

THINGS FOR ADULTS TO DO WITH KIDS

Play

- Talk about what happened using a doll house, puppets, stuffed animals, phone
- Run, jump, play on big equipment to get stored up energy out

Art

- drawing
- painting
- clay
- take pictures

Music

- write songs
- play songs
- listen to music

Storytelling/Reading

- reading stories about the person who died
- telling stories to each other about the person who died
- reading stories/books together
- create your own life story

Writing

- letter to the person who died
- write a letter from the person who died to you
- make a wish list
- write in a feelings journal
- write poems about feelings or memories
- make a good-bye card

Creative Expression

- let go a balloon with a note in it
- create a scrapbook of favorite memories
- make something to leave at the grave side
- work on a memories quilt together
- start a memory box

When the child shows you something they have made or done, encourage them to tell you more about it. For example, "I see you drew a picture. Tell me more about it. What does this mean to you?"

Allow the child to be your teacher. Having a dialogue with the child about their expressions of grief allows healing to occur.