

# Child Loss Grief Exercise

Find a comfortable seated position (recommended), or stand if needed just be sure you have something nearby for balance.

Take a deep breath in, hold, then breathe out and hold.

Repeat at least five times.

With your eyes closed, begin to feel your grief wall. Literally allow your hands to wander. Is it rough or smooth?

Does it have holes or windows?

Is it round or square?

Continue breathing as you gently explore the surface.

Now, place your hands in your lap if seated, or at your sides if standing. Keep breathing. Slowly tip your head upward and allow the tension in your neck to relax. Stay here for up to a minute, or as long as you need.

When you're ready, raise both arms overhead and stretch as high as you can. Clasp your hands together and stretch, side to side if needed. You may feel your body release in unexpected ways. Take your time.

When ready, lower your arms and allow your shoulders to sink - releasing tension you may not have known you were holding. Keep breathing.

When ready, slowly lower your head forward, letting your chin rest toward your chest. Continue breathing. Stay here as long as needed.

When ready, raise your head back to a neutral position. You may gently move your head from side to side. Then place your hands on your grief wall. Push forward with one or both hands, gently pressing one brick forward. Allow the light to begin to flow in.

Now place that hand on your heart. Keep breathing. Allow the emotions to come...sweet memories, sad memories, joy, anxiety, heaviness, relief. Let them be felt. Stay still.

When ready, open your eyes. If seated, take time before standing.