

LINKS OF LOVE

Family Grief Support Activity

Introduction:

Although someone in your life has died the love you shared lives on forever. They live on in thoughts, memories and in activities you engage in individually and as a family. Although at times thoughts and memories may be accompanied by painful feelings, pleasant feelings may also arise. It is crucial that adults help children hold onto their precious memories through discussion and repetition of favorite activities the children and their loved ones once shared. As a family, you can discuss the connections or “links” that exist between you and your person who died. This activity gives you a chance to create a physical reminder of those connections to be hung in honor of your person who died.

Goal:

1. To provide a visual way of remembering special memories of your person who died.
2. To engage as a family in an activity that will help you with your grief while at home together during the shelter-at-home order.

Supplies:

1. 8-10 strips of colored paper
2. Pens, crayons, markers.
3. Stapler or scotch tape.

Instructions:

1. Give each child 8-10 strips of colored paper and writing utensils.
2. Talk about objects, activities and memories that connect or “link” you to your loved ones who have died. Examples: smelling chocolate chip cookies baking reminds me that mom loved to bake; whenever I see a fishing boat I remember how my dad loved to take me fishing; when I hear this one song, it reminds me of my brother because it was his favorite song.
3. Ask each child to write their name on one strip of paper and the name of the person who died on another strip. On the remaining strips of paper, write down the names of things or situations that “link” you to your loved one.
4. Connect the strips into a chain with the child’s name at one end and the loved one’s name at the other. Parents and Guardians can create their own links as well.
5. Connect all the chains into one and talk as a family about how the family is linked by these connections and memories.

Discussion Questions for Parents and Guardians:

1. What do you do when you experience one of these “links”?
2. Do you ever intentionally seek out a “link”?
3. What is your favorite way of “linking” to your loved one (e.g. Photo album, videos, etc.)?
4. How can you continue to find links while you are at home together during this time?