



SAFE HARBOR @ HOME 2021

AGES: OLDER TEEN-ADULT

TOPIC

All About Me:
Changes

GOAL

Exploring changes within your home and within yourself since your loss. Acknowledging and describing feelings related to these changes.

ACTIVITY

What is your new normal?

Draw a house on a piece of paper. Draw it open like a doll house where you can see into each room. (you can have four rooms or ten rooms, it's all up to you) Now assign each room an aspect of your life that has changed since the loss. For example, the dining room reflects your change in appetite, the bedroom reflects your new found insomnia, your garage reflects how family outings have changed. Include positive changes as well, the kitchen represents how you surprised yourself and learned to cook. If it helps, first write a list of all the things that have changed the most within you, within your family, within your social life.

1. Give each room a title of what it represents.
2. Draw at least one item in each room that represents/shows what exactly has changed.
3. Share and describe your house to a fellow family member, a friend, or a private journal. Talk or write about how these rooms looked before your loss compared with how you have drawn them now.

QUESTION

As a reflection, finish these sentences:

I used to be...

I am...

I try...

