

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

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## HELLO!

Welcome to our sixth edition of our activity newsletter!

This week's activity is something that can be done as a family or independently. It comes from our friends at Beth Israel Lahey at Home and their *Heartplay* Activities.

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!





## MY PERSON AND ME

### **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 health emotional experience

### **Activity:**

- Explain the activity to your family:
  - Participation is encouraged but optional
  - Each family member will draw two hearts somewhere on their paper
  - In one heart, write things about yourself
  - In the second heart, write things about the person who died
  - Connect the likenesses by lines to each heart

### **Suggested Guidelines:**

- Sit as a family and discuss the activity
- You can do this together and ask each other for support on likenesses and differences
- 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.

