



## SAFE HARBOR @ HOME 2021

**AGES: 4-6**

### TOPIC

Past/ Present/ Future

### GOAL

To use our creative thoughts and body movements as a form of sharing our grief story.

## ACTIVITY



### Grief Song and Dance

Written below are three changed verses of the “Hokey Pokey” song. Help your child to fill in the blanks. Each blank = 1 syllable. Sing to the tune of “Hokey Pokey”. For added fun, think of movements to match the answers.

Here are the prompts for each verse:

Vs 1 A memory or story of their person who died. Repeat three times the same answer, as indicated below.

Vs 2 What can they do now that reminds them of their person who died?

Vs 3 Is there a trait or talent that your child hopes to share (or not share) with their person who died?

*Vs 1: I used to \_\_\_ (3xs) now let's shake it all about!*

*When I think of (name) I feel so very \_\_\_ Let's get our feelings out!*

*Vs 2: I can still \_\_\_ (3xs) now let's shake it all about!*

*Whenever I can \_\_\_ I feel so very \_\_\_ Let's get our feelings out!*

*Vs 3: I hope to \_\_\_ (3xs) now let's shake it all about!*

*When I hope to \_\_\_ I feel so very \_\_\_ Let's get our feelings out!*

### QUESTION

If you could have one superpower to help others, what would it be? Act out for others to guess.

