

DIA DE LOS MUERTOS FESTIVAL THINGS-TO-DO



Tick off each activity once it's done! Have fun!

Read a book
about the
Day
of the
Dead



Make a
Calavera!



Make an
Ofrenda for
your loved ones!



Dress up and
paint your
face!



Decorate the
Ofrenda with
marigolds.



Make Papel Picado



Celebrate with
your family and
friends!

Eat Pan de
Muerto



**DIA DE LOS
MUERTOS**

MADE WITH LOVE FROM

indigrow™

Pro Tips for Grownups!!

Filled with fun videos, bits of information and activities, the festival kit is a great way to introduce your little one to another culture.

The Dia de Los Muertos festival kit is also a great way to explore conversations with your little ones about the death of loved ones. It's a way to show your little ones that though our loved ones may not be with us physically, they live on in our hearts and memories.



Conversation Starters

Is there a loved one that your little one would like to remember and celebrate?

What items would they like to add to the Ofrenda? Talking to your little ones about death in a simple but matter-of-fact way helps them accept that death is a part of life. An activity like this can help your little one stay connected to their loved ones.

Raise kind kids

Exposing your little one to different cultures through stories, food, activities and people, encourages them to ask questions and make their own observations helping minimise their unconscious biases and stereotypes.



Same Same But Different

"While Halloween is also about dressing up and skeletons, Dia de Los Muertos is particularly about remembering and celebrating your loved ones. It's a day of love and celebration. It is not meant to scare or spook.

" While marigold flowers come from Mexico and are used in Mexican celebrations, they are also commonly found in Indian weddings and festive occasions."





DID YOU KNOW?

Día de Los Muertos or Day of the Dead is celebrated on November 1st and 2nd, every year. It is a joyful celebration and a time to remember and celebrate the memory of our loved ones.

People dress up in skeleton costumes, hold parades and parties, sing, dance and make offerings to their deceased loved ones.



What is Papel Picado?

- 'Papel Picado' or cut paper is a colourful decoration often found in Mexican celebrations.
- In the olden days, papel picado was made from tree bark.
- On Day of the Dead, because papel picado is so lightweight, when it moves, it lets families know that their loved ones have arrived.

What is an 'Ofrenda'?



We make an altar or an ofrenda in our homes to welcome back our deceased loved ones. We set up the altar with food, water, family photos, sugar skulls and candles. The ofrenda is often decorated with marigolds. We also place any items that belonged to our loved ones.



Fun Facts

- It is called Day of the Dead but is celebrated over multiple days.
- Food and water are placed in the Ofrenda in case our loved ones get hungry or thirsty after their long journey to visit us.
- The skeletons we see during the Day of the Dead festival are often seen doing funny things - like playing a guitar or dancing. It's meant to remind us that death is just another part of life.
- Calaveras or skulls are traditionally made from sugar and represent 'the sweetness of life.' They are placed in the ofrenda to represent your loved one.

