



SAFE HARBOR @ HOME 2021

AGES: 4-6

TOPIC

All About Me:
Changes

GOAL

Recognizing changes within me since the loss.
Acknowledging that moods are temporary.

ACTIVITY

A) Weather doesn't stay forever, it changes. Here is an example of how to make a rainstorm change from drips of water to a storm and then back again, do this with everyone in your family:

1. Rub your flat hands palms together
2. Snap your fingers
3. Make a dripping noise with your mouth
4. Clap against your thighs
5. Stomp your feet
6. Make a thunder noise while you stomp your feet
7. Reverse! 6 back down to 1

B) Now have fun exploring what other weather sounds and movements you can create. What if feelings were weather? What kind of feeling would a cloudy day be? Or what kind of weather would angry be? Draw yourself on paper and draw around yourself the different kinds of weather you feel sometimes. Do you feel any of this weather more often since your loss? Do you feel any of these less? Does any of the weather stay inside you longer now or shorter now?

QUESTION

Ask yourself how many times each day your mood/weather changes. Now draw or write a positive feeling/ type of weather you still have sometimes, even though your special person died.

