

# KIDS WHO CARE

A BIMONTHLY ACTIVITY NEWSLETTER

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## HELLO!

Welcome to our tenth edition of our activity newsletter!

This activity comes from our summer intern, Greta, who helped put it together -- Kite Changes.

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:

Poster board or paper  
Markers  
Scissors

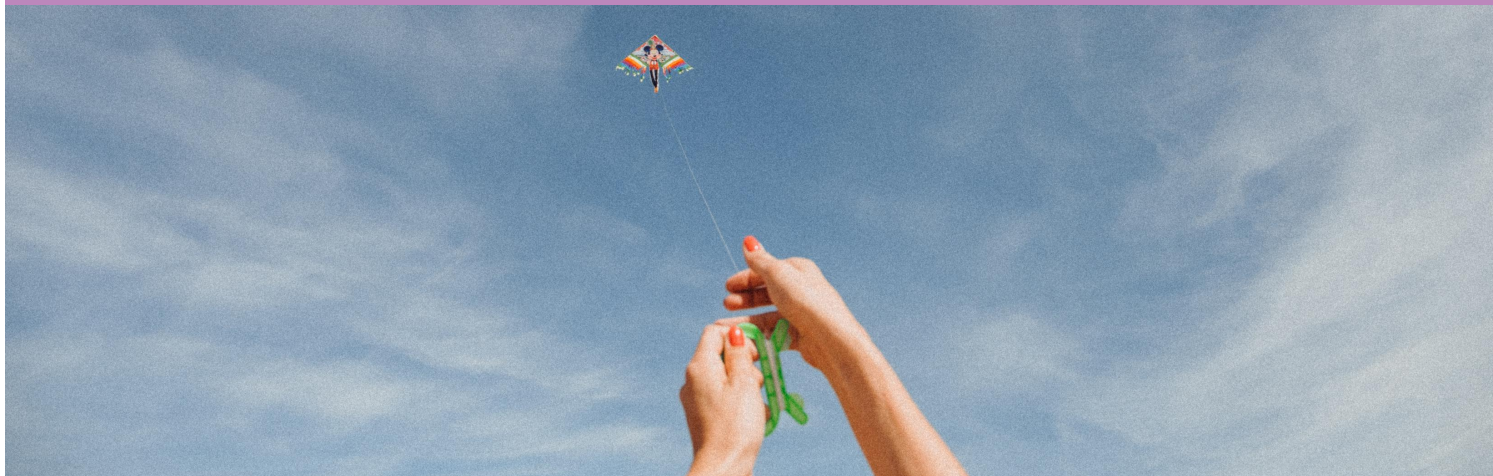
### A few things to remember:

Kids attention spans are short.

Grief comes in spurts. Some kids may not want to share their grief at a certain times.

Be gentle with yourself. This is a difficult and uncertain time. Not all our plans will happen and that's OK!





## KITE CHANGES

### **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 healthy emotional experience

### **Suggested Guidelines**

- Talking about the activity:
  - It can be hard to navigate changes that happen during grief.
  - Thinking about how our lives and feelings have changed recently can help us see that our grief will get better over time

### **Activity:**

- Draw a kite with four quadrants. Then use markers so each person can draw in their own kite and fill in the following sections:
  - Home: what has changed in your home?
    - Ex: dinner time is quieter now
  - Friends: what's changed in your relationships?
  - School: what's changed about school?
  - Myself: what's changed about you?