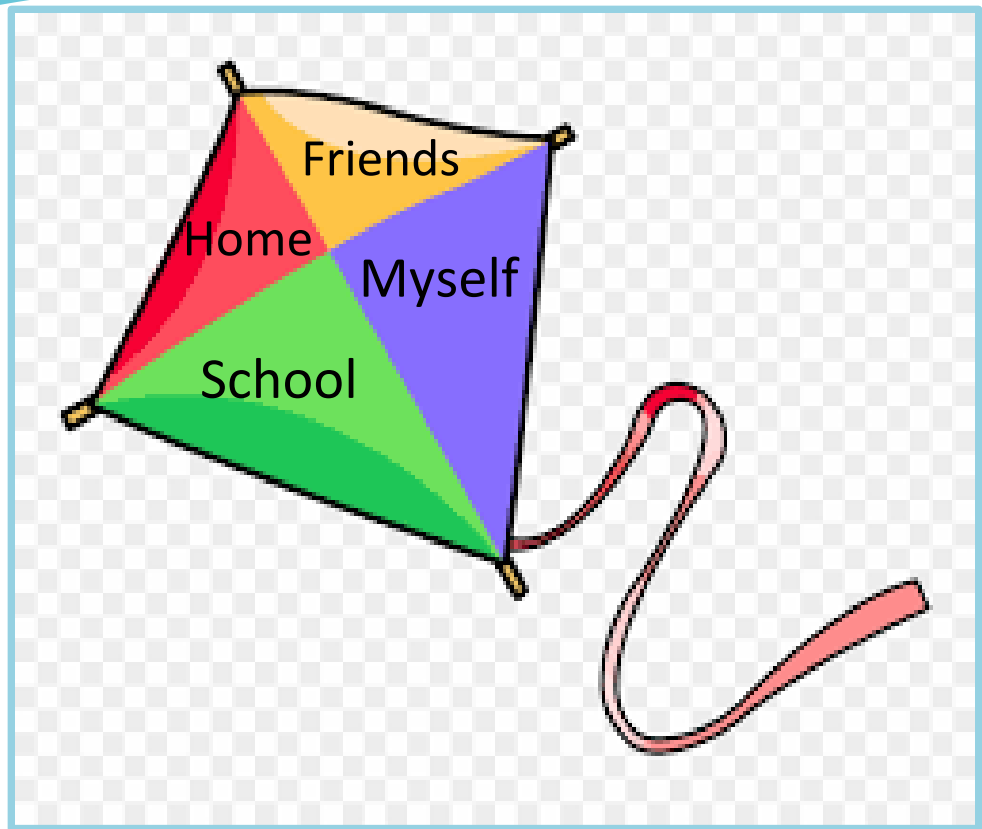


Changes Kites

Goal

Just as the winds and seasons change over time, so do our feelings. When we are grieving, it can be hard to believe that our pain and difficult feelings will ever change, or get better. Thinking about how our feelings and lives have changed throughout the winds of our lives can help us to see that our grief will get better over time. Create your own Changes Kites to explore the unique winds of change you have each felt.



Instructions

- Using a poster board or piece of paper, make a kite with four quadrants like in the picture above. Then use markers so that each person can draw their own Changes Kite and fill in the sections outlined below..
- HOME....** (dinner time, family members act different, had to move houses, less laughter, etc.)
- FRIENDS...**(Jenna stopped spending time with me, Steve didn't know what to say, I made a new friend Anna who also had someone in her life die, etc.)
- SCHOOL...**(Learning from home, seeing friends and teachers less, not feeling interested in school, grades drop, harder to concentrate, etc.)
- MYSELF: My feelings, thoughts, and behavior...** (Feeling sad more often, wanting to be alone more, thinking/worrying more about other people more, eating less, easily angered, feeling the need to keep the mind busy and distracted, etc.)

After completing your Changes Kites, let all family members share about the changes they have experienced through their unique winds of change.

Supplies Needed

Paper/Poster board

Scissors

Markers/Pens

Time Needed

Approximately 30-40 minutes