

## WHAT DOES YOUR GRIEF LOOK LIKE?

Through this activity of creating art, the child/teen will be asked to think about what their grief looks like and how they feel.

- Give your child a square piece of cardboard
- Have them paint, color, draw, and decorate the cardboard in a way that represents their grief
  - Talk to your child about the idea of a color representing a feeling and have them come up with what different colors mean to them (yellow=happy; red=mad)
  - Squiggly lines or ragged lines can represent how their emotions go up and down
  - A rough piece of material or a soft piece of material can represent how their grief feels at different times
  - Be creative
  - Encourage your child to share their thoughts and feelings



## MEMORY BOX



Decorate the memory box as a way to honor and commemorate the person who died.

Have your child decorate the box in a way that symbolizes or represents their sibling. Examples:

- Something sparkly might represent a sister who was young and bubbly
- Something dark might represent the day of the funeral
- Something of one solid color might represent their person's favorite color.
- A sticker might represent their person's interests (a soccer sticker because their brother loved soccer)
- Things to help a child who has lost a sibling who was an infant create memory:
  - "What would be some things that you would like to have done with them?"
  - "What do you think their favorite color might have been?"
  - "What do you think their favorite thing to do would have been?" (OR favorite food, Disney character, story, etc )
- Their box can also be used to hold other memory items—what would they like to put into it?

## I WANT YOU TO KNOW.....

### Activity

For all the things you didn't get a chance to say

- Visit the Dollar Store and buy a few heart or star Mylar balloons
- Use a Sharpie pen to write a note
- Your note might begin with "I Want You to Know....."
- Release the balloon and the worry.



## SCREAM BOXES

### Activity

- Trace the outline of the end of a paper towel roll on the outside of the narrow end of a shoe box.
- Cut out the circle and insert the paper towel roll. Leave 3-4 inches extended from the box.
- Rip newspapers and completely stuff the box until it is difficult to close.
- Thoroughly duct tape the entire box and tub. Use multiple layers of tape if desired. If using colored tape, the child/teen can first discuss the “color” of their pain and/or anger and choose a color that best represents that feeling.
- When feelings of pain or anger strike and the need to scream arises, they can scream into this special box.



### Other Ideas:

- Punch a pillow if they have angry hands
- Scream into a pillow to relieve tension or anger
- Grab a cupful of ice and smash the ice onto the driveway or sidewalk; stomp on it, crush it!

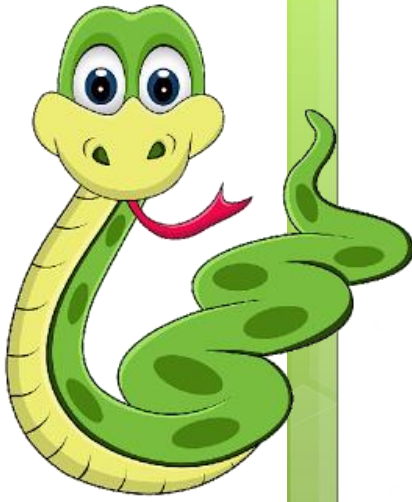


### Breathing:

## Lion's Breath

- Now we're going to roar like a lion and let go of strong emotions or unwanted thoughts. With *Lion's Breath*, you can release energy that is getting in the way of your day. This breath is a very powerful way to get those thoughts and feelings out from inside of us and to push them far away.
- Imagine that you are a lion. You have a giant roar. Sit on your legs if you can, sit up tall like a proud lion and put your “paws” on you knees.
- I'm going to think of a feeling that I would like to let go, or a thought that I want to release. Now I squeeze my hands in fists, holding tight that feeling or thought and scrunch up my face getting ready to roar. I take a deep breath in and let my roar out, sticking my tongue out at the same time and stretching my arms out wide in front of me, opening my hands wide.
- “Now it is your turn. Sit up tall. Think of the feeling or thought that you would like to roar out. Scrunch that feeling or thought into your hands and pull them up tight in front of you. Now scrunch up your face tight. Take a deep breath in. And... ROAR!!!! it out, sticking your tongue out and letting your arms and hand stretch out wide in front of you. Excellent!!!!
- Let's try it a few more times. Really ROAR!! it out!!!!





# Snake Hiss Breath

- What kind of snake would you like to be for the day?
- Right now we are going to relax like a snake. We are going to take a deep breath in, in through your nose and then we are going to blow it out through your mouth. The goal is to see how long you can hiss on the exhale, allowing your lungs to empty out completely.
- Sit either crisscross applesauce or on your knees, with hands on your knees. Now, place one hand on your tummy so that you can feel your lungs and your diaphragm as you breathe. Now, begin your inhale, slowly breathing in through your nose and filling your lungs from the bottom up. Now slowly hiss out your breath, seeing how long you can make the exhale. Repeat again and again!

# Balloon Breath

- Explain the balloon breath. Breathing in, allowing the stomach to expand out making a balloon, breathing out, the stomach collapses back down. Practice a couple to make sure your child understands the concept.
- Next hold the magic expanding ball in front of the belly button, (or form a ball with your hands and move them in and out, expanding and contracting). As you breathe in, slowly expand the ball and pause, holding the breath slightly once it is expanded. Then release the breath, moving the ball back to its original compact size. Repeat!

