

## REGAIN BALANCE

# Create an “important people and pets” mobile

**Materials:** Worksheets, people/pets/shapes templates, markers, crayons, glitter, glue, scissors, hole punch, string, clothes hangers

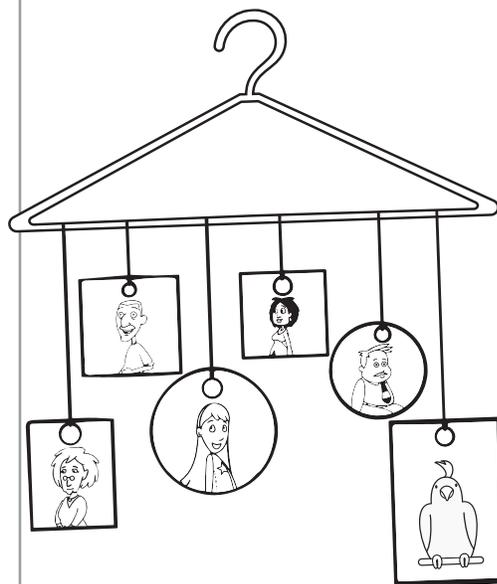
**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

**When a loved one dies and is no longer physically present, we have to adjust to the loss. Why? Because things are not the same and the balance has changed.**

In this activity, you’re going to use the templates to create pictures of people and pets that are important to you. This can include your parents, brothers and sisters, grandparents, animals, friends – all the people and pets you feel are important in your life, including the loved one who died.

## ACTIVITY INSTRUCTIONS

- 1 Choose the template pictures you want to use for your mobile. Or, use the shapes template to draw your own pictures. You can use any of the templates you’d like.
- 2 Color and decorate your pictures with the materials provided. When you’re finished, cut each picture out on the dotted lines.
- 3 Punch a hole through the top of each of your pictures, pull string through the holes and tie them to the hanger. Once you’ve attached all the pictures to the hanger, balance your important people and pets on the hanger to achieve a perfect balance.
- 4 Take a minute to think about the important people on your mobile and how there is a perfect balance.
- 5 Now, gently take off the person or pet that died from the hanger. What happens when you remove that person or pet? What happens to the balance?

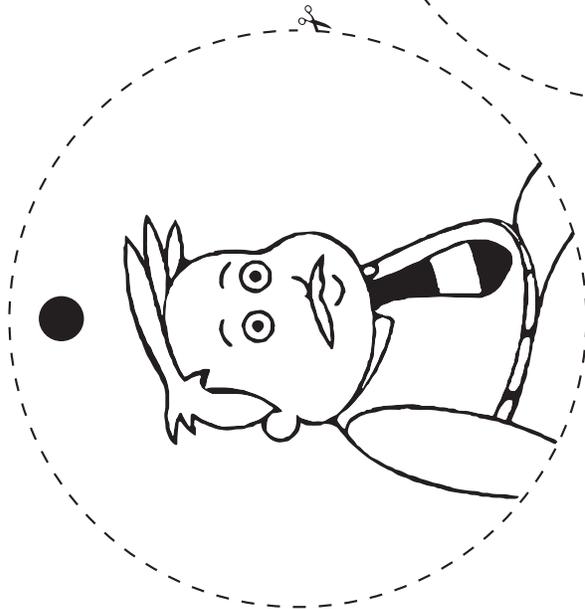
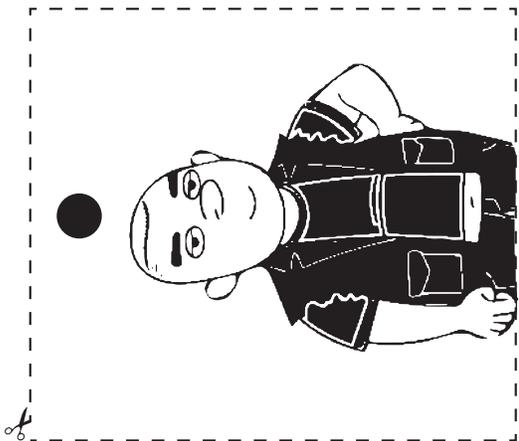
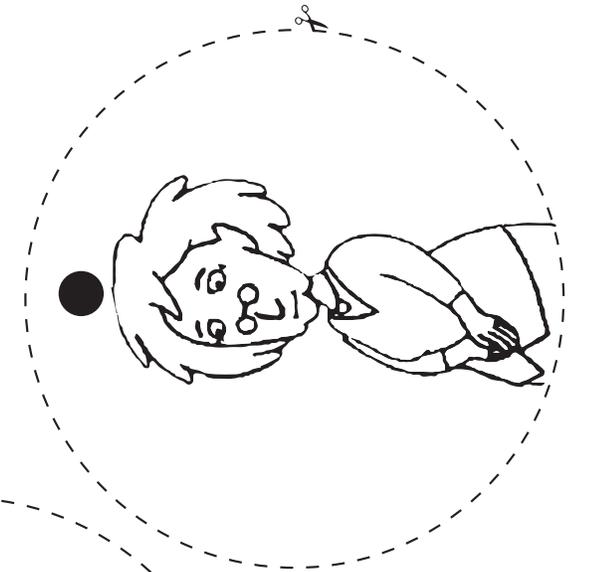
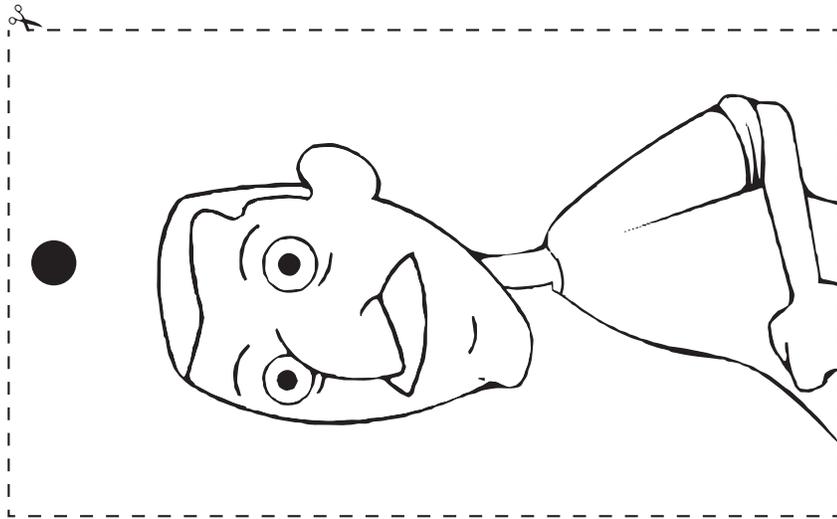
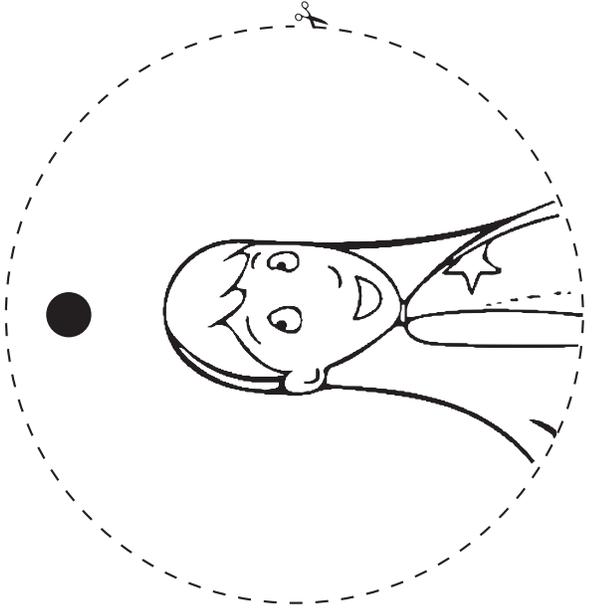
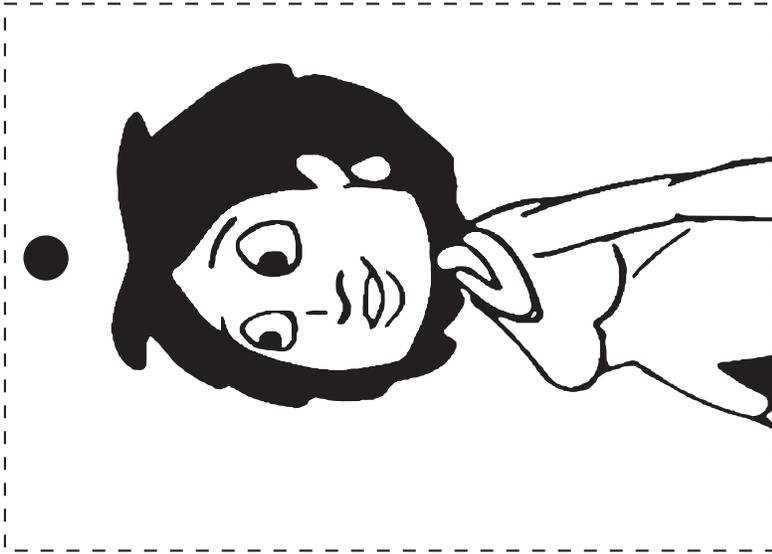


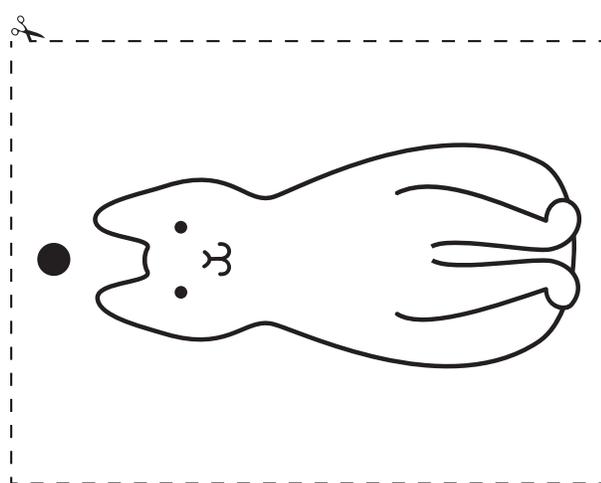
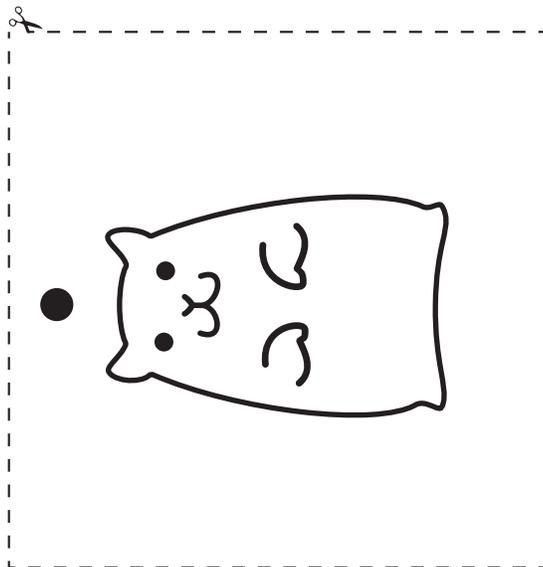
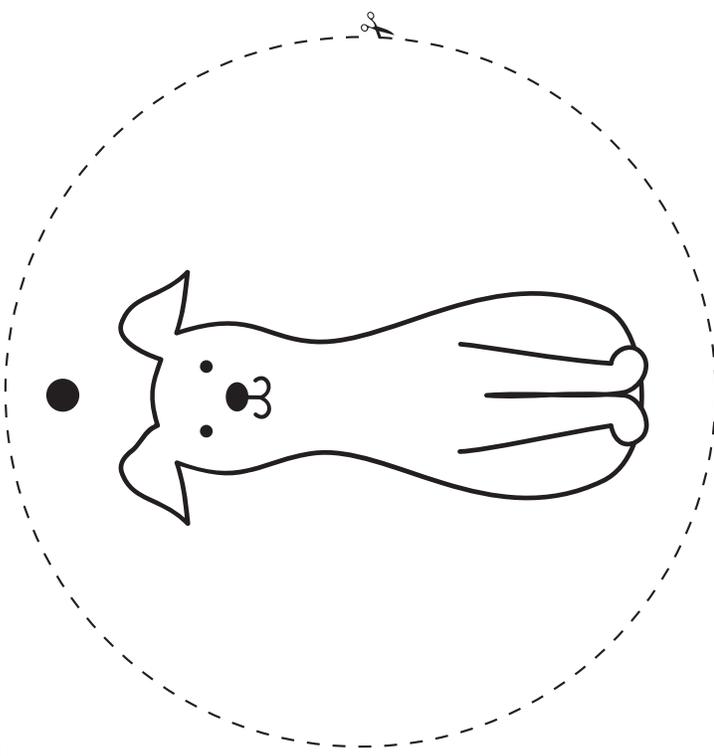
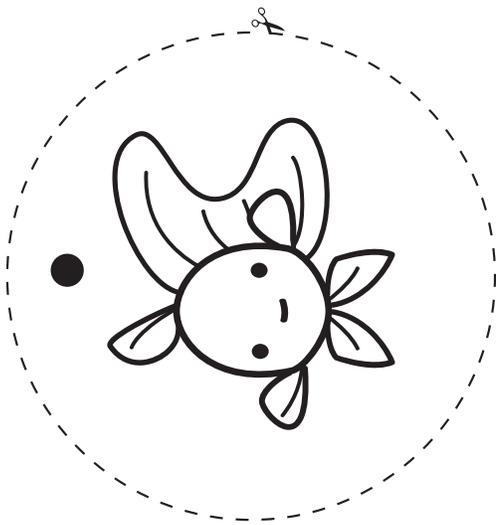
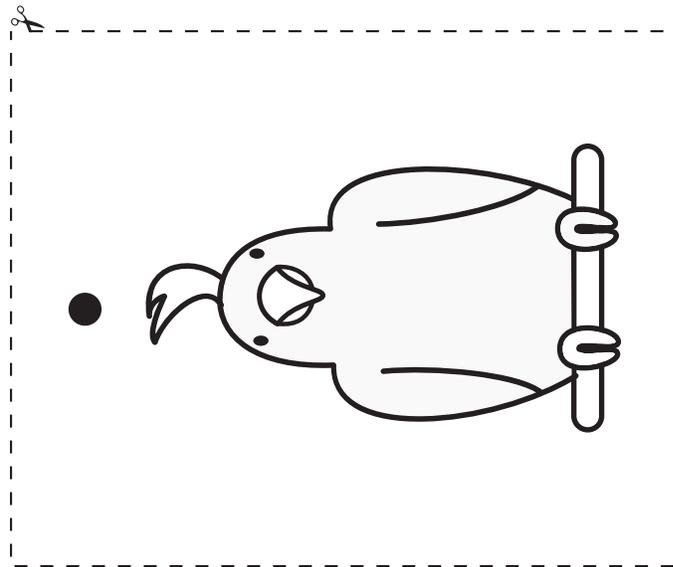
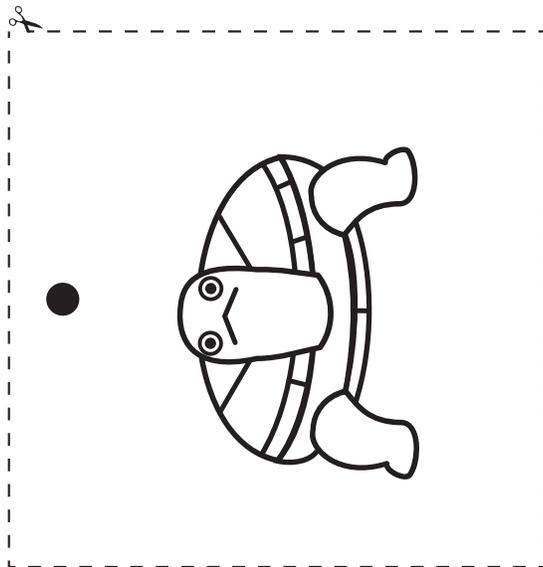
## Discussion questions

- ▶ What was it like to do this activity?
- ▶ What did you learn?
- ▶ Describe how your important people are different since your loved one died.
- ▶ How can you regain your balance after the death of a loved one?

Let’s talk about your memories of the deceased person or pet and ways to regain balance in your life. Our goal is to discuss and understand how balance is once again regained, even after a loved one has died.







Regain balance: Create an "important people and pets" mobile Grief Control Activity template

