

# Grief spurts

## Goal

We all grieve differently as we age, which means we all need different things to help us as we grieve. When we are young, it is helpful to talk about our grief in 'spurts'. Building in conversation breaks, by alternating between grief and non-grief topics, provides space for children to process and reflect on their grief without becoming overwhelmed.



## Supplies Needed

The activity can be done without supplies, but if you want to create your own cards you need:

- Paper
- Scissors
- Writing Utensil (Pen, Pencil, Markers or Crayons)

## Time Needed

Approximately 20-30 minutes

## Prompt Ideas

- I look up to.....
- I want to get rid of.....
- I'm different now because.....
- I want my family to stop.....
- One person who listens to me is.....

## Instructions

As a family, make a list of prompts, both grief and non-grief related, to discuss together. The picture of the Bright Spots cards above includes possible prompts you may use to explore your grief experiences'.

Additional prompt suggestions are provided under "Prompt Ideas", but consider making your own questions together as a family.

Creating your own cards is a nice way to give every family member the opportunity to talk about topics that are important to them.