

The Grief Journey

Activities

Activity 1: Change is a constant part of life. We are continually adjusting to changes. Let's try this out:

a. What are some things in life that change fast?

b. Can you use the space below to draw them?



c. Did you think about how people change?

d. How have you changed over the last few years?

e. Can you draw a picture of yourself using the frames?

Draw yourself as a baby

Draw yourself as a toddler

Draw yourself as you are right now

--	--	--

f. How have you changed?

g. What do you enjoyed about the ways you have changed?

h. What don't you like about the ways you have changed?

i. What are some of the reasons behind the way you have changed?

Activity 2: Changes in nature

a. What changes happen in the spring? Take time to draw and explore with different materials the signs of spring: Most of us associate the arrival of warmer air, the melting of snow and rainy weather as signaling the arrival of spring. Other signs are; twigs from a blooming tree or bush, one per student (suggestions: forsythia, dogwood, magnolia, pussy willow, crab apple).

b. What changes can you control and what changes you can not control, as seasons come and go?

Seasons affect many parts of daily life. Climate, weather and the change of the seasons affect much of what we do each day..

The change of seasons allows for many different types of work, food, celebrations and recreation. Plants and animals also change their ways with the seasons.

c. How do you change throughout the seasons?

Activity 3: Change you CAN control and changes you can NOT control.

We can control the changes around us. But we can learn to recognize what are the changes we can control in our daily life. For example whether you want to walk or ride to the park.

a. Draw yourself making a change in your life. It could be any change:



b. How can you change the image below? Take the time to change it in ways that you like:



c. Think about one event in your life that you CAN NOT change:

A large dashed rectangular box for writing.

d. Think about one event in your life that you CAN change:

A large dashed rectangular box for writing.