

GIFT BOX

Always remember what they gave you

Materials: Worksheet copies, template copies, small boxes (one per youth), construction paper, various art supplies like pencils, markers, crayons, stickers and glitter, wrapping paper, ribbons, scissors, tape, timer

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

During their life, our loved ones gave us many gifts. These gifts are reminders of the impact they had on our lives.

The gifts our loved ones shared will be with us forever.

Today, we're going to honor our deceased loved ones by remembering their gifts to us. These gifts can be material, like a bicycle or doll, or nonmaterial, such as lessons learned, memories and feelings.

ACTIVITY INSTRUCTIONS

- 1 Using construction paper, write down or draw images of the gifts your loved one gave you. Decorate your gifts any way you'd like using the art supplies.
- 2 Place the gifts in your box and wrap it like a present.
- 3 Using the template, create a tag with your name and the date you'll open the gift. You'll have 10 minutes to create and wrap.

(Set the timer for 10 minutes.)

- 4 When the timer sounds, let's discuss the following questions:
 - Was it easy or hard to remember the gifts your loved one gave you?
 - What will you remember about creating a box of gifts?
 - When will you open the box of gifts? Why did you choose that time?



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

Note: A qualified adult will facilitate all Grief activities.



