

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

APRIL 2020 | VOLUME 1

## HELLO!

I hope this newsletter finds you well!

Since we can't meet in person, I'd give you some ideas to inspire you and your family at home.

I'll be sending this newsletter out twice a month until we are able to reunite at Kids Who Care.

Follow us on social media for the latest information on our programming.

We will begin conducting check in calls by our team. In the meantime, feel free to connect with us on our website, social media, or send me an email.

Warmly,

Jocelyn Chamra-Barrera



## FAMILY FUN ENGAGEMENT

Twice a month, I'll walk you through an activity that you and your family can do together.

### A few things to remember:

Kids attention spans are short, so I'll keep my activities brief.

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. We may have big plans to homeschool and work with our kids, but sometimes that may not happen and that's OK!





## SEARCH AND SHARE ACTIVITY

I invite you all to spend time in searching for representations of our grief with different symbols that represent important parts of our grief.

Children's imaginations often make connections we may have never seen. Children may find symbols that they see as a positive or negative sign of their grief. In making these connections with our children, it is important to speak to our children about their symbols and connections and why they chose it.

By participating in this activity, we hope to invite communication and bonding during your grief journey.

Gather your family and talk about the activity. Invite them to participate, but don't pressure them to do so. Invite your family members to find symbols in your home or outside. For each round, give a time limit (2-5 minutes each round to find the items). Pick from the categories below or make your own.

- An item that represents you
- An item that makes you feel comforted or safe
- An item that represents a feeling they are having (happiness, sadness, boredom)
- An item that reminds you of the person that died
- An item that helps you tell a memory

Tip: You can also draw the items too!

You can decide as a family if you want to find and discuss your items after each round or gather all the items and then discuss all at once. Make sure you establish a nonjudgmental space!