

SIX WORD STORY



DESCRIPTION

Creative expression and writing can be powerful tools to express your grief, explore coping skills, and remember the special person(s) who died.

SUPPLIES

- Individual mini chalkboard
- Chalk, paint pens, or permanent markers

ACTIVITY

Using the mini chalkboard, use only six words to create a story. Your story can be about whatever you choose, but feel free to use these prompts for inspiration:

- A story about your special person(s) who died.
- A story that includes a message of inspiration/hope/joy from/with your special person(s) who died.
- A story about a favorite memory.
- A story about something that gives you hope.
- A story about your feelings on your grief journey.
- A story about the death.
- A story about you before they died.
- A story about you after they died.
- A story about how you feel about death.
- A story about your loved one's best quality.
- Something you wish people knew about your grief.

Display your six word story in a special place that is meaningful for you.

