

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

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## HELLO!

Welcome to our fifth edition of our activity newsletter!

This week's activity is something to work on as a family. It is a Grief Alphabet. I ask that you work together to complete a word for each letter of the alphabet.

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  
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!





## GRIEF ALPHABET

### **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 health emotional experience

### **Activity:**

- Explain the activity to your family:
  - Participation is encouraged but optional
  - Each family member thinks of one word, one feeling, or one phrase for each letter of the alphabet to describe their grief experience
  - As a family work together to figure out words for the more difficult letters, such as X

### **Suggested Guidelines:**

- Sit as a family and discuss the activity
- You can do an alphabet for words that describe the person that died, an alphabet that describes feelings, or an alphabet for memories to share (for example, z = the trip to the zoo we took in 2nd grade!)
- 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:**

- Brainstorm ideas together first to have a bank of information