



PalliativeCare
AUSTRALIA



Art competition notes for artists

Theme: What matters most during the holiday season?

The holiday season is a time we spend with our friends and family, reflecting on the year that was and planning for the year to come. In this time, we think about what matters most to us and the things we find most important.

If you were to become seriously ill, do you think what matters most to you now would change?

We all share different values and thoughts about the things that matters most to us. However, what we all have in common is the desire to ensure the things that matter most to us are kept close to our heart, especially if we were nearing the end-of-life.

We are asking our participants to create a piece of art that tell us what matters most to them during the holiday season.

These reflection prompts may help to guide the creation of your artwork:

- What matters most to you during the holidays?
- Do you have any traditions that are important to you?
- Who do you enjoy spending time with?
- What do you enjoy doing?
- What is on your bucket list? Places? People? Activities?
- Do you have a favourite holiday destination?
- If you were nearing the end of your life, what would be most important to you?