



## SAFE HARBOR @ HOME 2021

**AGES: OLDER TEEN-ADULT**

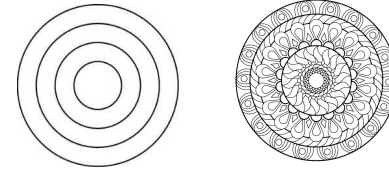
### TOPIC

Past/ Present/ Future

### GOAL

Reflect on memories and stories of your past,  
recognize your new normal,  
and acknowledge a possible future.

## ACTIVITY



My Grief Mandala

Above, you see a before and after mandala creation. On a blank piece of paper, draw four circles, as large or small as you like (the one on the left). Each prompt below corresponds with one of the four rings. Use colored pencils, water colors, whatever you like, to then fill in your own grief mandala. The one on the right is only an example. Yours may look very different.

The numbers below correspond with the circles. "One" being in the center, "four" the outermost. For each, think of colors, shapes, scenes, moods, etc to creatively represent the thought or feeling that comes to mind, as you finish each prompt:

1. A comforting memory or story of my loved one is...
2. I feel most connected to my loved one when...
3. To transform my grief into hope, one thing I can do is...
4. One way I can help others is by 'paying forward' a lesson or trait from my loved one is...

### QUESTION

How do you feel when you look at your Mandala?  
Will you keep it? Why or Why not?

