**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