

BALLOON GOODBYE

Send a message

into the great beyond

Materials: Worksheets, paper, pencils, markers, crayons, balloons, helium, string

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

I want you to write a letter or draw a picture to your loved one who died. It could be about happy times, lessons learned or how you'll remember your loved one.

When you've finished your letter or picture, roll it up and place it inside the balloon. Then, we'll 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 the balloons into the air.

Afterwards, let's discuss what this activity meant to you.

Discussion questions

- ▶ What is it like to think about happy memories of your loved one who died?
- ▶ How do you feel after saying goodbye?
- ▶ How do you feel after releasing your balloon?

