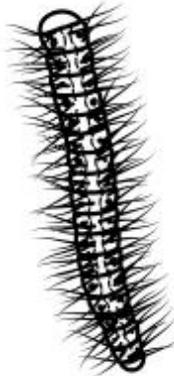


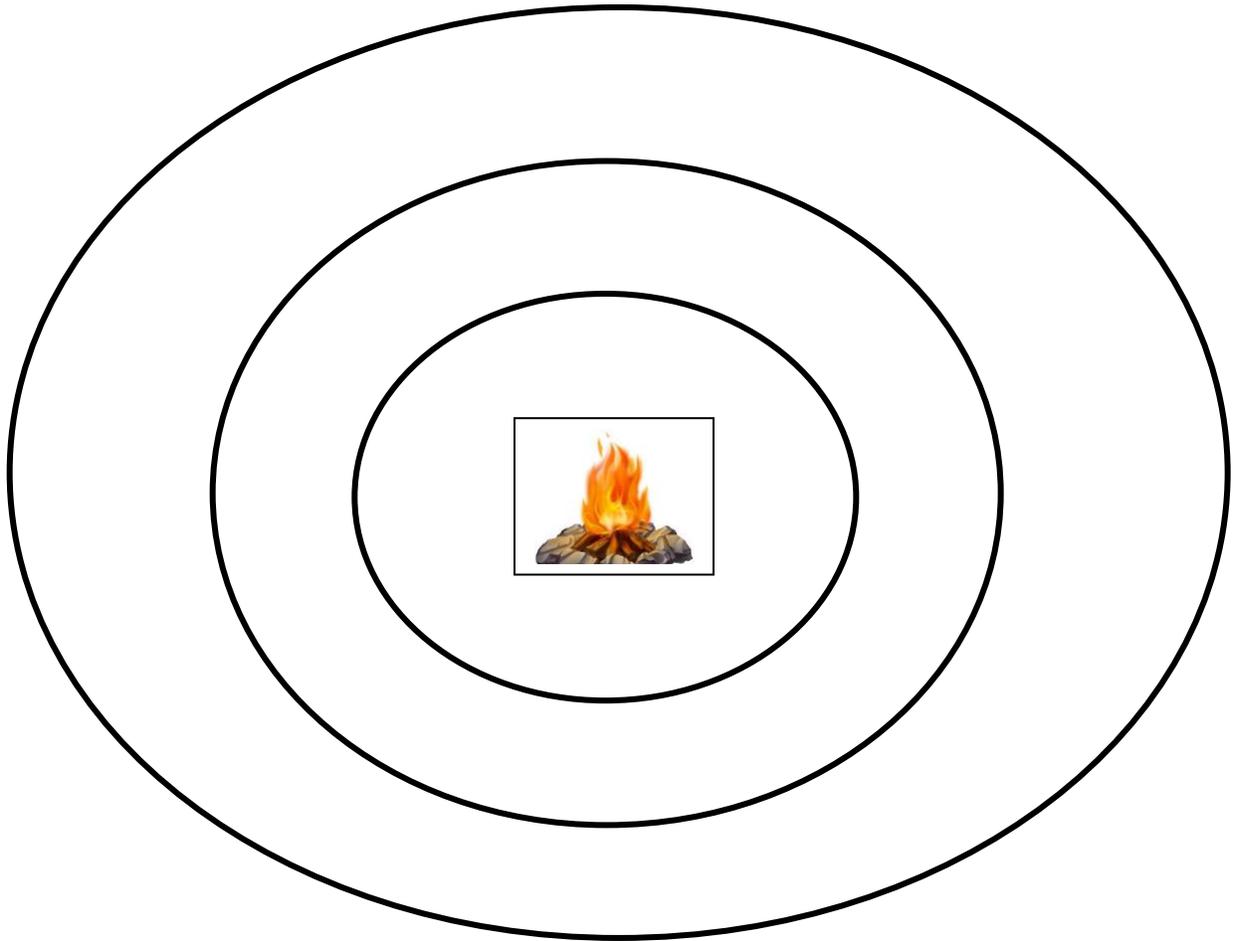
What Bugs Me

Write or draw things that 'bug' you on each of the critters! You can get as creative as you like! Then cut them out and put them on your floor. Go nuts stomping on your 'bugs'! This is a great way to get some big energy out and shoo away bothersome thoughts and worries.



Campsite Crew

Imagine you are around the campfire with people who make you feel safe, special and heard. In the circle closest to the warmth, write down the names (or draw pictures!) of the people who you feel closest too. This can be your immediate family, or anyone you trust with all your heart. On the next circle out, write people who support you in other ways. This could be peers at school, your church community or leader, your counselor or anyone you enjoy spending time with. On the outside of the circle, write down anyone or anything else that is part of your team. This could be your sibling's doctor or medical team, your sports group, or even an online community. The opportunities are endless!

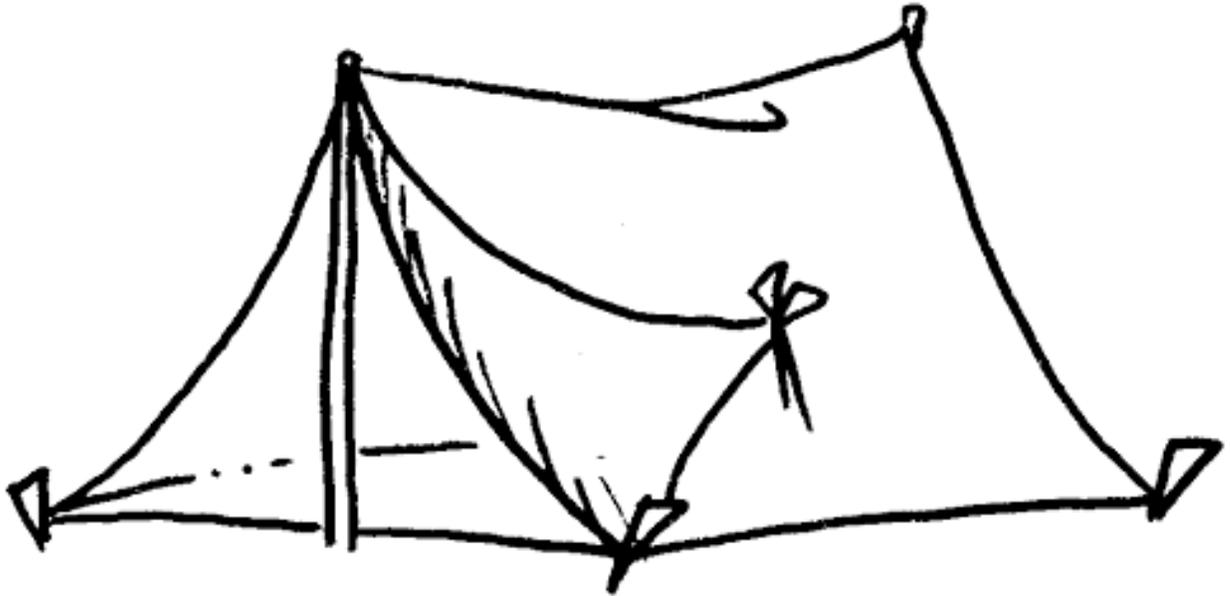


InTENTse Feelings

Grief can bring forward incredibly intense and sometimes confusing emotions. We know it is ok to feel whatever we feel, and that finding ways to express these emotions is always helpful.

For this activity, you can use the tent below (or draw / construct your own) to give a space for your feelings. On the outside of the tent, write or draw the feelings you show the world. These are visible to anyone who walks by, and you feel comfortable showing people. On the inside of the tent, write or draw the feelings that you hold close (or may even find yourself hiding). These may be the more intense feelings, that you aren't quite ready to discuss.

Once you've identified your feelings, think of things to do with them! Around your tent, draw a camping scene. This may include a river where you let your worries drift away, or a mountain where you can go for a family or solo hike to physically express your grief. You may draw a campfire where you sit around with those closest to you; those who you feel safe sharing those intense feelings. Once your picture is complete, you can hang it in your room, tuck it away somewhere private or share it with family and friends. Get creative, honor your feelings and put your ideas into action!



Campfire Conversations

Sometimes just sitting down and having a conversation, campfire style, is one of the best things you can do as a grieving family. Even if it's too hot to have a full fire, you could light a candle to sit around, decorate a luminaria, or just form a circle wherever you have space. Take time to truly listen to each other, share stories and memories, and enjoy time dedicated only to each other.

You can each write questions on slips of paper and put them in the center. One person can grab a question from the pile for everyone to answer. This affords some anonymity while allowing specific questions to be addressed. You can also use the prompts below (or create your own!) to kindle the discussion:

Share your favorite memory about the person who died

What scares you the most?

What changes in our family have you noticed?

Who do you turn to when you are feeling your deepest grief?

If the person who died was here today, what would they say?

If you had three wishes, what would they be?

What was the person who died's favorite movie? Have we or should we watch it? Why or why not?

What has been most comforting to you since our special person died?

Say one kind thing about yourself

What's the funniest thing the person who died used to do?

What are you most grateful for?

Tip: S'mores pair nicely with campfire conversations! 😊