

KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

MAY 2020 | VOLUME 4

HELLO!

Welcome to our fourth edition of our activity newsletter!

This week's activity something that caught my eye: memory baskets!

Baskets often make me think of picnics, being outdoors, and summertime. Before it gets too hot, try this activity to remember the person your family lost.

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:

Basket or
Containers for each family member

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!





MEMORY BASKET ACTIVITY

Set up:

- Think if you'd like to do it indoors, outdoors or both!
- Set up some parameters around keepsakes (being gentle with old pictures or mementos or making them off-limits)
- How will we share if we have the same item? Can we pass it around and share a story each?

Activity:

- Explain the activity to your family:
 - Participation is encouraged but optional
 - We'll fill each of our baskets with items that remind us of the person that died.
 - We'll come back and take turns going through each item sharing how it reminds us of our person

Suggested Guidelines:

- Sit as a family and discuss the activity
- Collaborate on how to share if people pick the same item
- Set a time limit (15-30 minutes) together to decide when to return after searching
- 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.

Topic Ideas to Get You Started:

- Photo albums
- Activities enjoyed together
- Members could also draw things that they wanted to do with the person