

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.



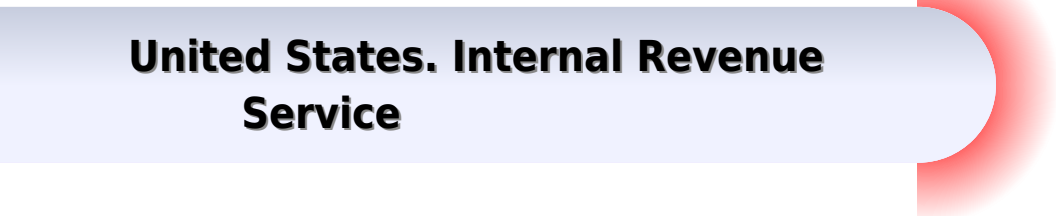
Memory Bracelet

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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Loss And Change:

Loss and Change Peter Marris, 1974 **Loss and Change (Psychology Revivals)** Peter Marris, 2014-10-10 First published in 1974 then reissued in 1986 with a long introduction by the author which developed the analysis in the light of recent theory and related it to work done in the field since its first publication The late Peter Marris shows how understanding grief can help us to understand processes of change both personal and social and to handle them with more compassion for ourselves and others He sees grieving as the working out of a psychological reintegration whose principles are essentially similar whether the structures of meaning of our life fall apart from the loss of a personal relationship of a predictable social context or of an interpretable world Marris draws on his wide ranging research to develop his argument A study of widows a description of the devastating effects of urban renewal projects on people whose familiar neighbourhoods are destroyed an analysis of the activities of tribal associations in Nigeria and reflections on the analogies between scientific and political revolutions are a few of the studies Marris weaves together in tracing the meaning of change and loss in human life

Making Meaning of Loss Richard L. Hayes, 2022-10-31 Making Meaning of Loss Change and Challenge Across the Lifespan is about how change brings loss to our lives how we make meaning of loss and how our experience with loss directs our encounters with loss in the future Each loss challenges us in this way to rethink our world view to ask who we have become and to reinvent ourselves anew Taking a lifespan approach Hayes examines how we make sense of the losses that change brings in each period of our lives and how the way in which we meet the challenge that each loss brings directs our encounters with loss in the future In addition he provides suggestions for how earlier losses can become fruitful allies in encounters with change in the present and how caregivers can help others to make meaning of the loss in their lives Above all this book is about how caregivers can help others learn from the losses in their lives and to recognize what part of the past to bring along into the present in constructing a more reliable self for meeting the challenges of an uncertain future

Seasons of Change Kenneth J. Fallin, 2013-10 Seasons of Change is not just another grief book although that is an important part especially in its focus on the grief encountered in losing a child It is a book about moving through life transitions and change It is about learning to maximize our moments as we accept each day as a gift **Loss, Change And Bereavement In Palliative Care** Firth, Pam, Luff, Gill, Oliviere, David, 2004-12-01 This text brings together contemporary thinking on loss and bereavement It draws on international research practice and individual stories from people struggling to understand the meaning of loss including work with bereaved children parents families and adults **Loss, Change and Grief** Erica Brown, 2012-11-12 First Published in 1999 Helping children come to terms with and be aware of loss change and grief is an undeveloped area within education although they are universal features of human experience Here the author fosters a positive attitude to teaching and learning about such issues She explores many experiences of loss and grief and different beliefs and practices are discussed so that the reader can gain a better understanding of how children grieve She also

provides suggestions for ways in which this topic can be taught within the school curriculum and offers practical suggestions for effective professional collaboration

Counting Our Losses Darcy L. Harris, 2011-01-19 This text is a valuable resource for clinicians who work with clients dealing with non death nonfinite and ambiguous losses in their lives It explores adjustment to change transition and loss from the perspective of the latest thinking in bereavement theory and research The specific and unique aspects of different types of loss are discussed such as infertility aging chronic illnesses and degenerative conditions divorce and separation immigration adoption loss of beliefs and loss of employment Harris and the contributing authors consider these from an experiential perspective rather than a developmental one in order to focus on the key elements of each loss as it may be experienced at any point in the lifespan Concepts related to adaptation and coping with loss such as resilience hardiness meaning making and the assumptive world transcendence and post traumatic growth are considered as part of the integration of loss into everyday life experience

Living with grief, loss and change Mary Ellen Smith, 2018

Helping Children Cope with Loss and Change Amanda Seyderhelm, 2019-08-19 Whether it s the grief of bereavement the strain of divorce or the uncertainty of a new home or school loss and change affect children in countless ways Nevertheless teachers and parents frequently find themselves ill equipped to help children struggling with the difficult feelings that these situations and others like them bring Helping Children Cope with Loss and Change offers guided support for teachers health professionals and parents Designed for use with children aged 4 10 this guide offers Case studies illustrating various signs of grief and loss to help the caregiver spot and manage a child s pain Therapeutic stories designed to be read with the child and with prompt questions to encourage discussion Creative activities and exercises that can be developed into a therapeutic toolkit to support the child and the caregiver themselves With chapters that move from Loss and Change to Resolution and Resilience addressing the needs of both the child and caregiver Helping Children Cope with Loss and Change will be an invaluable therapeutic tool

Loss, Change and Grief Erica Brown, 2016-09-01 First Published in 1999 Routledge is an imprint of Taylor Francis an informa company

Growth Through Loss & Change, Volume I Clarice A. Schultz RN BSN, 2010-04-29 Fear often prevents us from engaging in meaningful interaction with the dying and grieving In Growth through Loss and Change Volume I II author and registered nurse Clarice Schultz explains what can be done for the dying and grieving including how to embrace loss how to accept it and how to grieve A collection of unedited versions of lectures developed and presented during thirty years of teaching Growth through Loss and Change Volume I II places emphasis on identifying the dynamics of loss and discovering practical means of support in personal and institutional settings It also provides a host of intervention methods which are related to the cultural and emotional aspects of dying grieving sudden death grieving children and caregiving Designed as a learning course Growth through Loss and Change Volume I II enables participants to develop a therapeutic presence they can offer to themselves and others coping with a loss in family community and institutions This guide will help students find a safe place to search for their lifes history of loss and

come to terms with their own personal death awareness in order to help others **Growing Up... and Grieving** Marge Eaton Heegaard,2016-01-22 Life in middle school is defined by change This book begins with changes in everyday life before focusing on grief from the death of a loved one Creativity is encouraged to help them understand and express feelings needed to cope with grief This book fills a need too often neglected for middle school students **Change, Loss, Opportunity, and Resilience** Sharon M. Danes,1999 **Growth Through Loss and Change, Volume II** Clarice A. Schultz Rn Bsn,2010-04 Grief is an emotion that does not discriminate its anguish is felt just as keenly in the palace of the rich man as it is felt in the hovel of the poor Growth through Loss Change Volume II shares the lectures developed and taught by nurse thanatologist Clarice Schultz for thirty years in a variety of settings With a focus on the principles theories and intervention methods that underlie the care and support of the dying and bereaved this resource guide also identifies the dynamics of loss and discovers practical means of support Clarice Schultz one of the founders of the Fox Valley Hospice relies on her seasoned interactions with the dying and grieving to encourage those who care for the terminally ill and their bereaved families to overcome their fears and learn what works and what does not work Her focus includes Different faces of grief Ways to support the grieving Signs of healing after loss Impact of grief Tailored for those who wish to develop a therapeutic presence for themselves as well as others Growth through Loss Change Volume II provides compelling guidance for anyone in the midst of a grief journey **Digital Methods** Tommaso Venturini,Richard Rogers,2025-09-04 Tommaso Venturini and Richard Rogers offer a critical and conceptual introduction to digital methods In a direct and accessible way the authors provide hands on advice to equip readers with the knowledge they need to understand which digital methods are best suited to their research goals and how to use them Cutting through theoretical and technical complications they focus on the different practices associated with digital methods to skillfully provide a quick start guide to the art of querying prompting API calling scraping mining wrangling visualizing crawling plotting networks and scripting While embracing the capacity of digital methods to rekindle sociological imagination this book also delves into their limits and biases and reveals the hard labor of digital fieldwork The book also touches upon the epistemic and political consequences of these methods but with the purpose of providing practical advice for their usage Digital Methods is a must read for students and scholars of digital social research media studies critical data studies digital humanities computational social sciences and for those who are interested in digital methods but do not know where to start **Huron National Forest (N.F.)/Manistee National Forest (N.F.), Land and Resource(s) Management Plan (LRMP)** ,1986 **Internal Revenue Cumulative Bulletin** United States. Internal Revenue Service,1992 **Journal of the House of Representatives of the United States** United States. Congress. House,1988 Some vols include supplemental journals of such proceedings of the sessions as during the time they were depending were ordered to be kept secret and respecting which the injunction of secrecy was afterwards taken off by the order of the House Room for Change Susan W. Reynolds,2010-06-14 Room For Change is a book to help

you get going again after a loss It gives you practical tips on how making small changes to your environment will help you revive after loss Simple changes create fresh perspectives and help you get going again When you lose a loved one you lose more than that person You lose a part of yourself Supporting yourself through the grief process is tough to do but you ve got to do it From the kitchen to the bedroom from the car to your return into the world this book will help you take a fresh look at how your spaces can support and inspire you Susan W Reynolds considerate approach helps you to repurpose and revitalize your surroundings Whether you are personally grieving or supporting a friend or loved one this book is a constructive companion for anyone needing to revive after a loss **Glad No Matter What** SARK,2011-12-16 Though SARK has empowered millions to live their creative dreams manage their businesses and savor personal connections the deaths of her mother and cat and the end of a treasured relationship tested her ability to walk her talk But as Glad No Matter What shows she journeyed through the spirals and layers of grief and loss and emerged stronger and more whole In this inspiring book she shares the insights she found along the way practical strategies we can all use to cultivate profound positive transformation through rather than despite life s inevitable travails

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