



Children, what if you had one more moment?

Capture it in the shape of a heart – collage, write, draw or do a mix of all, to show what you'd say, or how you'd spend that time. Do anything you feel comfortable with. Go with the flow!

Then, we'd love it if you'd share that with us, so that we can share it with others. We want to make a display of hearts here at The Myton Hospices. Why? So that all the children who see it will know: they're not alone in their thoughts.

Adults, this activity encourages children to think about what's inside their grief. Perhaps there's something they wish had happened. Perhaps they never had the chance to say or write how they felt, or to express feelings or emotions. This activity gives the opportunity to share that.




University Hospitals
Coventry and Warwickshire
NHS Trust


South Warwickshire
NHS Foundation Trust

 myton
hospice

Post your heart to: Tracey Evans, Rugby Myton Day Hospice, CV22 5PY
Email your heart to: Deborah.Frost@mytonhospice.org

