Coping with Grief Activities

Activity: Feelings Journal

When a loved one dies, children experience overwhelming, confusing feelings. A journal can help children understand and express their emotions.

1. Print out seven feelings journal pages (for one week) and put them in a folder, or clip them together.
2. Help kids complete a page every day. They may need help thinking of what to draw or write. You might ask, for instance, “What was a fun thing you did today?”; “Was there anything today that reminded you of your mom?” or, “When you felt sad today, where did you feel it in your body?”
3. At the end of the week, look through the journal together and talk about the different emotions that children felt. End with a big hug and reassurance that hearts take time to heal

<https://sesamestreetincommunities.org/wp-content/uploads/2016/10/Grief_PRINT_FeelingsJournal.pdf>

Activity: Feelings Flower

Drawing your feelings:

1. Print this page and cut out the shapes. Help children write an emotion on each petal and illustrate it on the other side. You might ask, “What have you drawn?”; “Can you tell me a story about it?”; “How do you feel when you look at each side of the petals?”
2. Talk about the emotions children are feeling and use glue to make a flower. Remind kids that feelings of sadness—and lots of other feelings—can come and go.
3. You might repeat this activity over time to create a “Garden of Feelings

<https://sesamestreetincommunities.org/wp-content/uploads/2016/10/Grief_PRINT_FeelingFlower.pdf>

Activity: Memory Chain

1. Cut apart the “Memory Chain” strips. Help kids write or draw a memory on each one.
2. Link the strips by looping them to one another, using tape to create a chain of memories. Hang up the memory chain, adding new memories and occasionally reading through them together.

<https://sesamestreetincommunities.org/wp-content/uploads/2016/10/Grief_PRINT_MemoryChain.pdf>