



## How We are Connected

### Materials

Strips of colored or white paper (red, blue, green, white and purple), markers and/or pens; glue

### Procedure

Although everyone in your family is grieving, we often feel alone in our sorrow. We don't realize that while we have unique aspects to our grief, we often share similarities in feelings, memories, hopes and supports. We can learn to connect with one another by recognizing and sharing in those similarities while honoring differences.

We will write the following on each strip of paper; if you don't have colored paper, you can just use white paper with different colored markers! You can decorate the outside of your strips if you would like to add some flair! If you do not have glue, you can gently make a small tear in one end of the paper to connect the strip into a circle...

\*Red paper (or marker): A message we would like to say to our loved one.

\*Blue paper (or marker): A memory we have of our loved one and their name(s).

\*Green paper (or marker): Feelings you may be experiencing since the death.

\*White paper: Your hopes and wishes while you heal from grief.

\*Purple paper (or marker): All the ways you are supported in life.

After each family member is done creating at least five strips of paper, create a chain by encircling each paper and interlocking them; this chain is what makes up your individual story.

Share your individual work with your family members; notice what might be different and what is similar.

Now to connect your individual chains together. Display somewhere in the home as a reminder of your connectedness!