

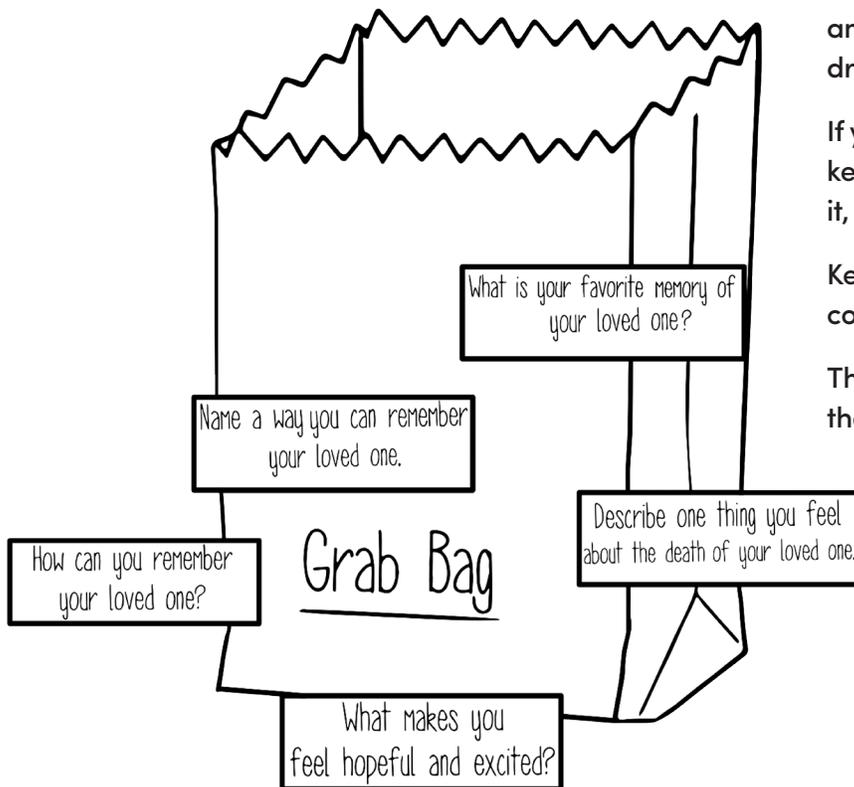
GRAB BAG

# Explore emotions through discussion

**Materials:** Worksheets, paper bag filled with pre-cut questions

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

To support the grieving process, it's helpful to express feelings and memories about your loved one who died.



In this activity, we'll pass around the grab bag and you'll draw a question from it. After you've drawn a question, read it silently to yourself.

If you feel comfortable answering the question, keep it. If you don't feel comfortable answering it, draw a new question.

Keep drawing questions until you are comfortable and have one you'd like to answer.

Then, we'll take turns and let everyone answer their question and share their feelings.





<p>What is your favorite memory of your loved one?</p>	<p>Did you attend a funeral or memorial service for your loved one? What was it like?</p>
<p>Have you ever felt angry about your loved one's death? How do you express your anger?</p>	<p>It's your choice: Ask another person participating in this activity any question you like.</p>
<p>If you could say just one thing to your loved one who died, what would you say?</p>	<p>Describe one thing you feel about the death of your loved one.</p>
<p>Who understands your feelings and grief the most? Who understands your feelings and grief the least?</p>	<p>Who died? Was it your father, mother, grandparent, pet, friend or other loved one?</p>
<p>What makes you feel hopeful and excited?</p>	<p>Name a way you can remember your loved one.</p>
<p>How do you celebrate holidays, birthdays and special occasions since your loved one died?</p>	<p>Identify one life skill you can do when you're struggling with grief.</p>
<p>What is something you learned from your loved one?</p>	<p>How can you remember your loved one?</p>
<p>How did your loved one die?</p>	<p>Who told you your loved one died? How did you feel?</p>

