

OUT OF THE WOODS

Work through the grief process

Materials: Worksheets, wooden blocks, pre-cut statements taped on each block

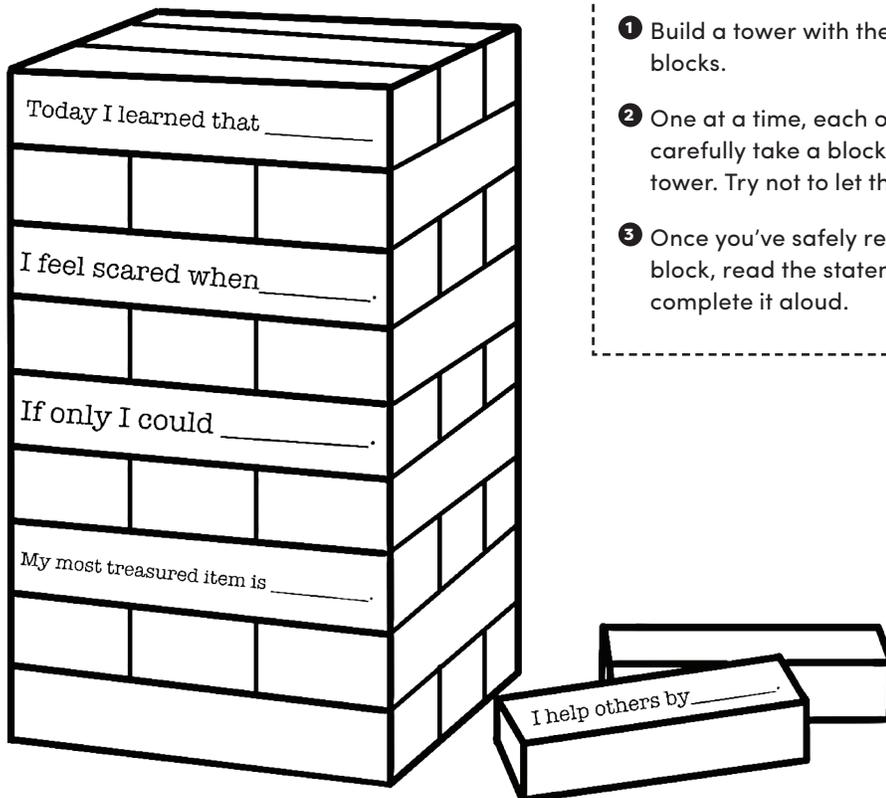
Directions: Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

For this activity, we'll use wooden blocks.

Each block has a statement taped to it that you'll complete. The focus of our discussion will be talking about the death of your loved one, exploring your feelings, and working through the grief process.

ACTIVITY INSTRUCTIONS

- 1 Build a tower with the wooden blocks.
- 2 One at a time, each of you will carefully take a block from the tower. Try not to let the tower fall.
- 3 Once you've safely removed a block, read the statement and complete it aloud.



Discussion questions

- ▶ What did you like about this activity?
- ▶ What did you learn about yourself and others who are going through the grief process?



Grief Competence statements Out of the woods: Work through the grief process



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 _____.