

# **Día de los Muertos**

## **Activity & Coloring Sheets**



*Illustrations for this guide were created by two of Mia's Art Team members:  
Izabella Red Feather and Mateo Silva.*

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## Symbolism

Symbolism is when an image represents or stands in the place of something else, such as an idea, a person, a place, or a thing. On these activity sheets you will see symbolism, or images, representing various aspects of Día de los Muertos. Look for all of them!

- **Cempasúchil** is a type of marigold flower native to Mexico. Real or paper flowers are often placed on *ofrendas* (altars) and around the graves of loved ones. Their strong scent and bright colors are said to help guide the spirits of loved ones.
- **Monarch butterflies** are believed to hold the spirits of the departed. This belief stems from the fact that the first monarchs migrating to Mexico for the winter arrive right around November 1 and Día de los Muertos.
- **Esqueletos y Calaveritas de azucar**, or skeletons and sugar skulls, are a remembrance of those that have passed. They are brightly decorated as a playful reminder of the cycle of life, and the sugar represents its sweetness.
- **Pan de Muerto**, or bread of the dead, is a soft and sweet bread designed with a circle and lines to mimic the shape of a skull and crossbones. It is one of the many kinds of food placed on *ofrendas*, usually including items that the person liked to eat when they were alive.
- **Papel picado**. Every *ofrenda* includes representations of the four elements: water, wind, earth, and fire. Delicate *papel picado*, or traditional paper banners, are often included to represent the wind.





## **Family Discussion**

### **How do we remember and honor our loved ones?**

Think about someone you love who has passed away. What do you remember most about them? Draw some of their favorite things (food, objects, things they said a lot, activities, animals):

Write or draw what you would want others to know about them:

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## Coloring Sheets

Use your favorite colors to fill in and decorate these Día de los Muertos inspired designs!



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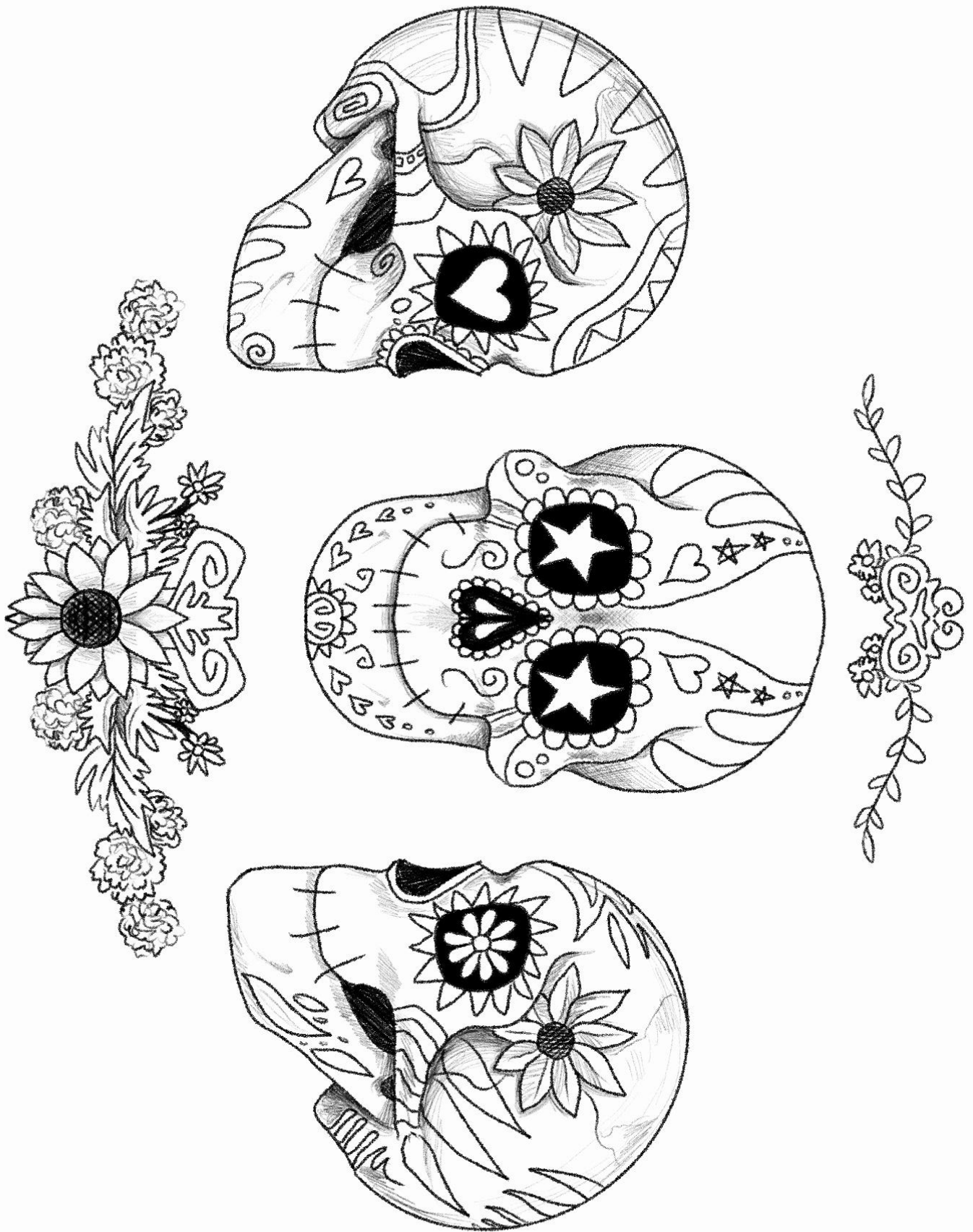


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