

Family Activities to Grieve Together

Create a Family Flag

Creating a family flag can represent your family's grief journey.

1. Use fabric of choice and cut to desired size.
2. Hem and sew one edge along the side for a flag pole to slide through.
3. Decorate and embellish as desired. Use small jewels or photos that remind your child of your loved one or your family's journey through grief.
4. Proudly display your flag to represent hope for the future and love for the past.

Create a "Heart-Break" Pot

1. Purchase small terra-cotta pots. Use one large pot for a family project or several smaller pots for each individual family member.
2. Carefully break the pot into pieces (do not shatter).
3. Using paint pens or markers, have each child write on the inside of the broken pieces. Identify their feelings about being alone in their grief and write them on the inside. Identify sources of support and write them on the outside.
4. Work to glue the pot back together as a family.