

Responding to Grief

Materials

Clear jar or container
Tissue paper (various colors)
Paintbrush or sponge
Scissors
Liquid Glue (not a glue stick)



Color Guide



Angry



Happy



Excited/Hopeful



Nervous



Sad



A wish
you have
for the
future

Instructions

This activity can be done in a group, with family or friends, or individually.

Using scissors, cut out pieces of tissue paper into 3 inch squares.

Each person selects at least one of each color square.

If this is a group activity- using the color guide, each person shares a memory, or a time they felt the feeling associated with the color, specifically as it relates to grief (i.e. I felt angry when Nana passed away because I didn't get to say goodbye; or I feel sad when Dad can't spend holidays with us because he is so far away).

If this is an individual activity- write down or reflect on your memories, or feelings following the same instructions as above. You can choose to keep the paper in the jar, in another safe space, or dispose of it after the activity, whatever feels best for you!

After everyone has shared their feelings and memories, (or after reflecting on each color/feeling from the list) use the paint brush to brush glue all over the jar.

Each person then places their colored tissue paper around the glued jar until it is covered with colors.

The jar can be used as a decoration to honor the person, event, or experience that the group (or individual) is grieving. Consider lighting a candle and placing it in the jar.