

KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

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HELLO KIDS WHO CARE FAMILIES!

Welcome to another addition of the KWC Bimonthly Activity Newsletter!

Schools have started and you've hopefully gotten into your fall routine. Some of you have returned to school in person and some are attending school from home. As you complete this activity, I want you think about your feelings that you have after spending all this time in your homes.

This activity is from our friends at Bo's Place in Houston. 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:

House outline/Paper

Markers

Feelings chart

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!





FEELINGS HOUSE

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:
 - We all live in the same home and we all lost someone important to us, but we all may feel different
 - All the feelings are real and part of grief
 - We're also mostly stuck at home and may be feeling different things because of that

Activity:

- Draw a house or find and print an outline of a house
- Think about everything going on in the house right now (caregivers working, going to school, extracurriculars, people coming and going) and think about all the feelings you are having
- Write or draw about the feelings you are having
- Write or draw about the feelings you think others may be having
- If open to it, have a discussion about your drawings together as a family
- Optional: What are feelings you may have in each room. For example, the living room makes me feel comfortable and safe