

HELLO!

Welcome to our eleventh edition of our activity newsletter!

This is another activity that comes from our summer intern, Greta. It's called Family Flag.

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



FAMILY FUN ENGAGEMENT

Materials:

Felt/fabric/construction paper

Markers

Optional: beads, glitter, pipe cleaners,
photos

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 times.

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





FAMILY FLAG

Set up:

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

Suggested Guidelines

- Talking about the activity:
 - Flags can be a symbol for many things
 - Hope, togetherness, a symbol of the person that died
 - We're going to be making a flag together that can symbolize our family and our person that died

Activity:

- Construct a flag as a way to represent your grief as a family
- Talk about things that symbolize you, your family, and the person that died
 - Symbols for yourself, things you like, things you do as a family
 - Add quotes, words, photos
- Talk about how things on the flag are connected to your person that died
- Display the flag somewhere to encourage hope for the future and the love from the past