

2021 CHANGE OF SCENERY

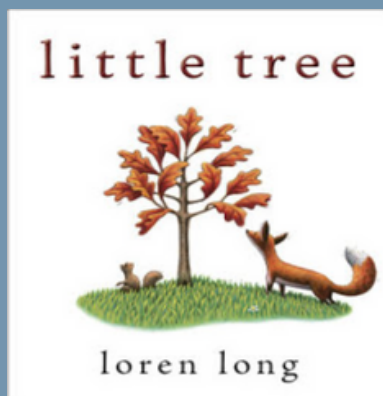
- If you could change one thing in your life, what would you change and why?
- What's the biggest change you've ever had to make?
- What has changed the most since your special person died?
- Have you experienced any changes in your feelings since your special person died? If so, explain which feelings and why.

SEPTEMBER FAMILY FUN SHEET



**BILLY'S
PLACE**

21448 N 75th Avenue Suite 5 Glendale AZ 85308



BILLY'S PLACE BOOK CORNER

Little Tree is a book for people of all ages who are facing change. The book focuses on a little tree who is reluctant to change its leaves when Fall comes around. Throughout the book, the reader will learn how change can affect you positively with the love and support of friends and family.

AUTUMN TREE PAINTING

Supplies: paper, paint in fall colors, paintbrushes, cotton balls, clothespins.

Start by painting a tree trunk and branches.

Using the clothespins, tell your child to dip the cotton ball in the paint and gently press it into the paper on the tree branches. Continue this until the tree is covered in beautiful fall colors.

Once finished, discuss with your child how, just like the leaves on a tree change each fall, we change too. It's a normal part of life.

Discuss methods of coping with change and how you can help each other out when things change in life.



TABLE TALK

Discuss with the family certain things that have changed since losing your special person. You can talk about day-to-day changes such as your morning routine, who cooks in the house now, who does certain chores, etc.

Talk about new feelings that you have encountered from the loss of your special person. If this is your child's first experience with grief, they may have never felt these feelings before. They may feel guilty, angry, or lonely. Reassure them that their feelings are normal. Discuss these feelings and what you can do together to work through them. For example: If your child is feeling sad, ask them if you can help by giving them a hug or reading them a book.

By doing this, your child knows they are not alone and they will begin to understand how to cope with their feelings and their grief.

Life Survival Kit

- A rubber band, to bounce back when you are stretched thin.
- A paper clip, to hold yourself together when things get tough
- Confetti, to remember to have fun.
- A Snicker, to remember to have lots of laughs.
- A puzzle piece, to know you are an important part of the picture.
- A lifesaver, for when you feel like you are drowning.
- A star, to remind you that you are one of a kind