

GRIEF AT HOME

FAMILY ACTIVITY SHEET #4

GRIEF ALPHABET



It's game night!



Family game night with a twist! Find your Scrabble game, Bananagrams, or just use the letters in your Toolkit to talk about ourselves and our emotions.

Gather 'round -- it's time for some friendly competition!



Materials and Things You'll Need

- Letter tiles
- Emotions worksheet
- A flat space (such as a dining table)

Estimated time: 30-45 minutes

Set up:

- Find a time to work together as a family

Suggested Guidelines

- Talking about the activity:
 - The activity is called the "Grief Alphabet." There are many ways to feel after a person dies. Instead of talking about it aloud, we'll be creating words with our tiles based off a prompt.
 - We'll have a few minutes for each prompt to think of words, feelings, or things as a response to the prompt. We'll then go around and share (if we'd like) with everyone else what our word is and why.
 - Try to be an observer during this time
 - Listen quietly and attentively
 - Use open-ended questions when asking about others' experiences (Instead of "Do you like breakfast?" ask "What are your favorite breakfast foods?")
 - Be non-judgemental. It is so easy to assume or think that someone's feelings are not like your own. Remember that everyone has different reactions and responses to grief and there is no wrong way to grieve.
 - Pay attention to each other's' feelings, validate, and provide support (For example, "It's OK to be angry. I hope when you feel angry next time, you know that you can talk to me.")
 - For families with young kids and older kids, feel free to pick and choose topics from both groups. People can always skip if they don't know

Prompts for younger children (ages 4-9)

Give each child 20-30 tiles. Ask everyone to make words based on the topics we will be discussing. Give everyone 3-5 minutes for each topic. Feel free to process after each topic.

Topic 1: Words that remind you of the person you lost

Topic 2: Things that make you think of the person you lost

Topic 3: Ways you feel when you think about the person you lost (a feeling or emotion)

Topic 4: Things that make you feel better

Topic 5: Feelings when you work on your grief (like these activities)

Topic 6: Things you like to eat

Topic 7: Things that make you smile



Tips for Effective Communication

- Use descriptive language and provide concrete examples when possible.
- Avoid generalizations that aren't applicable to the child being served.
- Keep conversations flexible to allow for questions and reassurance.
- Speak with empathy for both parent and child.
- Reinforce the value and positive influence of the parent in each situation.
- Recognize effort and focus on continuing to build skills rather than discussing exclusively the achievement of specific goals.
- Provide information in writing for easy future reference.



Prompts for older kids, tweens and adolescents (9+)

Give each child 20-30 tiles. Ask everyone to make words based on the topics we will be discussing. Give everyone 3-5 minutes for each topic. Feel free to process after each topic.

Topic 1: Words that remind you of grief

Topic 2: Things that help you when you are grieving

Topic 3: Negative things that have come out of your grief

Topic 4: Identify anything positive that can come from grief

Topic 5: Words that remind you of the person you lost

Topic 6: Words that come up when you think of your family



After the Activity: Family Discussion Questions:

- It's okay to decline and skip
- Validate sharing and braveness
- Discussion: We then discuss the words and look for similarities. The discussion time provides opportunities to explore the client's grief and seek understanding.
- You can get a poster board or large post-it and write down the word that come out and talk about it

Other games to play:

- The Ungame
- Therapeutic Jenga Game

