

ATTACK BACK

Prevent grief from taking over

Materials: Worksheets, pencils, timer

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

When feelings of sadness, anger and worry hit you in waves, it can feel like grief is taking over your body. One minute you might feel happy, the next minute you're angry and confused.

These waves of feelings are normal when you experience the death of a loved one. This is called a "grief attack."



Have you ever experienced a grief attack? What did it feel like? How did you react? What are some unhelpful ways to express your feelings? For example, yelling at someone or picking a fight are unhelpful reactions during a grief attack.

Now, what are some helpful ways to express your feelings? You could take a deep breath, draw a picture, run around the block or talk to an adult. These are examples of helpful behaviors to decrease the intensity and length of a grief attack.

ACTIVITY INSTRUCTIONS

- 1 Divide into pairs.
- 2 Each pair has 4 minutes to think of as many helpful ways as they can to prevent grief from taking over their body. Write your ideas on the worksheet.
- 3 Each person will pick one of the helpful life skills on their worksheet to demonstrate to the Group or qualified adult.

(Set the timer for 4 minutes.)

HELPFUL WAYS TO EXPRESS FEELINGS

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Discussion question

- ▶ What life skills will you practice at home to beat a grief attack?

