

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

JULY 2020 | VOLUME 8

## HELLO!

Welcome to our eighth edition of our activity newsletter!

This week's activity is borrowed from our friends at Bo's Place. "Who you gonna call?" I changed it a bit since nowadays, who talks on the phone?

I hope you enjoy it with your family!

Feel free to share your family's artwork with us on social media. We'd love to see it!

Warmly,

Jocelyn Chamra-Barrera

Who you gonna ~~call~~<sup>text</sup>?

who you gonna call if...

- ♥ you are sad about the person that died
- ♥ you are angry at a friend?
- ♥ you have a scary dream?
- ♥ you want someone to hang out with?
- ♥ you need a hug?
- ♥ you feel lonely?

## FAMILY FUN ENGAGEMENT

### Materials:

Construction paper/Blank paper  
Markers, colored pencils, pens

### A few things to remember:

Kids attention spans are short.

Grief comes in spurts. Some kids may not want to share their grief at a certain time.

Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!





## WHO YOU GONNA CALL?

### **Set up:**

- Find a time and place to do the activity together or independently
- Encourage everyone to participate, and remember that all feelings are part of a healthy emotional experience

### **Suggested Guidelines**

- You can do this together and ask each other for support on naming our support people
  - Think about what may come up for your children; happy, sad, angry feelings may come up and that's OK. It may be hard to have a positive spin during this time. Allow your children to express all of their emotions in this activity.

### **Activity:**

- When someone you love dies, it can make you have a lot of different feelings. Sometimes we need help with our feelings.
- Think about some people who can help you talk about your experience and put their name next to the question.
- Prompts: Who you gonna call/text if...?
  - You are sad about the person that died?
  - You are angry at a friend?
  - You have a scary dream?
  - You want someone to hang out with?
  - You need a hug?
  - You feel lonely?
  - You are worried about someone?
  - You wanna talk about some happy times you had with your person?