

Dealing with Loss and Change

Helping children deal with change, loss or grief is very challenging. Having activities where the children are given opportunities to express themselves can help with the healing process and give them a strategy to begin to deal with their loss.

Most of these activities are designed to work in small groups or 1-to-1, although the memory tree can work with larger groups.

Memory Tree

This activity is designed for use when a large group, or even a whole class, of children may have suffered a loss. Create a tree with the children, including a trunk and branches. Each child then takes a leaf and writes or draws something on it, which could be a memory, a feeling or anything else the children might want to express.



Memory Book

Children create a 'scrapbook' which contains their memories, thoughts and feelings. They can put a picture or photograph on the front and then add whatever they want inside. Ideas can be suggested to the children but it should be led by them.

They might:

- Draw pictures
- Use photographs
- Write a letter
- Have pages for different things (e.g. interests, places, foods, etc)
- Make a family tree
- Collect memories from other people



This activity could be extremely helpful for children experiencing change or loss. They will probably want to talk about the things they are adding, making this invaluable.

Memory Box or Jar

These work in the same way as the memory book except that objects can also be added. These can be personal artefacts or anything else that the child wishes to put inside. Jars can be filled with shells or pebbles which represent different memories. The children could write or draw on the pebbles and use them to represent their thoughts and memories.



Memory Bracelet

A memory bracelet is created using beads that represent different things for the children. It's a good idea to have a selection of beads in different colours or shapes so the children can select ones to hold separate meanings or memories. When discussing change, the bracelet could be made up of 'things they miss' as well as 'positive' aspects of the change (e.g. if they've moved school, they could make new friends). Children receiving medical intervention are sometimes given bracelets, with beads representing each treatment they've been given.



Loss And Change

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