



Havens
Hospices



How to make a button tree

Every memory
Making every
day count

How to make a button tree

What is a button tree?

A button tree is a simple activity which can encourage a child or adult to talk about a particular time in their life, or their special person's; someone who is either poorly or who has died. It can be made by:

- A child or adult who wants to hold onto memories of their special person.
- A person who wants to pass on treasured memories to loved ones, such as their children, after they have died.

Who is it suitable for?

Anyone can do this, but young children may need the help of an adult. This activity is an excellent tool for encouraging conversations which might be difficult to start, therefore it works best with input from another person, such as a parent or teacher. It can be done on a one to one basis, or in a group setting.



You will need ...

- A4 sheets of paper (use landscape)
- Coloured felt tip pens or pencils
- Buttons in different colours, sizes, textures and shapes. Pebbles and shells may also be used in place of buttons.



Let's get started ...

The person doing this activity should:

- Write the names of all the important people (pets count too) in their life across the piece of paper. The names of people who are unwell or who have died may be included.
- Choose a button (or pebble/shell) which reminds them of the people they've written down.
- Talk about why they chose each button (or pebble/shell) for the named person.



Some helpful advice

- This activity can be an emotional experience as it gives the person doing it the opportunity to have conversations about their feelings. Although it is simple, it can be very revealing and powerful.
- You may ask questions to help explore their choices and encourage conversation, however the person doing this activity should not be made to discuss their feelings further if they don't want to.
- If you are helping a young person with this activity, you should let them know that it is ok and very normal to feel sad or angry.
- They may need your support once it is finished.
- The activity can be repeated at a later date, when feelings have developed or situations have changed.

When an adult or child has been diagnosed with a complex or incurable condition, Havens Hospices can provide the care they need, 'Making every day count'.

For further information or to make a donation, please visit havenshospices.org.uk or call 01702 220 350.



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