

Grief is Like a Snowflake

Activity and Idea Book

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Practical Guidance Resources
Educators Can Trust

A special “Thanks!” to Cathy Fox – One of the best program directors in the business!

Note to Grief Facilitators, Educators, and Parents:

Grief is like a snowflake. Every person experiences grief in their own unique way. Like snow, sometimes grief comes one flake at a time, other times it comes like a blizzard. It melts away, but it always comes back.

The book is designed to offer grief facilitators, educators, and parents “hands on” activities that explore grief. Participants will gain a better understanding of what grief is, how to personalize it, and how to endure the grieving process. I hope these activities will be helpful to many who are going through difficult transitions.

I would personally like to thank the Ted E. Bear Hollow team for helping me make this project possible.

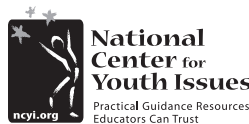
Thoughtfully,
Julia Cook



www.tedebearhollow.org

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Summary: A supplementary teacher's guide for *Grief is Like a Snowflake*.
Full of discussion questions and exercises to share with students.

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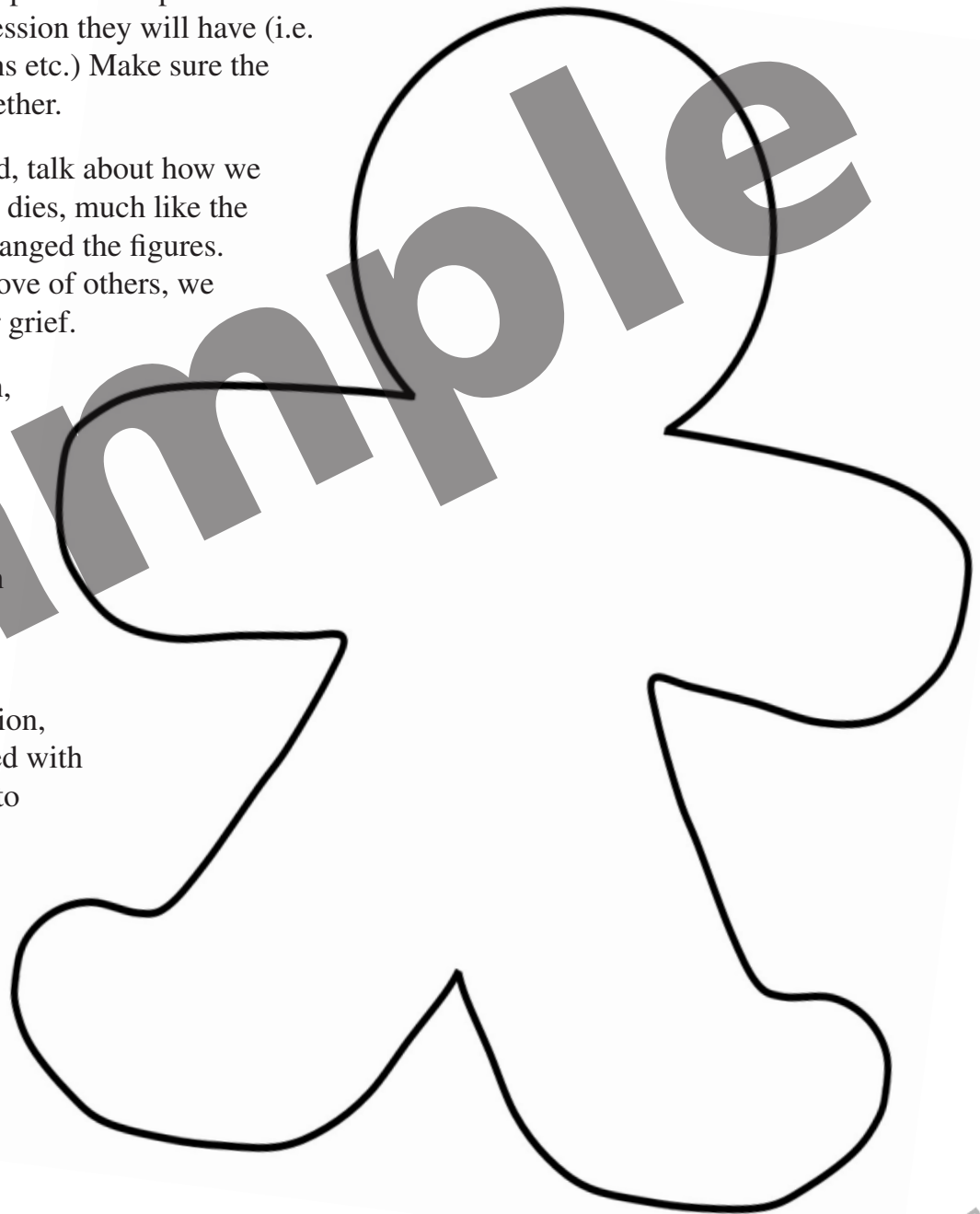
A “Hole” New ME!

Objective: To recognize changes that occur after someone dies. We adjust to these changes over time and create a “new normal,” but our grief will always be with us.

Materials Needed:

One figure per group member
Crayons and markers
Paper punch
Small heart-shaped stickers

- At the beginning of the first session, allow each group member to decorate a figure to represent themselves.
- After decorating, have group members punch one hole in their cut outs for each session they will have (i.e. punch 8 holes for 8 sessions etc.) Make sure the holes are not too close together.
- After the holes are punched, talk about how we are changed after someone dies, much like the holes have permanently changed the figures. Yet, with the support and love of others, we learn how to cope with our grief.
- At the end of every session, allow group members to place one heart sticker over a hole in their figures. Have each person share one thing from that session that will help on his or her grief journey.
- At the end of the final session, each hole should be patched with a sticker. If desired, a photo can be taken at each stage – after decorating, after punching the holes, and after covering the final hole – to demonstrate the growth the person has accomplished throughout the sessions.



Ice Cream Sundae Celebration

Objective: To spend time together as a group in sharing memories and celebrating the lives of those who died.

Have each group member place 1 scoop of vanilla ice cream into the bowl and respond to the associated memory question below. Repeat this step for the other ingredients until each person has taken turns with all ingredients and shared 5 memories.

(Allow group members to pass if they want to.)

Ice Cream: What was the person's favorite food?

Chocolate Sauce: Share a holiday or birthday memory.

Nuts: Share something funny that the person said or did.

Whipped Topping: What was something the person was great at doing?

Cherry: What was your favorite thing to do with that person?

Materials Needed:

- One bowl per group member
- 1 scoop of vanilla ice cream per group member
 - Chocolate sauce
 - Nuts
- 1 can of whipped topping
 - Cherries
 - Spoons
 - Smiles



Have each person grab a spoon. Enjoy as a group and celebrate all of their positive memories with a sweet treat.

