**Grief & Loss Activities**

**Working with Children**

* Drawing
	+ Family before/after loss
* Small groups
* Letter writing
* Puppet shows
* Balloon activity
	+ All ages
* TR Grief DVD
	+ <http://trevorromain.com/products-page/dvd/death-dvd/>

**Working with Adolescents**

* Journaling/letter writing
	+ Prompts:
		- The thing that makes me feel the saddest is .....
		- If I could talk to the person who died I would ask….
		- Since the death my family doesn’t….
* Coping/relaxation techniques
	+ Sailboat breathing
* Role plays
* Small groups
* Drawing/memory books
* TR DVD

**Working with Teens**

* Journaling
* Letter writing
* Reading
* Memory book/collage
* Teaching relaxation/coping strategies
* Small groups

**Balloon Activity for all ages**

* Appropriate for individual or small group work
* Think of a significant person in your life that has passed away
* If you could send them a message today, what would it say?
	+ Have students write the message directly on the balloon or attach a letter to the string
	+ Release balloon
	+ Good activity for final group session