



## "BLOW IT OUT" BUBBLES

### **BREATHING WITH BUBBLES**

Slowly breath in for 3–5 seconds

Hold your breath for 3–5 seconds

Softly blow the bubbles out to exhale

Watch the bubbles pop or float away, then repeat

*Where do those bubbles go when they disappear?*

*Where do our loved ones go when they die?*



### **WHISPERS TO MY LOVED ONE**

Go outside or to a place where you can think about your person. Remember or imagine him or her in your mind. Then whisper messages you wish you could send them and slowly blow bubbles as if sending the message to your person wherever they are. What do you think they would say if they could whisper back to you?



## GRIEF Pictionary

Play as one group or split into teams. Use a timer if you want to set a "minute-limit" on the drawer! Use the whiteboard to draw memories, food, places, people, events, etc. that remind you of your person or your family, and take turns guessing about the drawings.

### **FAMILY SUPPORT TIP**

Use a chalk or white board to share messages of hope & remembrance in your home.

*You are so loved...*

*We miss you, Mom*

*I'm here for you*