

BALLOON GOODBYE

Send a message into the great beyond

Materials: Worksheet copies, paper, pens or pencils, markers, crayons, balloons, helium, scissors, string

Directions: Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

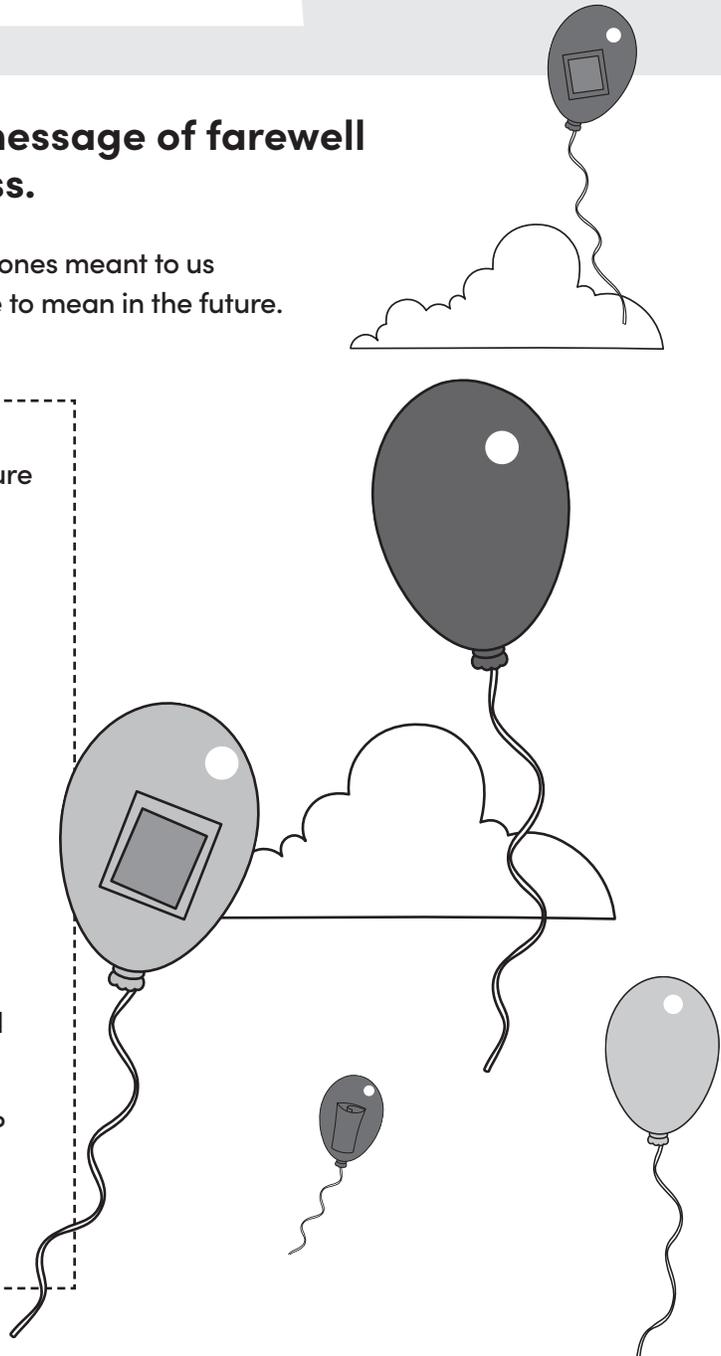
Many of our loved ones died before we could say “goodbye.” We’re left without the chance to tell them what they meant to us.

Honoring your loved one with a message of farewell can help bring closure to their loss.

Today, we’re going to express how much our loved ones meant to us during their lifetime. And how much they’ll continue to mean in the future.

ACTIVITY INSTRUCTIONS

- 1 On your paper, write a letter or draw a picture to your deceased loved one. It can express happy times, lessons learned or how you’ll remember them. When you’re finished, roll it up and place it inside the deflated balloon.
- 2 Blow up the balloon with helium, tie it and add a string. When everyone is ready, we’ll go outside, say a message of goodbye, and release our balloons into the air.
- 3 Afterwards, let’s discuss what this activity meant:
 - How did it feel to remember your loved one through writing or drawing?
 - How do you feel after saying goodbye?
 - How do you feel after releasing your balloon?



Source: San Diego Hospice and Institute for Palliative Medicine Intern Training Program

Note: A qualified adult will facilitate all Grief activities.

