

KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

APRIL 2020 | VOLUME 2

HELLO!

Welcome to the second edition of our activity newsletter!

This week's activity is something we did earlier this year in Kids Who Care. It's the Graffiti Wall. Using paper, markers, and a few other materials, we'll make a wall of our emotions, feelings, and about the person we lost. The Graffiti Wall is an easy outlet to let out things we keep inside. It also gives an opportunity to control how to express our emotions..

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!

As always, we are here to support you in the meantime. Feel free to reach out.

Warmly,

Jocelyn Chamra-Barrera



FAMILY FUN ENGAGEMENT

Materials:

Markers/crayons/writing utensils
Poster board, blank paper, butcher paper
(whatever you have in your home)
Tape

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!





GRAFFITI WALL ACTIVITY

Set up:

- Choose a wall in your home where it won't be in the way (it can be easily accessible or more secluded for more privacy)
- Tape up the poster board/paper wherever you decide around the house

Activity:

- Explain the activity to your family:
 - Participation is encouraged but optional
 - The wall is for expressing feelings. You can do this by drawing/writing.
 - We are doing this because it's an outlet for our feelings and our grief
 - It opens our communication without having to talk
 - We can scribble or draw without it having to mean anything

Suggested Guidelines:

- The wall can be left up for a while and can add to it whenever
- Feel free to add to it (pictures, news articles, etc.)
- Set your own rules as a family (ex: no profanity, no jokes, etc.)
- Monitor the wall and check in with your kids to see if there's anything you need to discuss
- Check in and observe the wall.
- Bring anything to discuss as a family during a time together (like dinner)

Topic Ideas to Get You Started:

- Good days look like...
- Bad days look like...
- Things I like
- Things I don't like
- Good feelings
- Bad feelings
- My grief feels like..
- My grief looks like...