

Grieving and Growing

Helping Families Navigate Bereavement Together

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Experience Camps

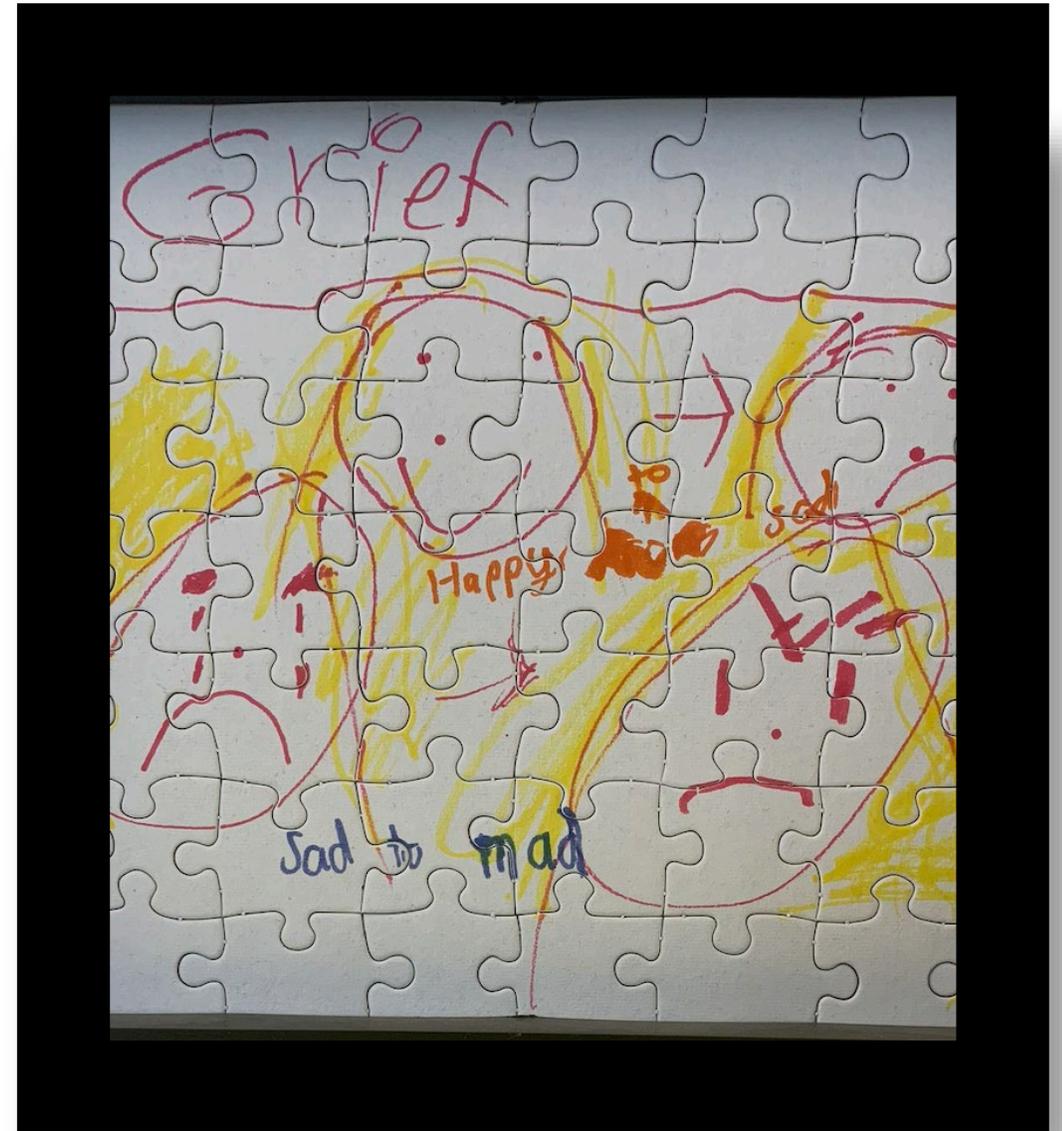
[Experiencecamps.org](https://experiencecamps.org)



The Sesame Workshop logo, featuring a yellow archway above the text "SESAME WORKSHOP" in white capital letters on a black background.

Family Connection

- Create connections that allow families to work through their grief together.
- Provide a space to feel and openly share feelings without judgement.
- Working together promotes healing, sharing, and expression.
- Adults "talk" through their grief to make meaning, while kids/teens "play" through their grief to make meaning.
- Each activity encourages acknowledging the loss, exploration and expression of grief, and opportunities to model healthy coping skills.



Before and After Drawings

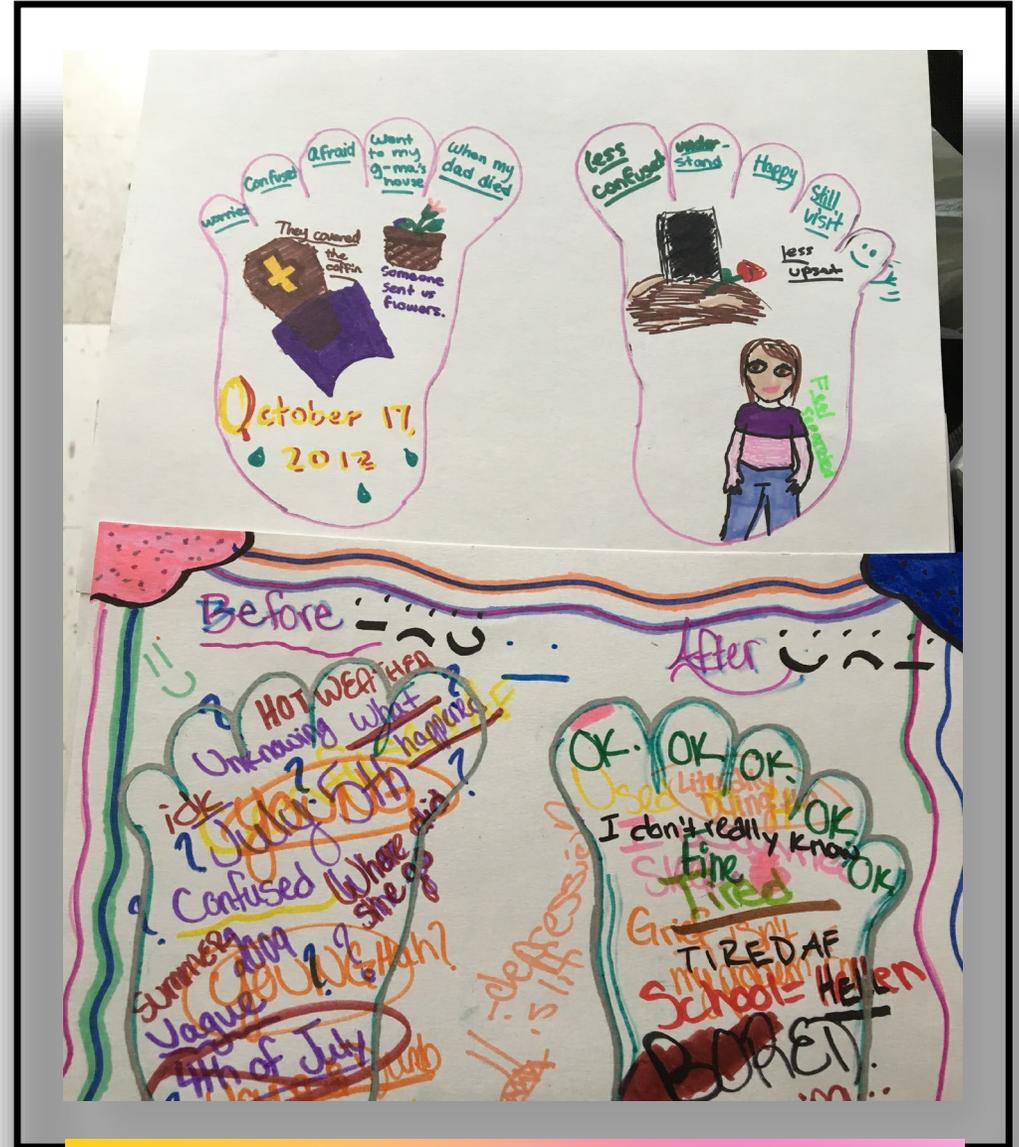
What you'll need: Paper and markers

DRAW – A memory of your person before they died.

THINK – What was life like before they died? What do you remember? What do you miss?

DRAW – A picture of life today.

SHARE – What changes happened? What makes life different? What things have stayed the same?



Worries OUT

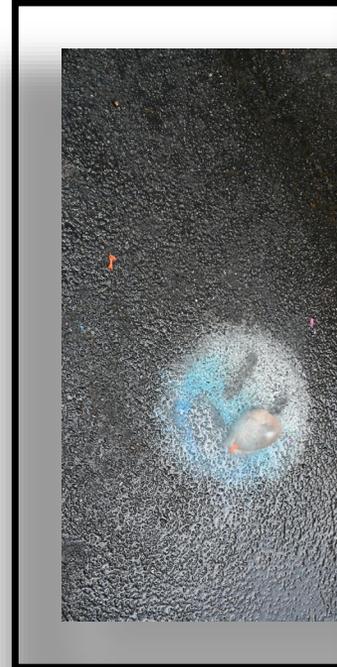
What you'll need: Chalk and water

THINK – Feelings that may not be encouraged to express or show. What are worries that help you feel this way?

WRITE – Use the chalk to write your worries on a sidewalk or asphalt or cardboard.

PAUSE – Take a couple of deep breaths. Use the water (balloons or water containers) to splash away the worries.

SHARE – What was it like to throw the water as it helped to wash away your worries? What are other ways that I can express my worries?



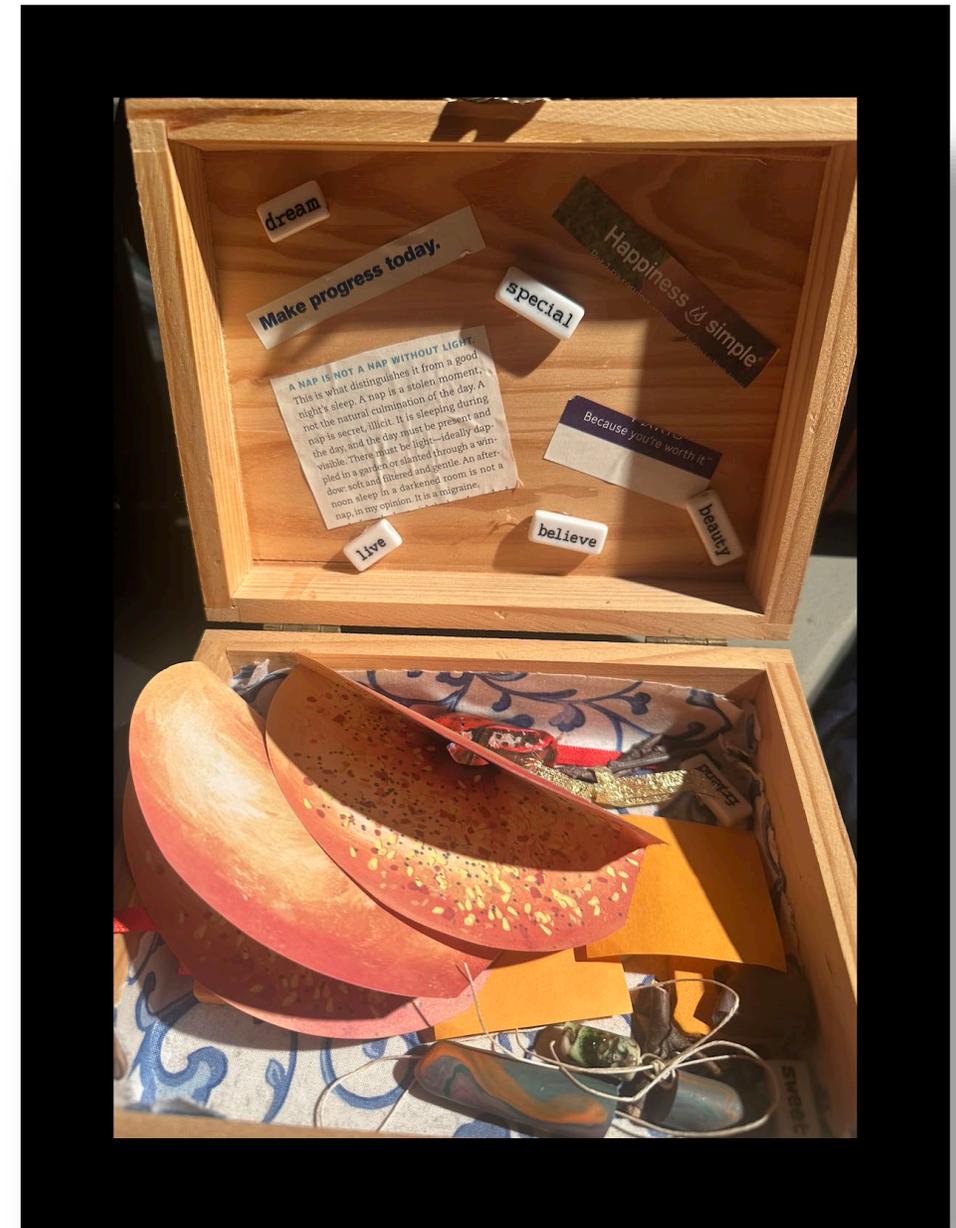
Memory Box

What you'll need: Box, paper, photos, markers, and keepsakes

DECORATE – Your box, this will hold your memories and items that remind you of your person.

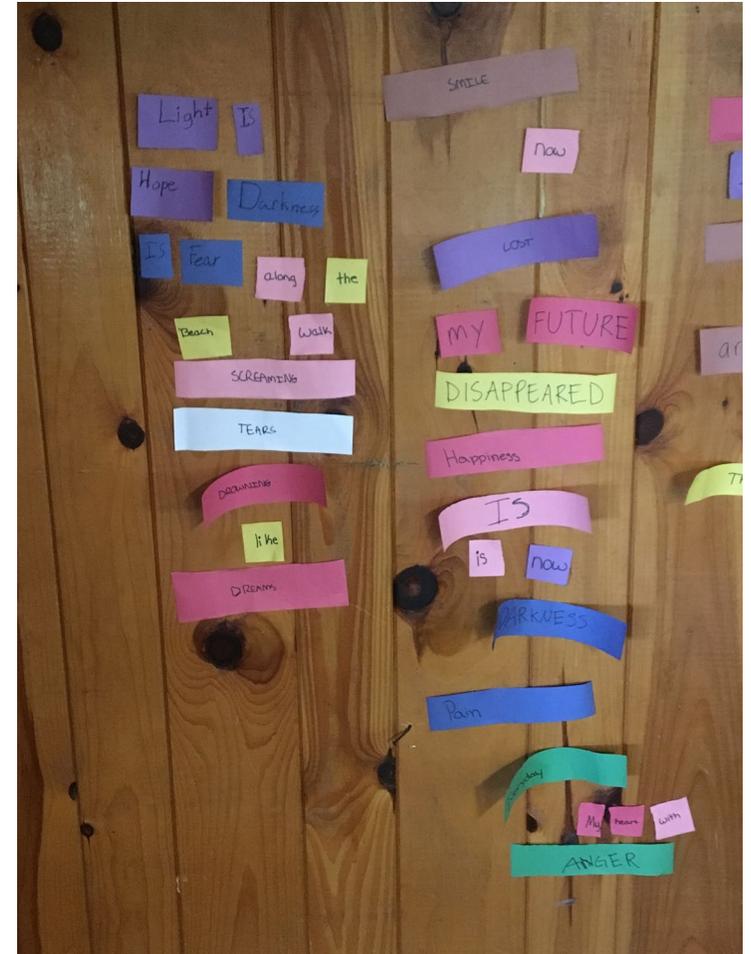
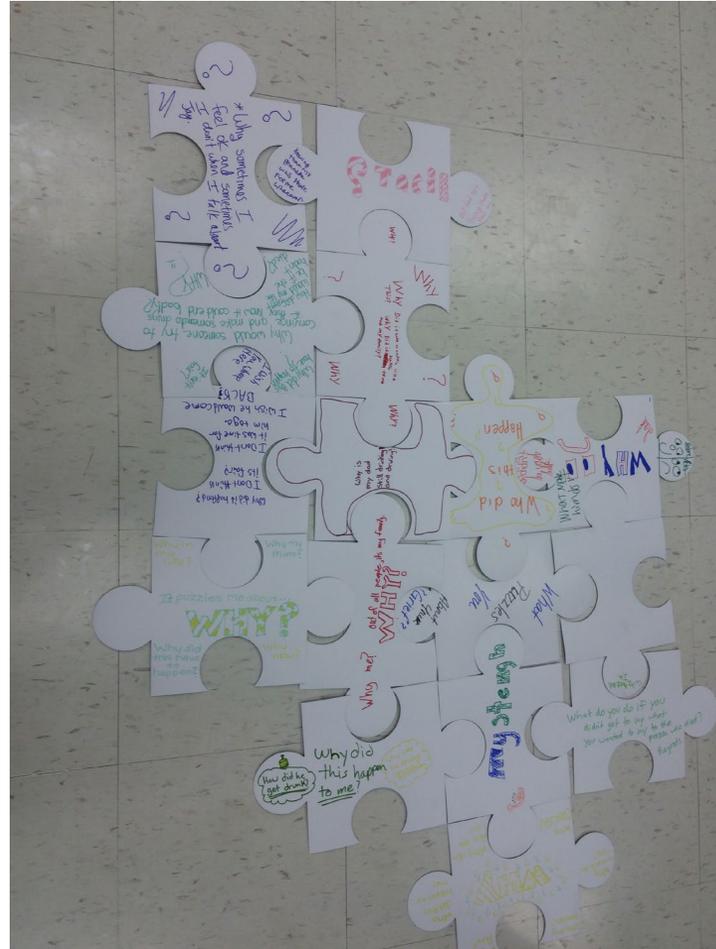
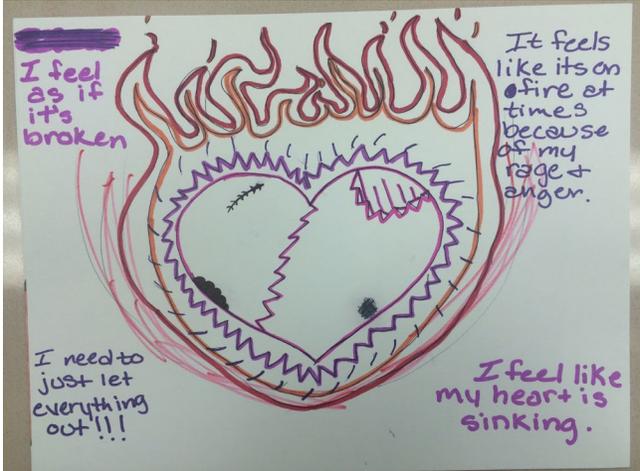
FILL – Add photos, letters, cards, and special things to your box. Add blank cards, so that each time you open your box you can add a memory or thought.

SHARE – Memories with each other. Listen as you each recall memories together. Encourage each other to add memories and items to the box.



Activities and Resources

experiencecamps.org/grief-resources





Thank you!