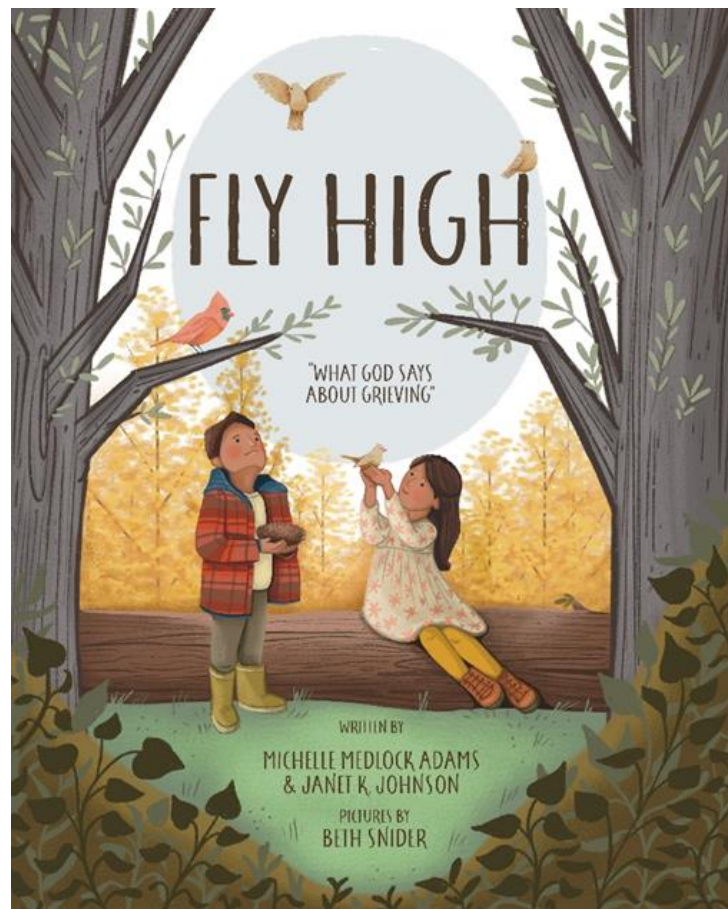


Activities
for
Fly High

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Fly High was written to help children deal with grief and loss. The activities in this guide will provide additional opportunities for remembrance, discussion, and sharing.

Make a Memory Box

After a loss, it is important for children to capture their memories. Making a Memory box will give them a tangible touchstone to help them remember the loved one they have lost.

Materials:

Cardboard box with lid

Paint (Spray paint dries quickly but needs adult supervision. Other paints dry slower.)

Glue

Stickers

Pictures from magazines

Markers

Scissors

Optional – picture of the one who died

Mementos from or about the one who died



Discuss with the child that you will be creating a box to hold good memories. When they are feeling sad, or are worried they will forget, they can use the box to help them remember.

1. Have the child paint the box. Suggest using a color that reminds them of the loved one they have lost.
2. While the paint is drying have the child cut out pictures and words that remind them of their loved one. Glue the pictures and words into the box. Add a picture of the loved one if it is available.
3. Fill the box with good memories. Place pictures, mementos, and written memories in the box. Leave room for more memories to go in the box as the child thinks of them.
4. Talk about how remembering helps keep our loved ones in our heart, until we can see them again in heaven.

Remembrance Beads

Beading is a calming, meditative task used by counselors to help people relax and think. You can help children learn the benefits of beading with a directed activity. Tell the child they are going to string a set of beads that will help them remember their loss. They can use the beads to make a bracelet, keychain, or necklace.

Materials:

Beading string (elastic string works well for bracelets)

Scissors

Beads in different shapes, colors, and sizes

Have the child pick out beads that represent memories of the one they have lost. Maybe their favorite color, favorite sports team, food, holiday, etc. Talk with the child about the reason for each bead and how this will help them remember the one they have lost. Allow time for reflection and discussion.

You can also use this activity with multiple family members to encourage the sharing of memories.

After each bead has been an assigned meaning, string the beads together.

This will be a personalized memento that the child can wear or keep close to help them with their grief.



Grief Writing Activities

Talking about loss is difficult at any age, but especially hard for children. They may be experiencing loss for the first time. Guided poetry and writing may help them process their emotions and feelings.

Grief Journal

Materials:

Spiral notebook or simple composition book
Writing tools
Markers
Stickers
Glue
Scissors
Colored papers



Introduce the journal to the child explaining that sometimes it is easier to write or draw about feelings than it is to say them out loud. Explain that this is their journal, and they can use it to express their feelings.

Let the child decorate the cover of the journal with the supplies on hand. Once they have completed the cover of their journal ask if they are ready to do some writing or artwork.

Suggestions for topics to cover in the grief journal:

Today I feel...

Today I really miss...

My favorite memory of _____ is...

I don't ever want to forget...

I feel better when I ...

I am most worried about...

The thing that makes me scared is...

How can I help someone else who is feeling sad?

Describe a memory with your loved one that makes you laugh.

Write about where you feel your grief in your body.

Emotions as Colors

Materials:

Grief Journal or paper
Markers or crayons
Pieces of colored paper

Explain that there are many emotions associated with grief. Sadness, anger, fear, guilt, anxiety, relief, and hope are just a few of the emotions. Help the child make a list of each of the emotions they are feeling at this moment. Explain that there may be new emotions to add to the list in the future.



Then choose a color to represent each emotion.
Make an emotion color key on the first page.

After they have completed the color key, use scraps of paper to create an emotion collage. Give the biggest feelings the most paper. When the collage is completed discuss the emotions. Why are some of the colors (emotions) bigger? Are there other emotions you would like to feel? What color would they be?



Repeat this process later to compare how feelings have changed.

Acrostic Poem

An acrostic is a simple poem where the first letters of each line spell out a word or phrase. In this poem, the word will be the name of the one who has died.

Materials:

Grief journal or paper

Markers

Crayons

Each word used in the poem should describe the person or a memory associated with them.

For younger children, you may write the letters and have them draw pictures.

After they have written and illustrated the poem, ask the child to share the poem with family members. Encourage the sharing of thoughts and memories.

