

KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

JULY 2020 | VOLUME 7

HELLO!

Welcome to our seventh edition of our activity newsletter!

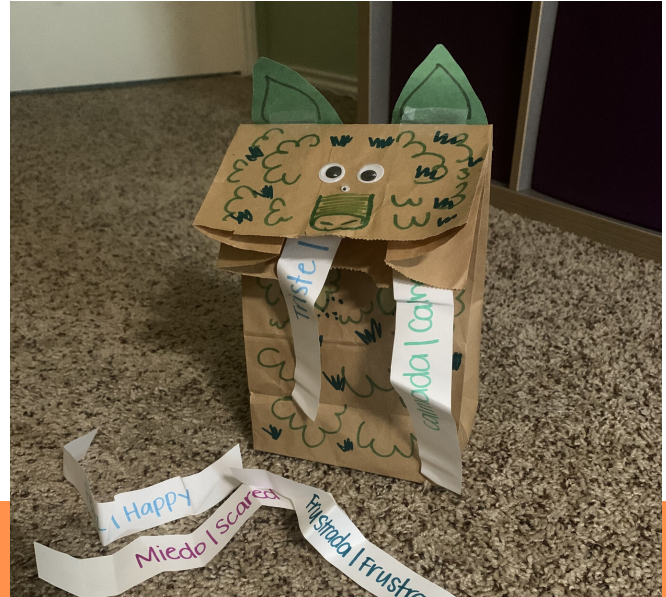
This week's activity is something we've done at Kids Who Care before -- Worry Monsters! It's one of my favorite activities and can be helpful during this stressful time.

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:

Paper lunch bag
Construction 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!





WORRY MONSTERS

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 and drawing worries
 - 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 died, it is normal to feel that we have butterflies in our stomach or worry that something else bad can happen
- When we hold in that worry, we may feel worse
- To help with get these worries out, we'll create a "Worry Monster" who will eat our worries away
- Decorate your own paper bag as your monster (fold down the top for the mouth). Glue construction paper for arms/legs/tail
- Once complete, write or draw your worries on paper and practice feeding your worries to your monster
- Feed your monster whenever you have worries!