

GRIEF AND LOSS



Meeting #2

ACTIVITIES YOU CAN DO AT HOME

- Invisible String worksheets: Making connections *see attached
- Help your child find photos or objects that represent special moments in time. Talk to them about the significance and place it in their "Memory Box"

Understanding Grief and Loss in children

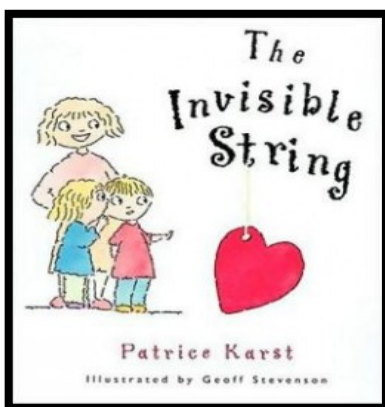
"Grief is an inevitable, never-ending process that results from a permanent or temporary disruption in a routine, a separation, or a change in a relationship that may be beyond the person's control. This disruption, change, or separation causes pain and discomfort and impacts the person's thoughts, feelings, and behaviors. Although loss is a universal experience, the causes and manifestations of it are unique to each individual and may change over time."

(Understanding Grief and Loss in Children- Jody J Fiorini and Jodi A. Mullen)

Articles to consider: Understanding Grief and Loss in Children by Jody J. Fiorini and Jodi A. Mullen
Attached to back of newsletter

In today's class we:

- Read the book, "The Invisible String" by Patrice Karst
- Making connections- each child chooses their own colored heart. Holes are punched where each child is able to draw a picture of someone they want to keep connected to their "Invisible String". Yarn is used to weave in and out of each hole, showing how everyone is connected.



"No one is EVER alone"

- Read the book, "The Memory Box" by Joanna Rowland
- Memory Box- Empty tissue boxes are used to store special moments in time. Each child is given a tissue box and materials for decorating.

