

RESPONSES TO OVERWHELMING DISTRESSING EVENTS – ACTIVITIES FOR CHILDREN

The loss of a loved one or friend is a profoundly difficult experience, especially for children. While grieving is a natural God-designed process, it can be helpful to provide children with tools to navigate their emotions during this challenging time.

Psalm 34:18

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

This verse reminds us that even in our deepest sorrow, we are not alone. God is with us, offering His love and comfort. Through these activities, you can create a safe space for children to explore their feelings, remember their loved ones, and find peace.

Schedule a family dance party. While it may seem that no one is ready to dance when feeling sad, moving is primary to relieving stress stored within the body.

- Jump
- Kick
- Wiggle
- “Shake it out”

Make a bead bracelet or necklace with your loved one’s name.

Create a memory box:

- Choose a cardboard box with no colors or writing on it.
- Ask your child to paint or color the box
- Collect pictures of your loved one to place in the box. If your child is 5 or older, ask them to choose pictures they want to place in the box.
- Do a form of “scavenger hunt” with your child looking for items that represent happy times with their loved one. Place them in the box.
- Ask your child to tell a story about their loved one when adding each item to the box.
- Place the box where it is safe, but within easy reach for your child.

(Note: Not all items a child chooses may make sense to you, and they may not have words to explain WHY they chose a particular item. Receive the item anyway. One of the “gifts” of grief is that words are not always necessary.)