

GRIEF AT HOME

FAMILY ACTIVITY SHEET #2

SEARCH AND SHARE



Time for an indoor scavenger hunt!



Today we'll spend time searching for representations of ourselves and our grief. Our imaginations often make connections we may never put together without mindful thinking. As you complete this activity, I invite you to speak to your family about symbols and connections and why it's important to them. Our hope is to invite communication and bonding during your grief journey.

Materials and Things You'll Need

- Paper to write on (if you choose to write down things)
- Writing utensils (pens, pencils, crayons, markers)
- Baskets (optional)

Estimated time: 30-45 minutes

Set up:

- Find a time to work together as a family

Suggested Guidelines

- Talking about the activity:
 - We'll be searching for things around our house to symbolize ourselves and the person we lost
 - This activity is about finding something that represents things about us and sharing (if we feel comfortable)
 - We can also draw things, if we don't find something for that particular prompt
 - We'll go through the prompt, find things and put them in our basket (or draw them) and come back together to share what we chose and why



Ideas to Start

- Look through family photos (hard copies or on phones)
- Find playlists and songs (that remind you of things or the person who died)

Search and Share Prompts

Find items that represent:

- You
- Your comfort and safety
- Two items that represent two big feelings you've had lately (sad, worry, happy, mad)
- Your special person/reminds you of your special person
- A part of a memory of a person that others may not know about (or a wish you had with that person)



After the Activity: Family Discussion Questions

- What did you choose to represent you?
- What's an item that brings you comfort/safety?
- What's the big feeling you chose? What represents that?
- What's an item that represents the person who died?
- Will you share your favorite memory or wish?
- What was it like to talk about yourself this way?
- What connections do we have in our symbols? How are we different?

