



The Children's Room

Caring support for grieving children
teens & families

WINTER ALWAYS TURNS TO SPRING



Expressive Arts Intervention for Grieving Children

The Importance of Metaphor in Grief Work

Metaphors facilitate the capturing of our phenomenological experience of the world in a unique way. They provide a means by which we can connect together objects, events and actions that appear to be disconnected and yet are part of our personal expression, supporting meaning making and healing.

Activity: Spring Flowers [Deconstructing and Re-constructing]

Suggested Ages: 4 - 16



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Expressive Arts Intervention for Grieving Children The Importance of Metaphor in Grief Work

Metaphors facilitate the capturing of our phenomenological experience of the world in a unique way. They provide a means by which we can connect together objects, events and actions that appear to be disconnected and yet are part of our personal expression, supporting meaning making, healing, self awareness and growth.

Activity: Spring Flowers [Deconstructing and Re-constructing] WINTER ALWAYS TURNS TO SPRING

Suggested Ages: 4 - 16

Introduction:

The purpose of this expressive arts activity is to provide grieving children and teens the opportunity to focus on process and personal discovery rather than the aesthetic product and the outcome. Through the use of simple shapes, and a series of questions they can explore and express their own personal strengths & support systems using symbolism and metaphor.

Description:

Using seemingly random colored paper shapes [templates provided] children & teens are given directives that focus on themselves, the person who died, things that comfort them and their support system.

Through the process of “deconstructing” these important aspects of a child’s present reality of loss, they can begin “reconstructing” their new-found awareness of growth, resilience and meaning making through the metaphor of “Spring Flowers”.

Group dialogue and sharing is encouraged in the group as the process unfolds.
“Winter Always Turns To Spring”.

Goal(s):

- To visually and metaphorically represent growth through loss
- To name things in our lives that comfort us
- To identify and appreciate people in our lives who support us
- To normalize that feelings are complex and that we can feel many things at once
- To symbolize and strengthen understanding and importance of self care

Materials Needed:

- Colored paper
- Markers
- Double stick tape
- Scissors



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SPRING FLOWERS

TEMPLATES PROVIDED

MATERIALS NEEDED: DOUBLE STICK TAPE, COLORED PAPER, SCISSORS

CUT :

2- SMALLER CIRCLES FOR CENTER (YELLOW)

1-LARGER CIRCLE FOR PETALS (ANY COLOR OR WHITE)

OR USE PLAIN PAPER PLATE

1-STEM (GREEN)

1-LEAVES(GREEN)

DIRECTIVE:

OFFER PIECES...ONE AT A TIME, NOT INTRODUCING FLOWERS

1. GIVE CHILD 2 YELLOW CIRCLES-
ASK CHILD TO WRITE THEIR NAME ON ONE CIRCLE
AND THE NAME OF THE PERSON WHO DIED ON THE OTHER
2. GIVE CHILD GREEN STRIP AND ASK FOR THEM TO WRITE NAMES
OF PEOPLE WHO SUPPORT THEM...PARENTS, TEACHERS, FRIENDS,
BROTHERS, SISTERS, AUNTS, UNCLAS
3. GIVE CHILD LEAVES AND ASK FOR THEM TO THINK OF THINGS
THAT COMFORT THEM...STUFFED ANIMALS, PETS, FAVORITE FOOD,
FAVORITE T.V. SHOW, FAVORITE THOUGHT, FAVORITE SONG
4. GIVE CHILD LARGE CIRCLE WITH PETALS AND ASK THEM THE
QUESTIONS LISTED AND ENCOURAGE THEM TO WRITE A WORD
OR DRAW A SYMBOL THAT REPRESENTS THEIR ANSWER
5. PUT ALL THE PIECES TOGETHER WITH DOUBLE STICK TAPE TO
FORM A FLOWER
PETAL CIRCLE, STEM, LEAVES, CHILD'S NAME ON FRONT, PERSON
WHO DIED ON BACK.
6. FOLD LEAVES AND ACCORDIAN BOTTOM OF STEM FOR A 3-D
EFFECT



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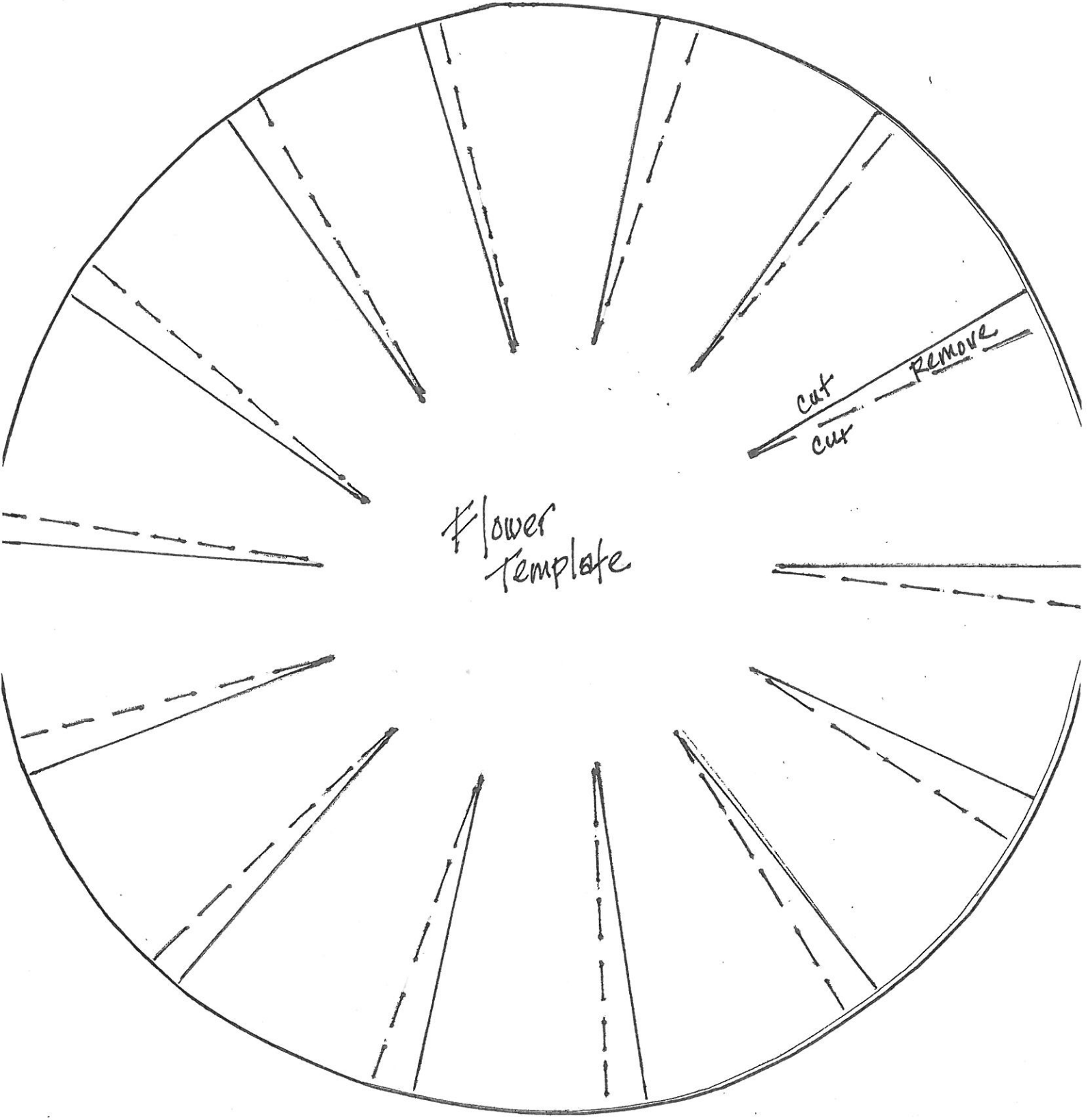
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SPRING FLOWER QUESTIONS*

*these questions can be adjusted according to...age, purpose of directive, size of group, time allowed for activity etc.

- DRAW A SILLY FACE
- WHAT IS YOUR FAVORITE COLOR?
- WHAT IS THE FAVORITE COLOR OF THE PERSON WHO DIED?
- DO YOU HAVE ANY PETS?
- WHAT IS YOUR FAVORITE SEASON?
- WHAT WAS THE PERSON WHO DIED FAVORITE SPORT OR HOBBY?
- WHAT IS YOUR FAVORITE ICE CREAM?
- WHAT IS THE FAVORITE ICE CREAM OF THE PERSON WHO DIED?
- WHAT IS YOUR BIRTHDAY?
- WHEN I GROW UP I WANT TO BE...
- DO YOU LIKE MORNING OR NIGHT?
- WHAT WAS THE FAVORITE FOOD OR BEVERAGE OF THE PERSON WHO DIED?
- WHAT WAS YOUR FAVORITE THING TO DO WITH THE PERSON WHO DIED?
- WHAT DO YOU LIKE ABOUT YOURSELF?
- I FEEL HAPPY WHEN...

Petal Template

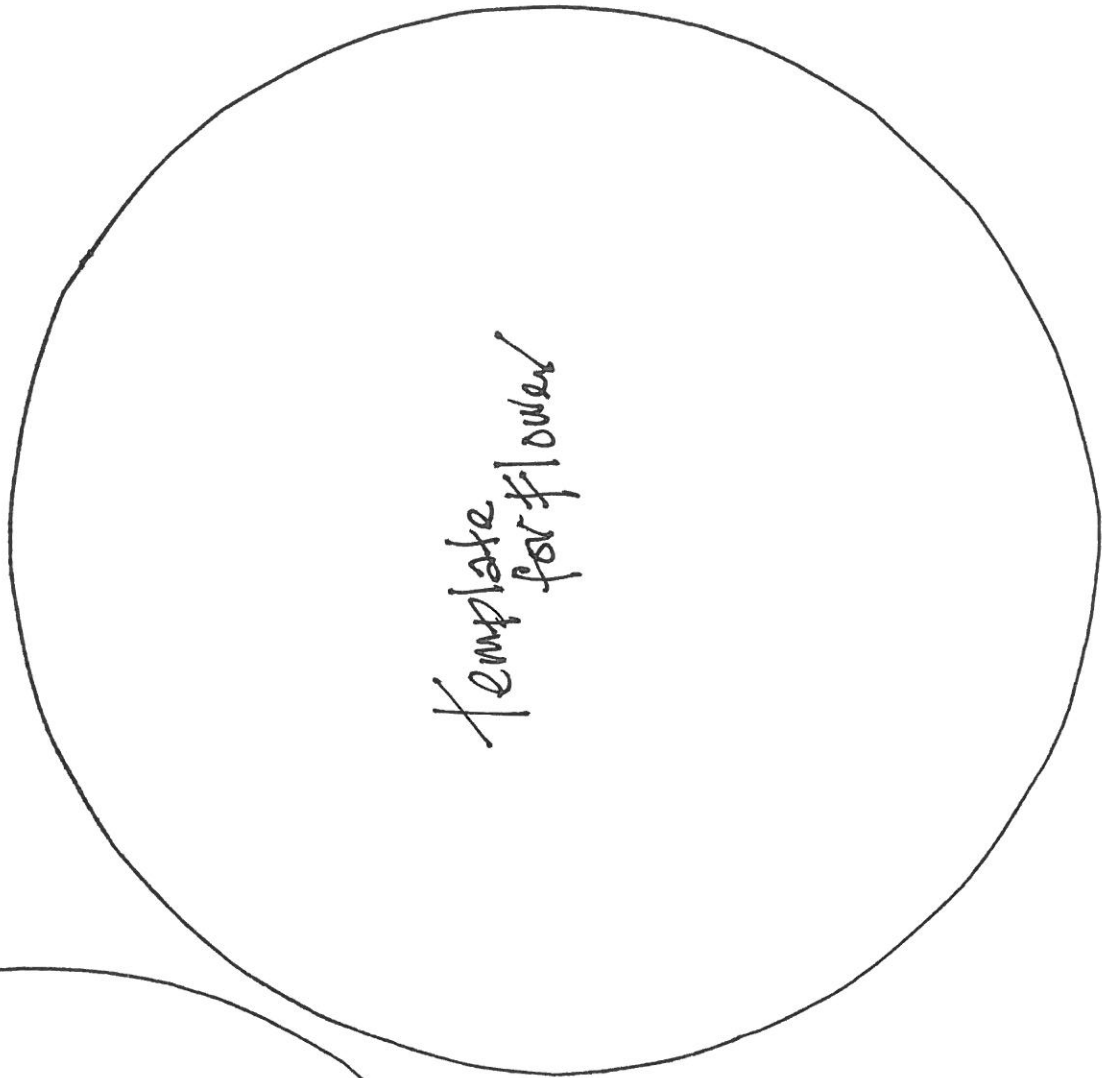


Flower
Template

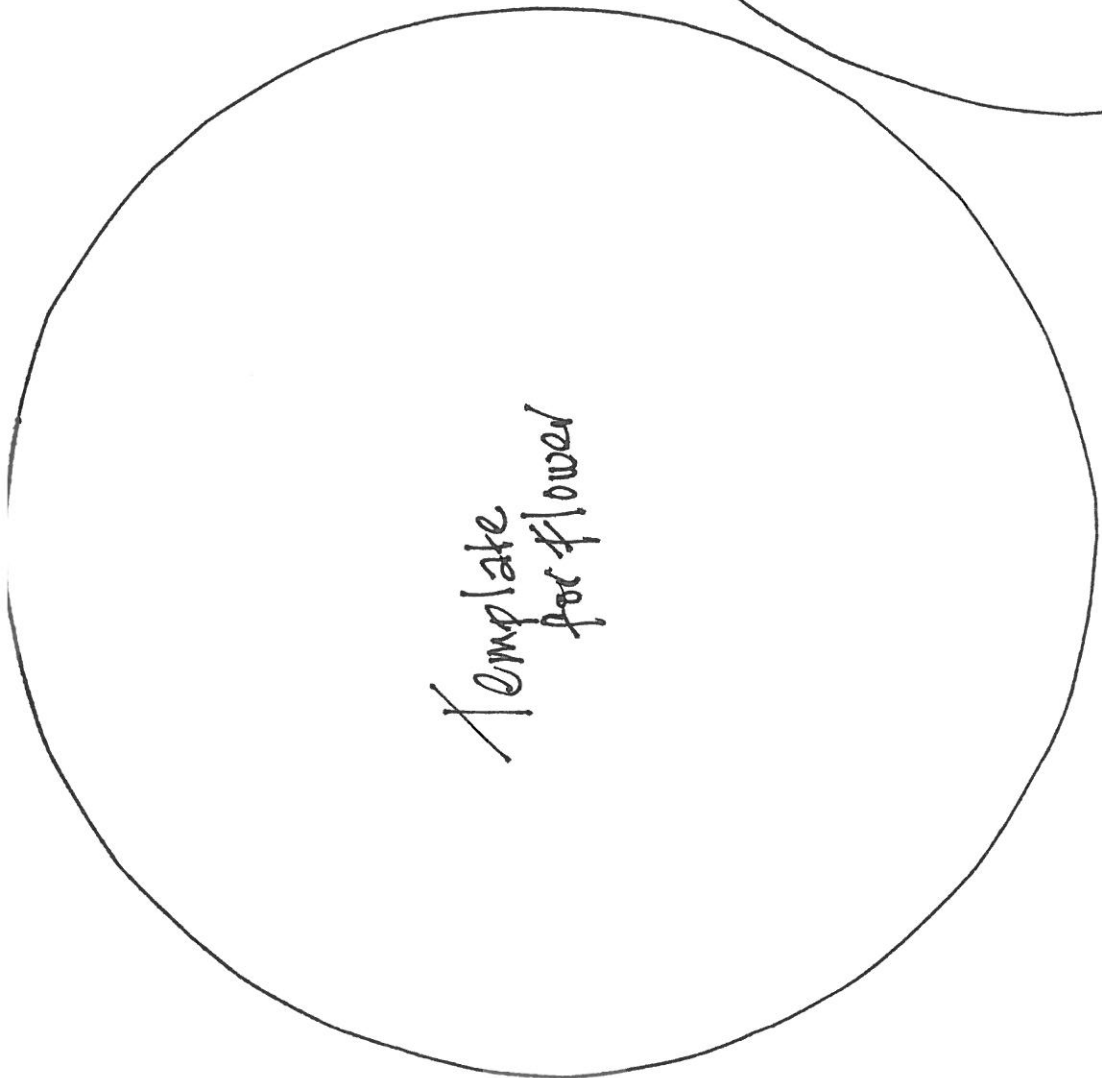
cut
cut
Remove

Center Template

* Need 2 per person



Template
for flower



Template
for flower

Leaf & stem template

Tape

Tape

* fold

Tape

* fold after directive is completed

* fold

Fold

Fold

Fold

Fold

Fold

Tape

