

2021 GRIEF STORMS

APRIL FAMILY FUN SHEET



**BILLY'S
PLACE**

21448 N 75th Avenue Suite 5 Glendale AZ 85308

Finish the Sentences...

The thing that makes me feel the saddest is...

Since the death my family doesn't...

When my special person died I...

The thing that makes me feel the happiest is...

Since my special person died my friends...

If I could talk to my special person I would say...

ALONE WE ARE STRONG
TOGETHER WE ARE
STRONGER



DESIGNED TO HELP FACILITATE DISCUSSION WITH YOUR FAMILY

ROOM TO GROW ACTIVITY

Supplies: planter, markers, paint, hammer, hot glue gun, soil, plant

Have your child decorate the planter or the way he/she wants to.

Using the hammer, smash the planter into a few pieces.

Using the hot glue, glue the planter back together again and plant the flower/plant.

Explain to your child that even if we feel shattered after our special person died, there is still room to grow.

BILLY'S PLACE BOOK CORNER

The Invisible String is a perfect book to let your child know they are never alone. The book entails a storm outside and although the children are afraid, their mother explains they will always be together through the use of the invisible string.

TABLE TALK



While everyone is around the table, encourage each family member to share their own experiences with grief. Encourage each other to share how they felt when they found out their special person died, what they did, who they talked to, etc.

Have each family member share the emotions/feelings they have felt since the death of their special person. Ask questions like “how did you deal with your anger?” or “who did you talk to when you were sad?”. Questions like this will show children that it is okay to feel those feelings and that they are not alone.

You can also discuss how there is an invisible string in your own family that keeps you connected and together wherever you may be.