

## ACTIVITY **2** IMAGINARY GRIEF MACHINE



### GRIEF MACHINE

**Have some fun and build an imaginary Grief Machine.**

Collect items from your home that can be used to build something eg. Scrap paper, plastic/paper plates, cereal boxes, cotton buds, lids, string, tape, glue, leaves, sticks....anything you can find.

Using these items and your child's creativity, build something that could be useful in times of grief and loss. You can complete this individually or as a family. When complete, discuss its functionality and its purpose. Discuss why it would have been helpful if it was real.



### PROUD AND POSITIVE

**An activity to share positive thoughts.**

1. Go for a walk around the neighbourhood.
2. While walking, each family member must think of something that they know their lost loved one would be proud of about them and share it with each other.
3. Then each family member must say something that they like/love about all others in their family.



### WRITE A LETTER OR MESSAGE TO YOUR LOST LOVED ONE

**Each member of the family writes a letter to their loved one.**

1. Use the letter as a way to talk to your loved one. Tell them your achievements, what you miss about them or how you feel. Tell them anything you would like to.
2. The letter can be shared or kept private. You may want to create a box to keep it in and you can look back or add to it later.
3. Discuss as a family about how it made you feel writing the letter.