



Something
beautiful is
burning

Fire Safety

Be careful when setting things on fire! You can hurt yourself, others, or do damage.

Use a fireplace or outdoor grill if you have one- they are meant for fire.

[NFPA Tip Sheets](#)

If you are unsure or afraid, don't light your object on fire- you can pretend! Safety comes first.

You will need an object that holds meaning for you- a picture or small memento. It should be safely flammable. Read the fire safety info!

Carry the object with you for however long feels right. Think about what it symbolizes, what it meant, and what it means to you now.

When you are ready*, in a darkened room or outside at night, light it on fire (following safety guidelines).

**How did it feel
when it caught
fire?**

* It is ok if it takes a while, or if you are never ready.

Watch it burn. Think about
the history of the object,
and of your history with it.
Think of what made it.
Think about how it helped
make you.

**How did it feel
as it burned?**

If you can, observe the fire until the object is consumed and the flames die out.

**How did it feel
when only ash
remained?**

Ashes

By Jenn Martin

<https://jennmartin.itch.io>

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Do what you
will with the
ashes.