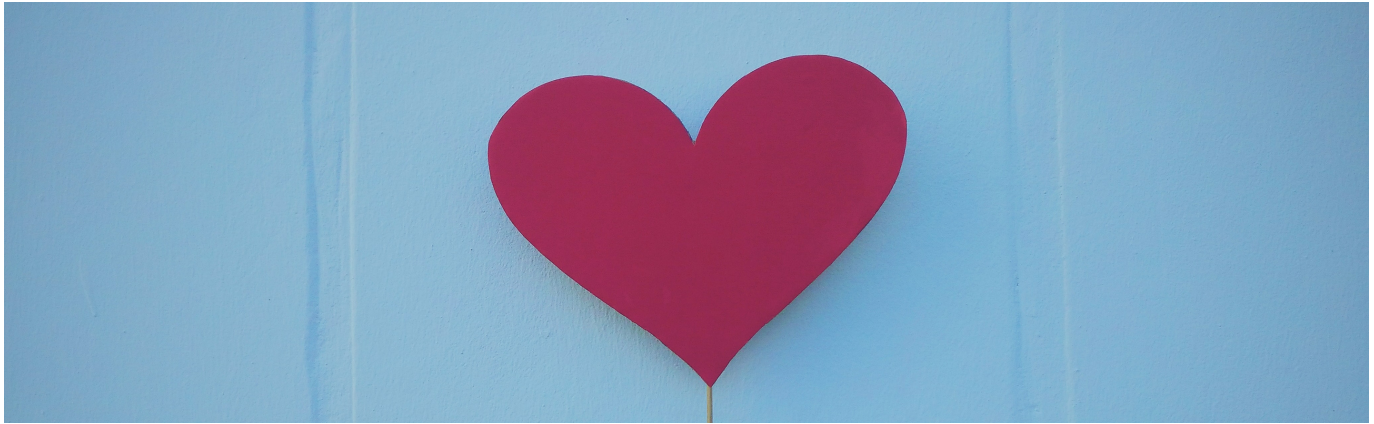


THE HEART'S JOURNEY



It's time to hear a story that has no words



In "The Heart's Journey," by Judy Pelikan, the story of grief is told without words. Pictures of hearts reveal a profound story. My hope for you and your family is to share your story of your heart without using words.



Materials and Things You'll Need

- "The Heart's Journey" Cards
- Canvas
- Paints
- Paint brushes
- Water
- A space that's safe for painting

Estimated time: 30-45 minutes

Set up:

- Find a time to work together as a family

Suggested Guidelines

- Talking about the activity:
 - The activity today is about our hearts and telling the story of our grief without words. In the book "The Heart's Journey," Judy tells the story of her grief through pictures of her heart and what it's looked like at different points of her grief journey. Each of us have a different relationship with the person who died and so our grief is unique to us.
 - First, we'll look through the picture of the hearts (I recommend laying them out in order and putting them around the table and ask each member to go around and look at them, as many times as they'd like).
 - Then invite everyone to paint their own heart
 - You can do this together around the table, outside, independently. You can put on music or talk as you do it.
 - You can set a time parameter (15-20 minutes) and then come back and share, or ask everyone to leave them on the table to dry and others can look and observe or invite conversations.

Things to remember

- It is important not to assume what another person may be feeling about a person's death
- Reaction can vary from sadness, anger, fear, and guilt.
- It's important to ask question questions in a non-judgemental way
- Examples:
 - Will you tell me about your painting?
 - What do the colors mean?
 - Will you share where your heart is today with me?



After at the Activity: Family Discussion Questions

- What did you think about the heart cards?
- Did you see any themes?
- Can you stand by a heart that looks like your heart when you found about the person who died?
- Can you stand by a heart that looks like your heart today?
- Can you stand by a heart that looks like hope to you?
- What does your painting/heart represent?
- What did you learn about yourself and your family during this activity?

