



Message in a Bubble



Goal:

For families to share their wishes, memories, and hopes, as well as remember their person who died.

After someone dies, it can be difficult to talk about them, share special memories you had, as well as discuss hopes and wishes you have for the future. Additionally, some children may not have memories of their person, which can further complicate sharing. While talking about these things can be hard, not talking about them can lead to increased isolation, loneliness, and more distressing feelings. Sharing these things might bring up a variety of emotions, and it is not uncommon for family members to have different feelings and reactions - some family members may cry and feel sad, others may laugh, smile and feel happy or comforted, while some may have both experiences simultaneously. These feelings change overtime and can be impacted by what you are currently experiencing. At Ele's Place, we believe all feelings are OK and can be talked about. Passing is OK, too, so if someone does not want to engage in this activity giving them permission to pass is our recommendation.



Instructions

Supplies Needed

- Message in a Bubble template or blank paper
- Writing utensil and/or drawing supplies
- Optional: Bubbles

Time Needed

Approximately 20-30 minutes

- ♥ First, talk a little bit about the activity, and why it can be helpful for families to do grief-related activities together (see information above).
- ♥ Next, complete and/or decorate your Message in a Bubble template. You can also use a blank piece of paper, if you prefer.
 - You can use words, pictures, or a combination of the two.
 - Each person can complete their own Message in a Bubble, or your family can work on one together.
 - The question and statement prompts on the template are intended to support your creativity and sharing. If someone prefers to focus on other things to include in their bubbles that is fine, too.
- ♥ After the Message in a Bubble is completed, invite everyone to share (passing should also be allowed).
- ♥ Use some of the "Possible Questions" to further discuss the activity.
- ♥ If you have bubbles at home, you may want to end the activity by blowing bubbles in memory of your person.

Possible Questions

- ♥ What was it like to do this activity?
- ♥ If you had to pick a word to describe how you feel about this activity, what word would you pick?
- ♥ Was there anything you learned because we did this activity?
- ♥ How do you feel when our family talks about and remembers him/her?
- ♥ What do you think him/her would have thought of this activity?
- ♥ What is a hope you have for the future?
- ♥ Is there anything else that you would like me to know or would like to say?

