

OUT OF THE WOODS

Work through the grief process

Grief affects people differently, and people grieve differently. But we must all go through the grief process.

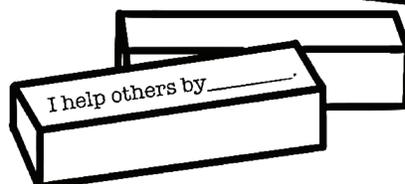
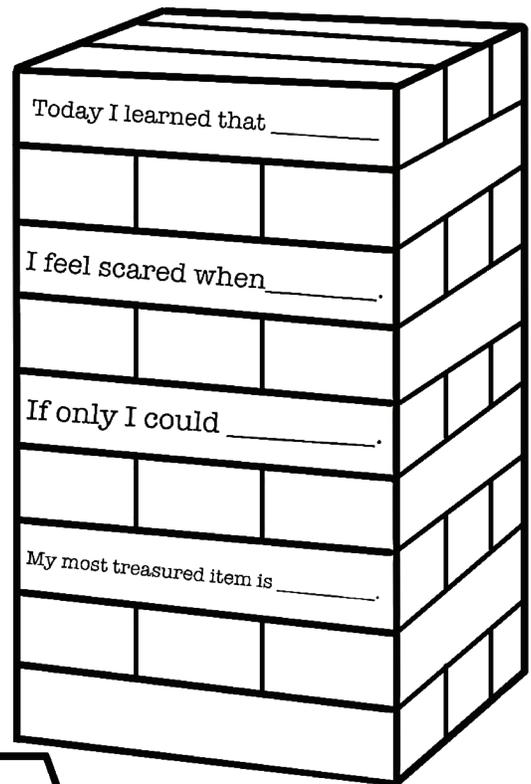
- Materials:** Worksheet copies, template copy, wooden blocks, scissors, tape
- Directions:** Make a copy of the template, cut out the statement strips and tape each strip to a wooden block. Stack the blocks into a tower (see illustration). Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

Working through the grief process means talking about the death and recognizing our feelings.

For today's activity, we'll use wooden blocks. Each block has a statement taped to it that you'll complete.

ACTIVITY INSTRUCTIONS

- 1 Taking turns, each of us will carefully remove a block from the tower. Try not to let the tower fall.
- 2 Once you've safely removed a block, read the statement and complete it aloud.
- 3 Afterwards, let's discuss the following questions:
 - What did you like about this activity?
 - What did you learn about yourself and others going through the grief process?



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

Note: A qualified adult will facilitate all Grief activities.



Grief is _____.	I'm different because _____.
I want to get rid of _____.	I admire _____.
If only I could _____.	My most treasured item is _____.
I wish people would start _____.	Others tease me about _____.
Something I do well is _____.	Life is _____.
When I feel lonely, I _____.	I wish I knew about _____.
I feel alone when _____.	My heart is _____.
I feel scared when _____.	If I could change the past, I would _____.
The best advice I ever got was _____.	I believe that _____.
I feel embarrassed when _____.	I am learning that _____.
I dream about _____.	When I am happy, I like to _____.
I help others by _____.	I have discovered _____.
One person I can talk to is _____.	I will never understand why _____.
Today I learned that _____.	When I get angry, I _____.
When I am older, I want to _____.	I really miss _____.
My safe place is _____.	My favorite memory is _____.
I want to be _____.	Go again!
I worry about _____.	My favorite music is _____.
I feel jealous of _____.	I spend a lot of time thinking about _____.
I wish people would stop _____.	My best friend _____.
Something I like about others is _____.	My favorite activity is _____.
If I had a magic wand I would _____.	Nobody understands _____.

