior to Session:

- Speakers to arrive 10 minutes early (if feasible)
- Set up memory board, tissues, and music
- Arrange chairs in a circle if possible

4:00PM: Welcome

- Welcome everyone to the session
- Introduce session, including ground rules and the following:
 - Acknowledge the purpose: This is a time for remembrance, celebration, and healing
 - Sharing may be limited to 5 minutes per person to allow all to share
 - Emphasize the inclusivity of the session—everyone is welcome, whether they are longtime members or newcomers
 - Explanation of why this session is important to the community
- Speaker to read poem

4:10PM: Celebrating Lives Lived

- Invite attendees to share their stories of those they have lost
- Get the discussion started by sharing first and then encourages participants to share memories that highlight their loved ones
- Invite people to place memories/mementoes on the memory board
- Create a safe and supportive environment for participants to share personal stories about those they have lost

4:40PM: Closing Ritual

- Close out sharing
- Final moment of silence or expression of honoring those that have departed

4:55PM: Closing Remarks

- Quick closing and thanks everyone
- Participants leave with a take home in memory of their loved one
- Evaluations

Materials Needed:

- Kleenex
- Music
- Take home items
- Paper, extra materials and supplies if someone wants to add a name to the memory board
- Memory Board