

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

Yicheng Fang



Loss And Change:

This book delves into Loss And Change. Loss And Change is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Loss And Change, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Loss And Change
- Chapter 2: Essential Elements of Loss And Change
- Chapter 3: Loss And Change in Everyday Life
- Chapter 4: Loss And Change in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Loss And Change. This chapter will explore what Loss And Change is, why Loss And Change is vital, and how to effectively learn about Loss And Change.
3. In chapter 2, this book will delve into the foundational concepts of Loss And Change. This chapter will elucidate the essential principles that need to be understood to grasp Loss And Change in its entirety.
4. In chapter 3, this book will examine the practical applications of Loss And Change in daily life. The third chapter will showcase real-world examples of how Loss And Change can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Loss And Change in specific contexts. The fourth chapter will explore how Loss And Change is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Loss And Change. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Loss And Change.

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