



## "TOSS & TALK" BEACH BALL

**DIRECTIONS:** Use a permanent marker to write questions all around the ball. Play a game tossing the ball among 2 or more players. When you catch the ball, answer the question under or closest to your hand. Try these suggestions:

- If you could go anywhere with your person who died, where would you go?
- If you could eat any food, or at any restaurant, with your person who died, what would it be?
- What smells remind you of your person?
- What sights remind you of your person?
- What movies or TV shows remind you of your person?
- What music or songs remind you of your person?
- What is something you would like to do with your family for fun?
- What is something you would like to do to remember your person?

*Add a few of  
your own, too!*



## SKITTLES CHECK-IN

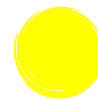
Here's a fun way to "check-in" with your family about how everyone is feeling! Use a bag of Skittles candy & assign a feeling to each color. Divide Skittles between each person, then share what you are feeling based on the colors of Skittles in your hand. Use our suggestions or assign your own feelings & colors!



MAD / SAD



WORRIED/SCARED



HAPPY



STRESSED



HOPEFUL/EXCITED