

COMPASSION IN ACTION

Activities for Finding Hope in Grief

Appendix





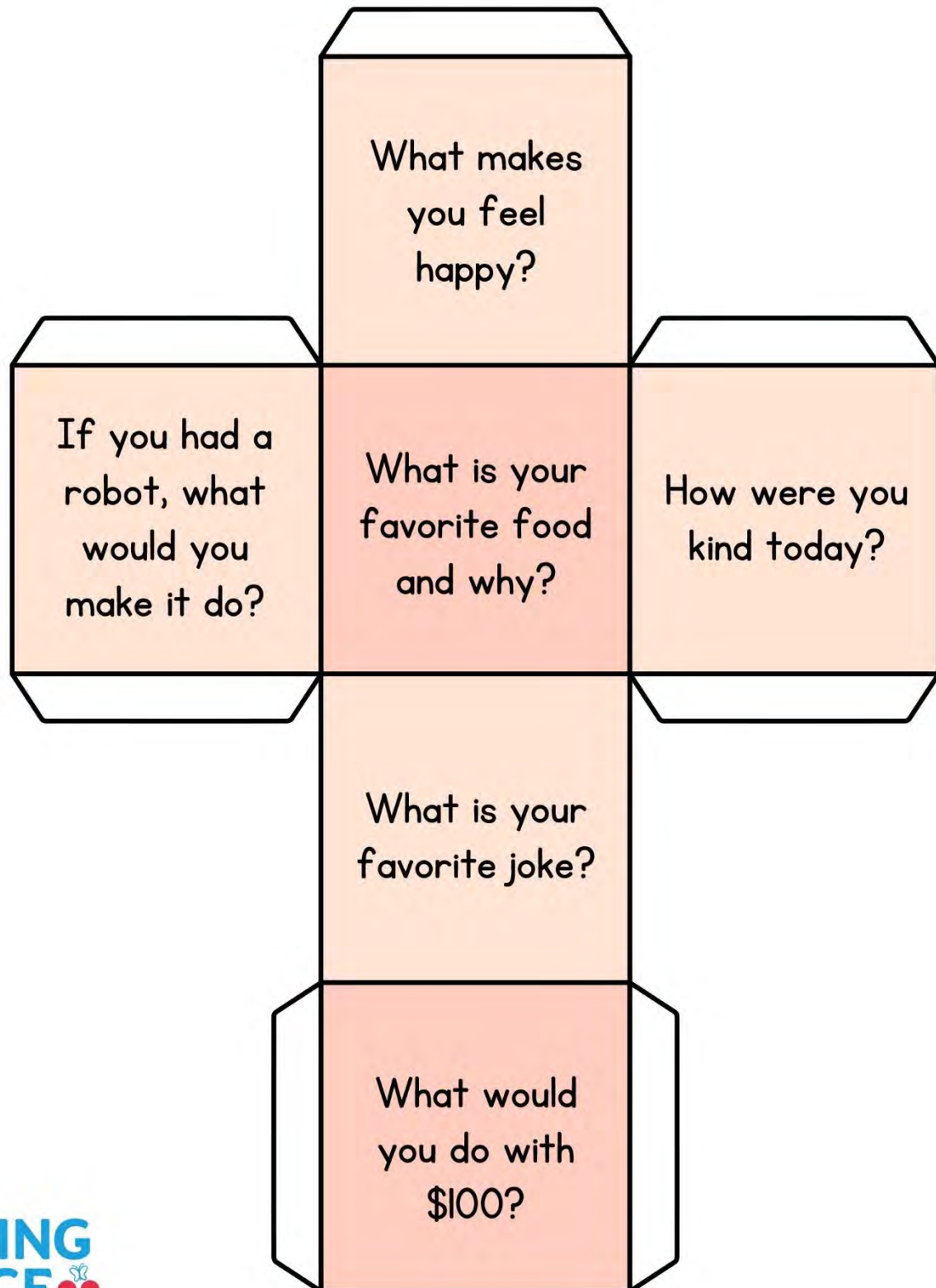
APPENDIX

Chit Chat Cubes	Hidden Pictures—Caring Place Tree
Coloring Sheets—Hearts	Monster Cards
Coloring Sheets—Lightsaber 1	Monster Pieces
Coloring Sheets—Lightsaber 2	My Story worksheet (<i>18 pages</i>)
Coping Tools Checklist	Questions for Q & A activities (<i>9 pages</i>)
Dicebreakers	Sensing My Memories
Grief Island	Tree (bare), for Thumbprint Leaves
The Hand You Were Dealt	Tree (round leaves), for Closing activity
Helping Ourselves When We're Grieving sheet, with Self Care list	Word Search—Caring Place
	Word Search—Feelings



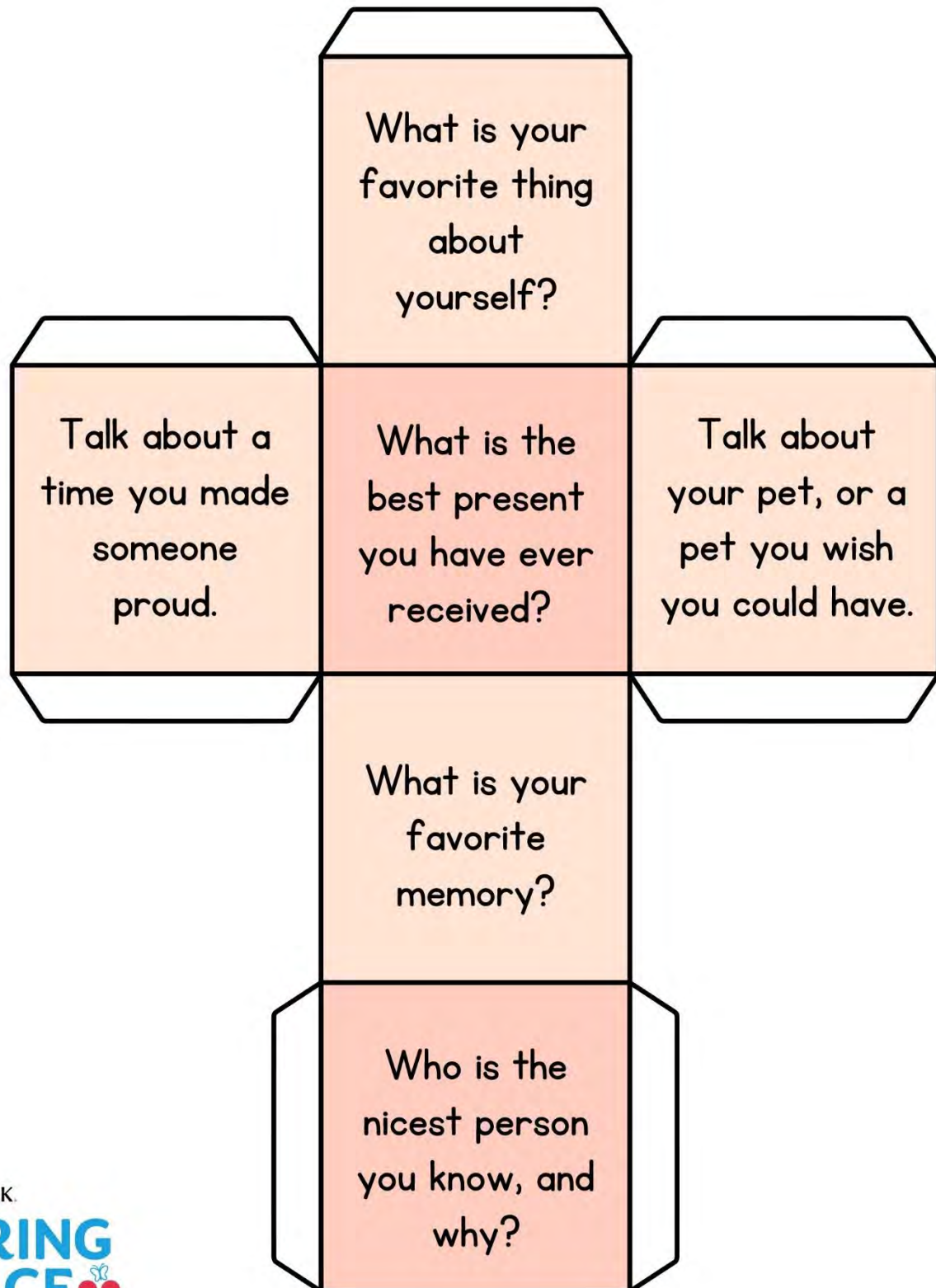
CHIT CHAT CUBE

Use a conversation starters in small and large group settings.



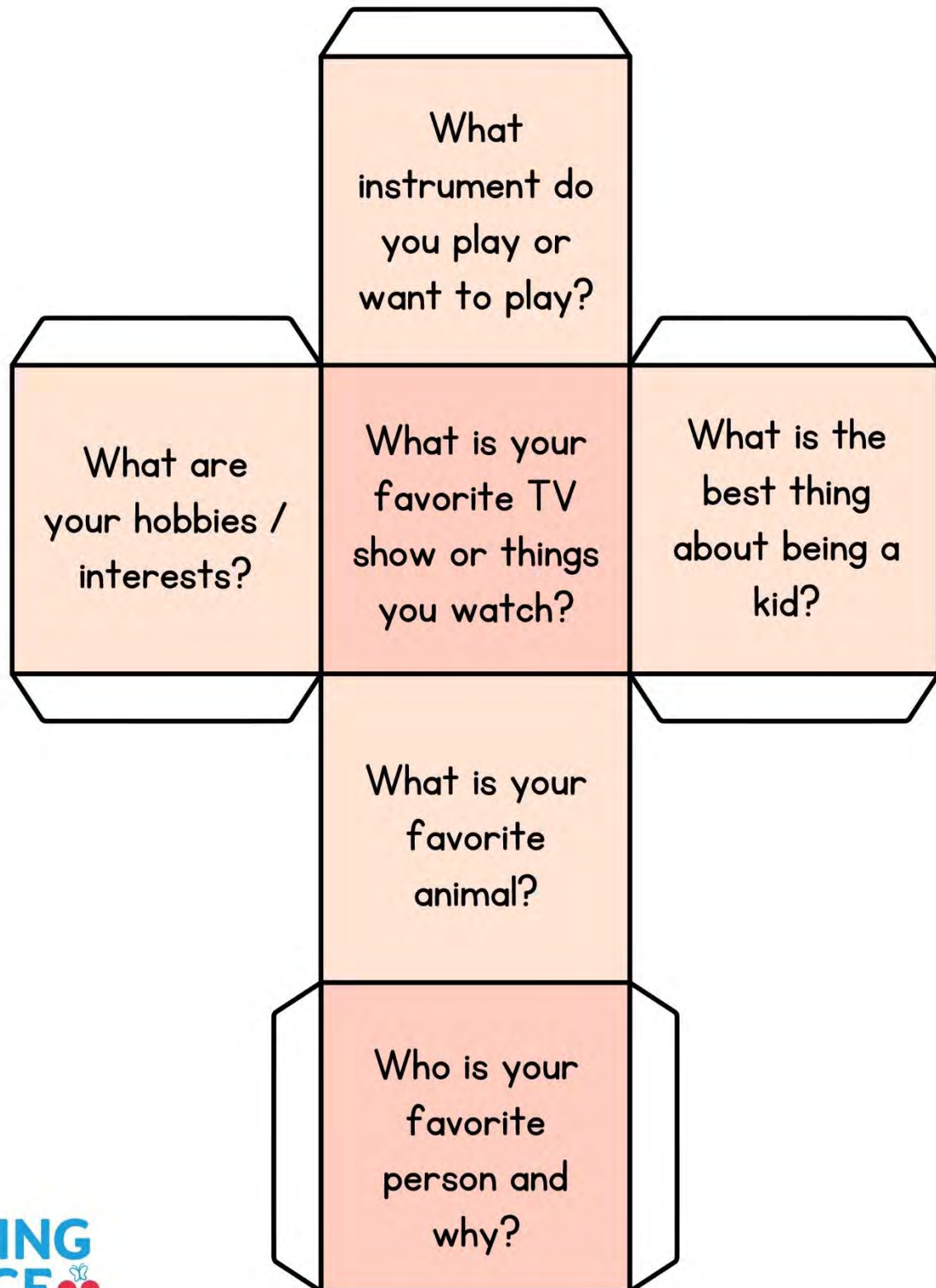
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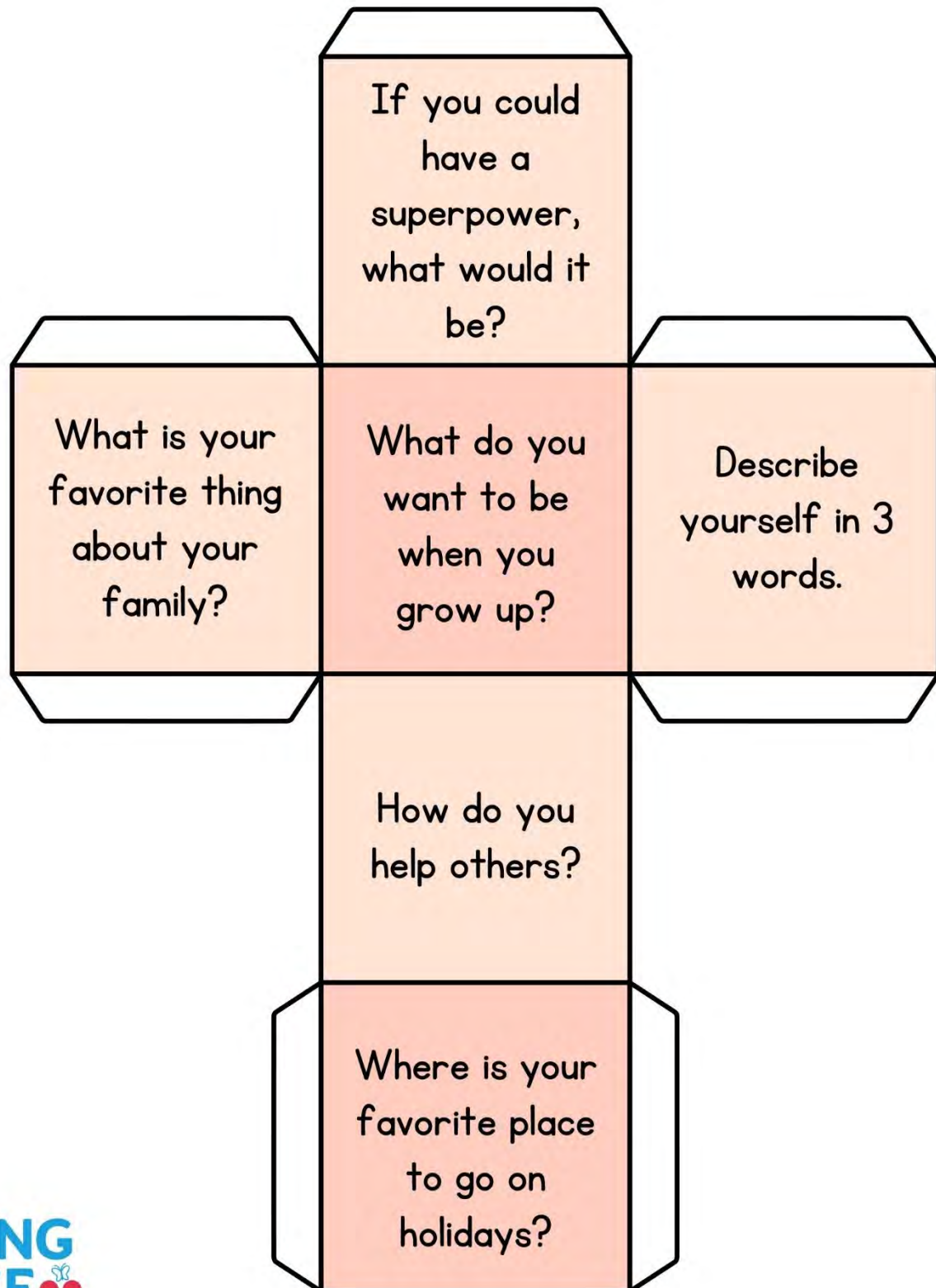
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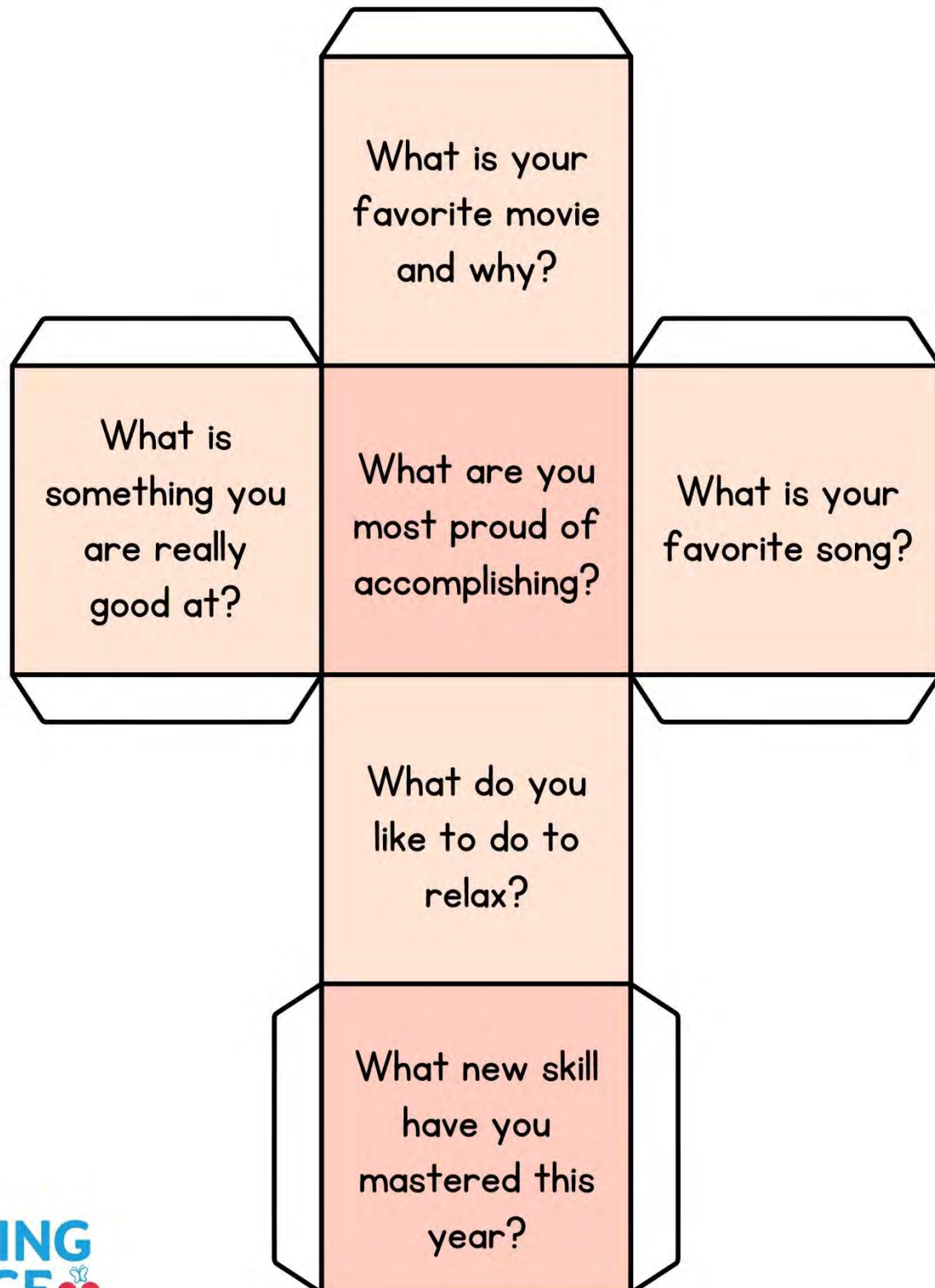
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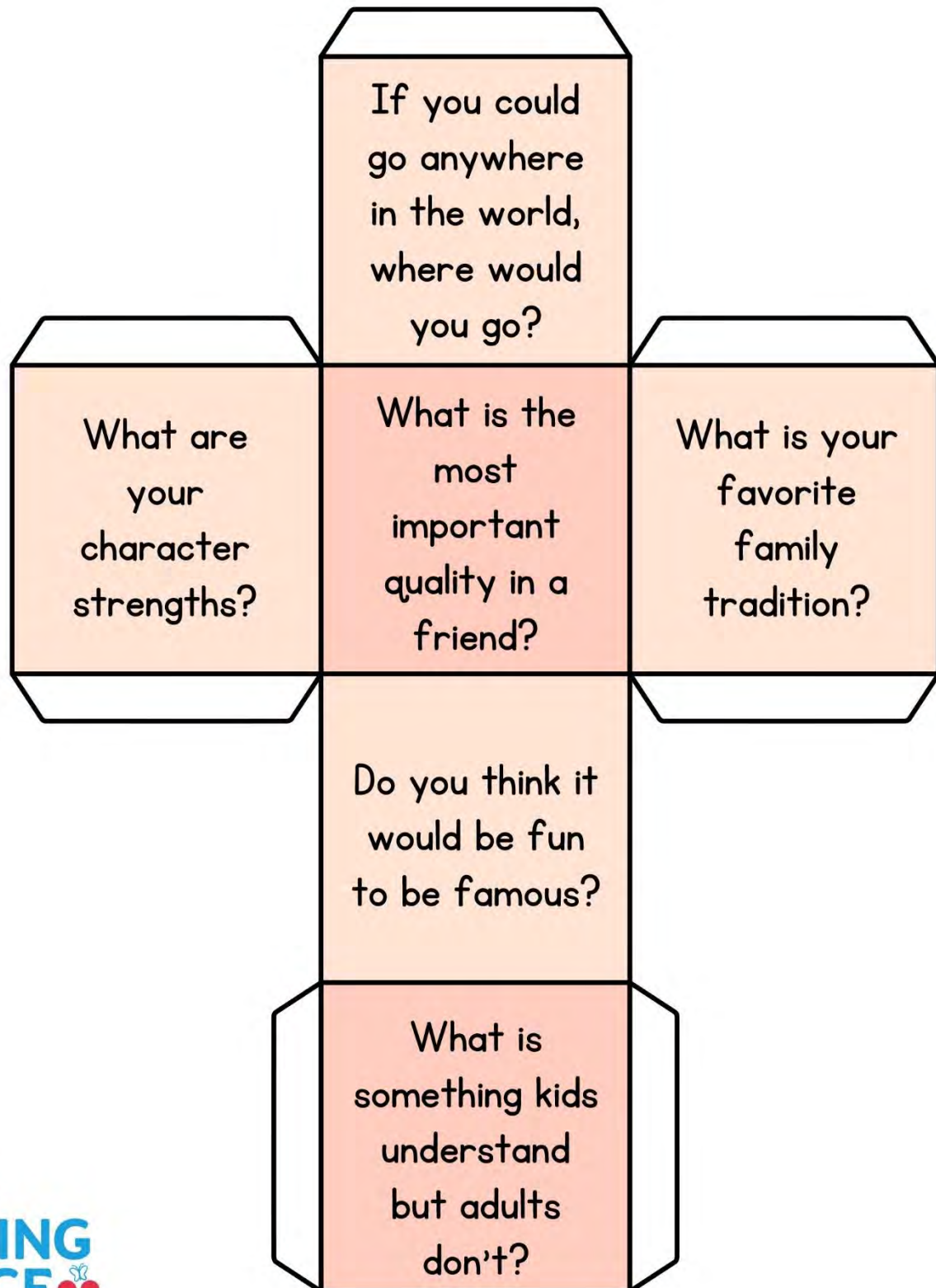
CHIT CHAT CUBE

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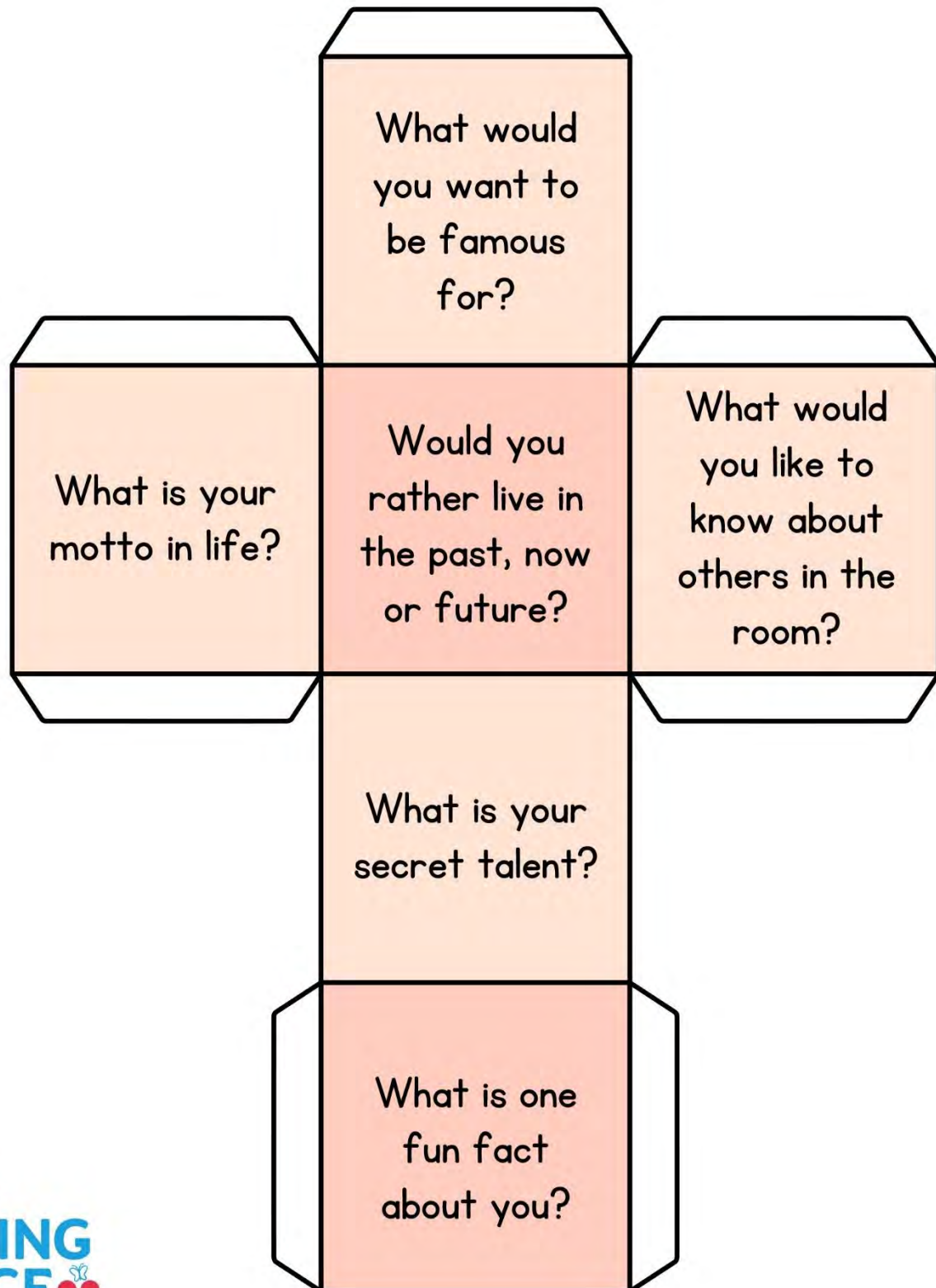
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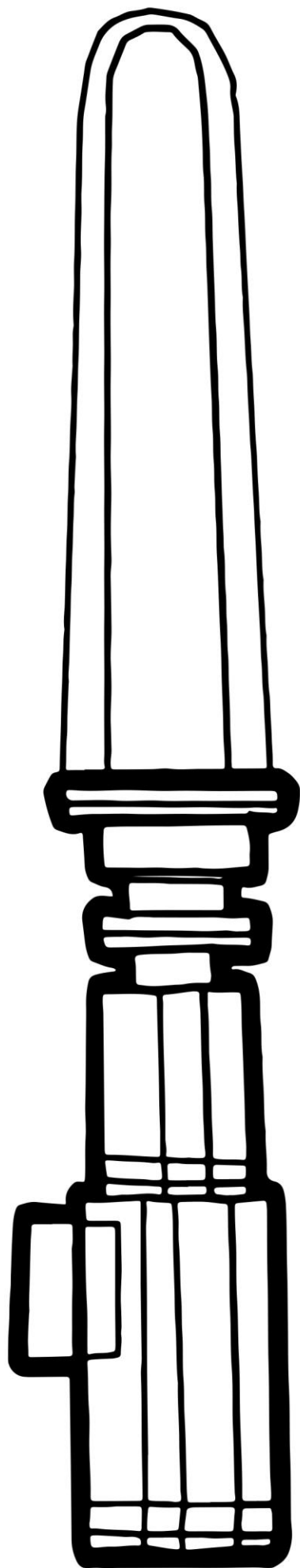


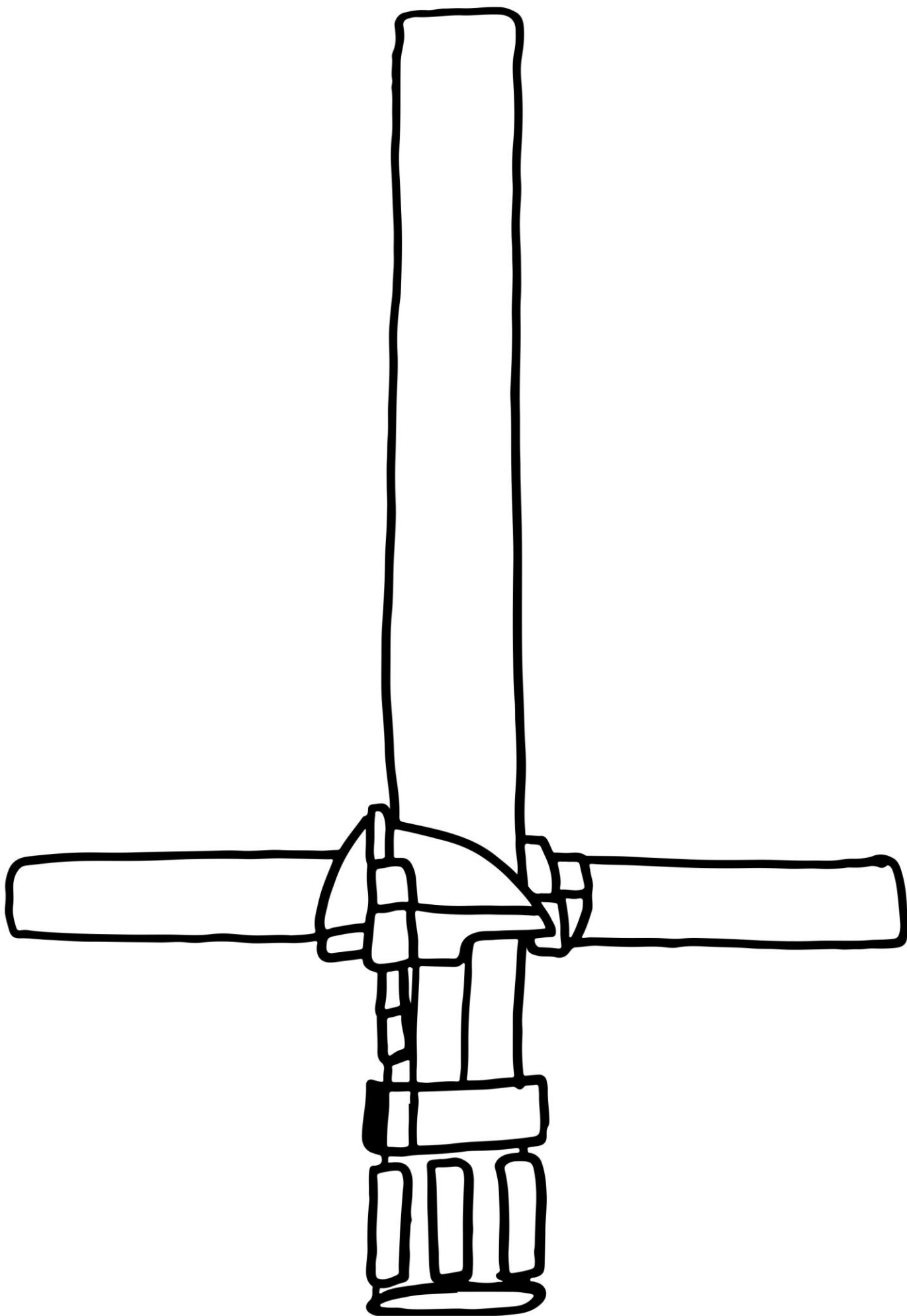
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PARLANCE



finding hope in grief





COPING TOOLS: What Helps Me

- ☐ Read A Book or Magazine 
- ☐ Hug or Climb a Tree 
- ☐ Journal or Write a Letter 
- ☐ Use Kind & Compassionate Self-Talk 
- ☐ Make a Collage or Scrapbook 
- ☐ Rest, Nap or Take a Break 
- ☐ Go on a Hike, Walk or Run 
- ☐ Take Good Care of the Earth 
- ☐ Drink Water 
- ☐ Play a Board Game 
- ☐ Do Something Kind 
- ☐ Make and Play with Slime 
- ☐ Discover Treasures in Nature 
- ☐ Take a Shower or Bath 
- ☐ Exercise 
- ☐ Drink a Warm Cup of Tea 
- ☐ Forgive, Let Go, Move On 
- ☐ Practice Yoga 
- ☐ Garden or Do Yardwork 
- ☐ Jump on a Trampoline 
- ☐ Cuddle or Play with Your Pet 
- ☐ Practice Gratitude 
- ☐ Do a Puzzle 
- ☐ Blow Bubbles 
- ☐ Smile and Laugh 

- ☐ Ride a Bike or Skateboard 
- ☐ Create Origami 
- ☐ Cook or Bake 
- ☐ Ask for Help 
- ☐ Talk to Someone You Trust 
- ☐ Weave, Knit or Crochet 
- ☐ Build Something 
- ☐ Get a Hug 
- ☐ Visualize a Peaceful Place 
- ☐ Stretch 
- ☐ Make Art 
- ☐ Use Positive Affirmations 
- ☐ Take Slow, Mindful Breaths 
- ☐ Clean, Declutter or Organize 
- ☐ Use Aromatherapy 
- ☐ Cry 
- ☐ Try or Learn Something New 
- ☐ Listen to Music 
- ☐ Use a Stress Ball or Other Fidget 
- ☐ Get Plenty of Sleep 
- ☐ Kick, Bounce or Throw a Ball 
- ☐ Take or Look at Photographs 
- ☐ Eat Healthy 
- ☐ Play Outside 
- ☐ Sing and/or Dance 

CARING PLACE

finding hope in grief



Dicebreakers

Roll the dice & then choose a question based on your roll!



**If you roll a 1,
name & explain:**

1. A person you trust
2. A person you look up to
3. A song that inspires you
4. A quote or saying that you love
5. A local place you like to go

**If you roll a 3,
top 3....**

1. Favorite bands or music artists
2. Things you want to learn
3. Things you are proud of
4. Goals for the future
5. Movies or TV shows

**If you roll a 5, ,
finish the sentence...**

1. I love...
2. I am grateful for...
3. I think about...
4. I want...
5. I feel.

**If you roll a 2...
Would you rather? Explain.**

1. Travel in time to the past or future
2. Live in the city or country
3. Have more time or more money
4. Explore outer space or the deep sea
5. Watch a movie or go to a concert

**If you roll a 4,
name 1 thing...**

1. That makes you angry
2. That brings you joy
3. That makes you sad
4. That you are looking forward to
5. That you worry about

**If you roll a 6,
If I could....**

1. Go anywhere in the world, where?
2. Visit any time, what would it be?
3. Learn one skill, what would it be?
4. Have one superpower, what would it be?
5. Have dinner with anyone, who?

Traveling to...



Grief Island



What would you pack?
What would you bring?

Traveling
TO...

Grief Island





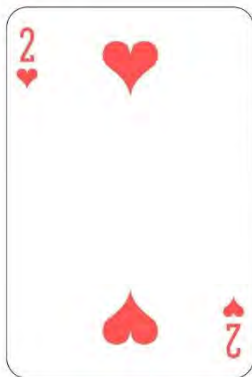
YOUR TICKET TO...

Grief Island



THE HAND

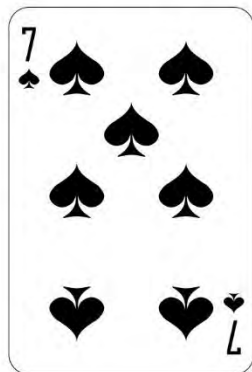
you were dealt



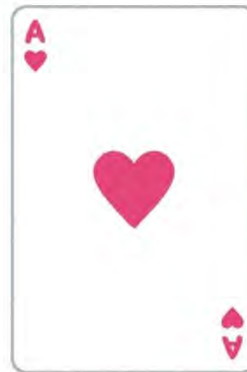
Evens- name something that helps you when your grief feels overwhelming



Face cards- name someone you can talk to or who helps you



Odds- name something that you worry about or a stressor



Aces- name a place you can go to that helps when you are worried or stressed

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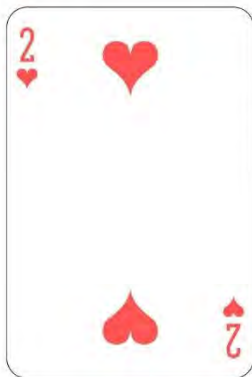
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THE HAND

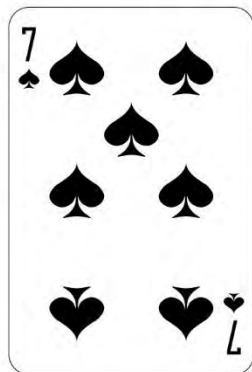
you were dealt



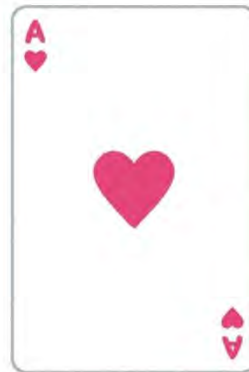
Evens- name something
you like to do in your
free time



Face cards- name
someone who you
look up to or want
to meet



Odds- name
something that you
like to read or watch



Aces- name a place
you love to go to

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CARING PLACE 

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HELPING OURSELVES WHEN GRIEVING

BE INTENTIONAL: ENGAGE IN ACTIVITIES THAT BRING YOU COMFORT



LISTEN TO MUSIC



READ



JOURNAL



HOBBIES & INTERESTS



ARTWORK

PAINT, COLOR, CRAFT, ETC.



SPEND TIME IN NATURE

GO FOR A WALK, HIKE, RIDE YOUR BIKE, GO TO A PARK, ETC.



TAKE A RELAXING BATH OR SHOWER



ACKNOWLEDGE HOW YOU FEEL



FAITH/SPIRITUALITY



MINDFULNESS & MEDITATION



EXERCISE



TIME WITH FRIENDS OR PETS



HEALTHY EATING AND SLEEPING



SEEK SUPPORT

TALK TO TRUSTED FRIENDS, FAMILY MEMBERS, OR A THERAPIST ABOUT YOUR FEELINGS



SELF-COMPASSION

PRACTICE THE SAME KINDNESS AND UNDERSTANDING AS YOU WOULD WITH A FRIEND

(Daily)

SELF-CARE

DATE ____ / ____ / ____

S M T W T F S

CHECKLIST

- | | |
|--|--|
| ☐ CLEAN/ORGANIZE ROOM | ☐ NO PHONE 30 MINS BEFORE BED |
| ☐ SPEND TIME WITH LOVED ONES | ☐ EXERCISE/STRETCH |
| ☐ RECITE A POSITIVE MANTRA | ☐ CALL A FRIEND OR FAMILY MEMBER |
| ☐ EAT A HEALTHY MEAL | ☐ PRACTICE DEEP BREATHING |
| ☐ SPEND TIME OUTSIDE | ☐ WATCH A MOVIE OR SHOW |
| ☐ GRAB YOUR FAVORITE SNACK | ☐ CUDDLE A PET OR STUFFED ANIMAL |
| ☐ TAKE RELAXING BATH/SHOWER | ☐ DO SOMETHING CREATIVE |
| ☐ LISTEN TO MUSIC | ☐ SPEND TIME READING |
| ☐ HAVE A POWER NAP | ☐ SOCIAL MEDIA BREAK |
| ☐ SELF-CARE OF YOUR CHOICE | ☐ SELF-CARE OF YOUR CHOICE |

WORKOUT

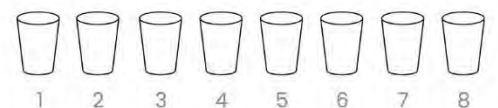
- | | | |
|-------------------------------|--------------------------------|-----------------------------|
| ☐ CARDIO | ☐ WEIGHTS | ☐ YOGA |
| ☐ STRETCH | ☐ REST DAY | ☐ OTHER |

THINGS THAT I AM GRATEFUL FOR

HOURS OF SLEEP (Hours)



WATER BALANCE (Glass)



MOOD





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FIND THESE OBJECTS:



Box



Music Note



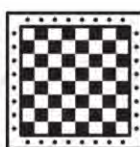
Heart



Pizza



Smiley
 Cookie



Games



Paint
 Brush



Air Hockey Paddle



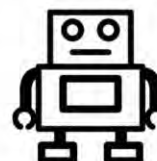
12 Butterflies



Fish



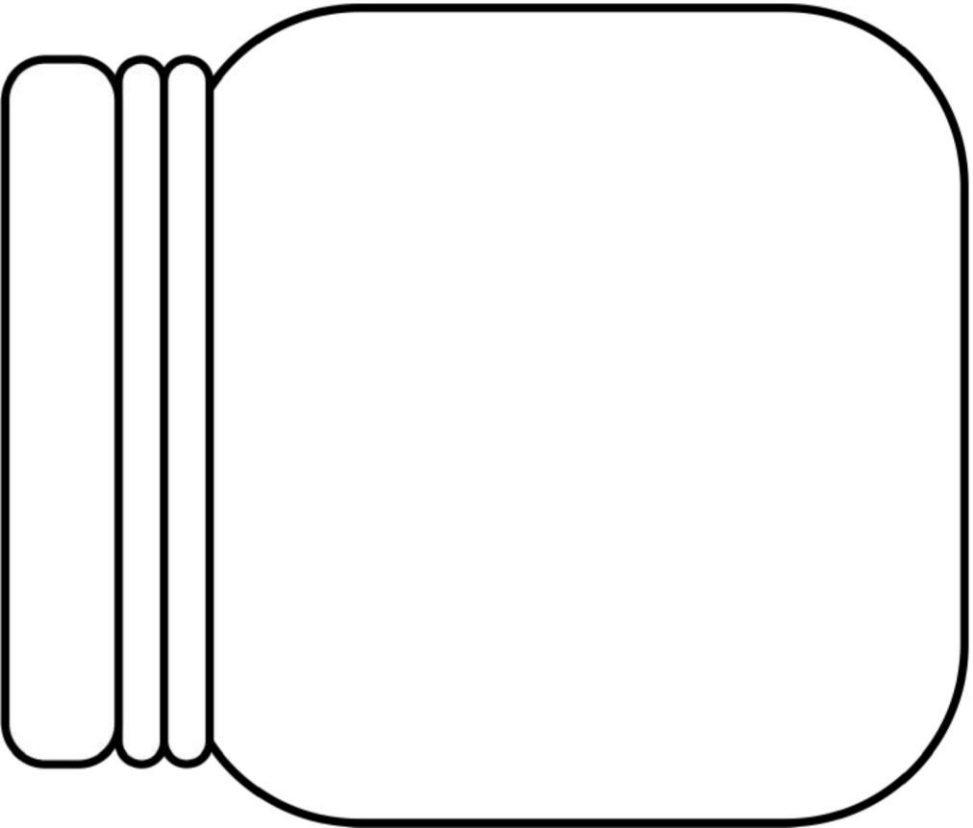
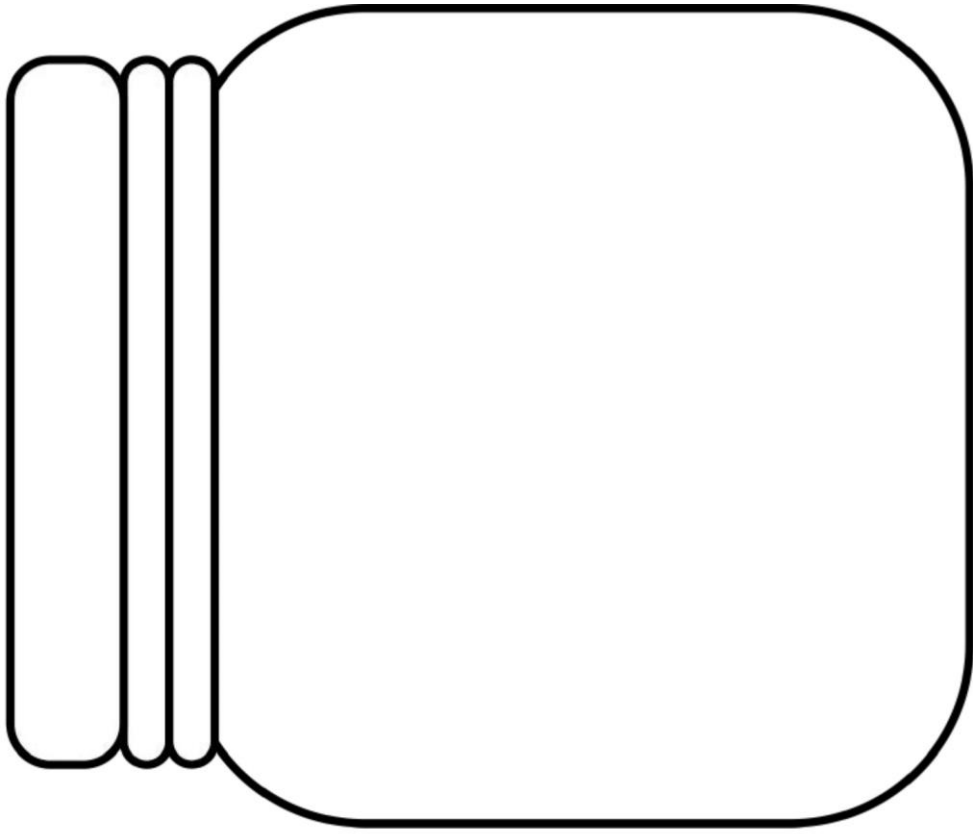
Sewing
 Thread



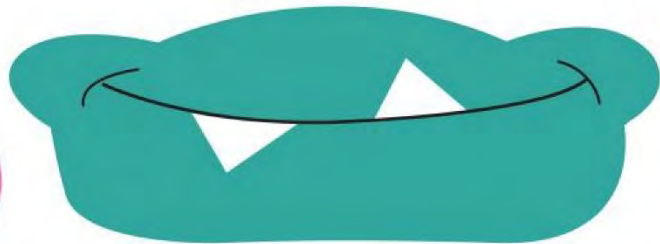
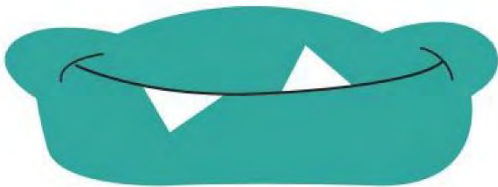
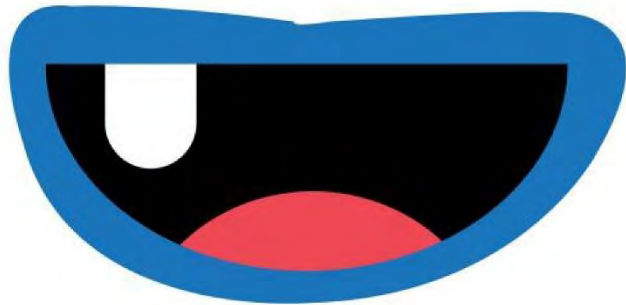
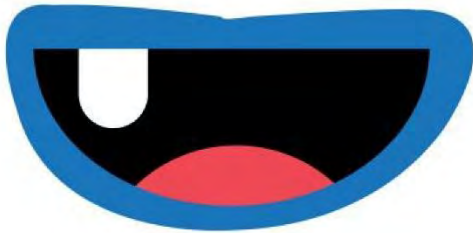
Toy
 Robot



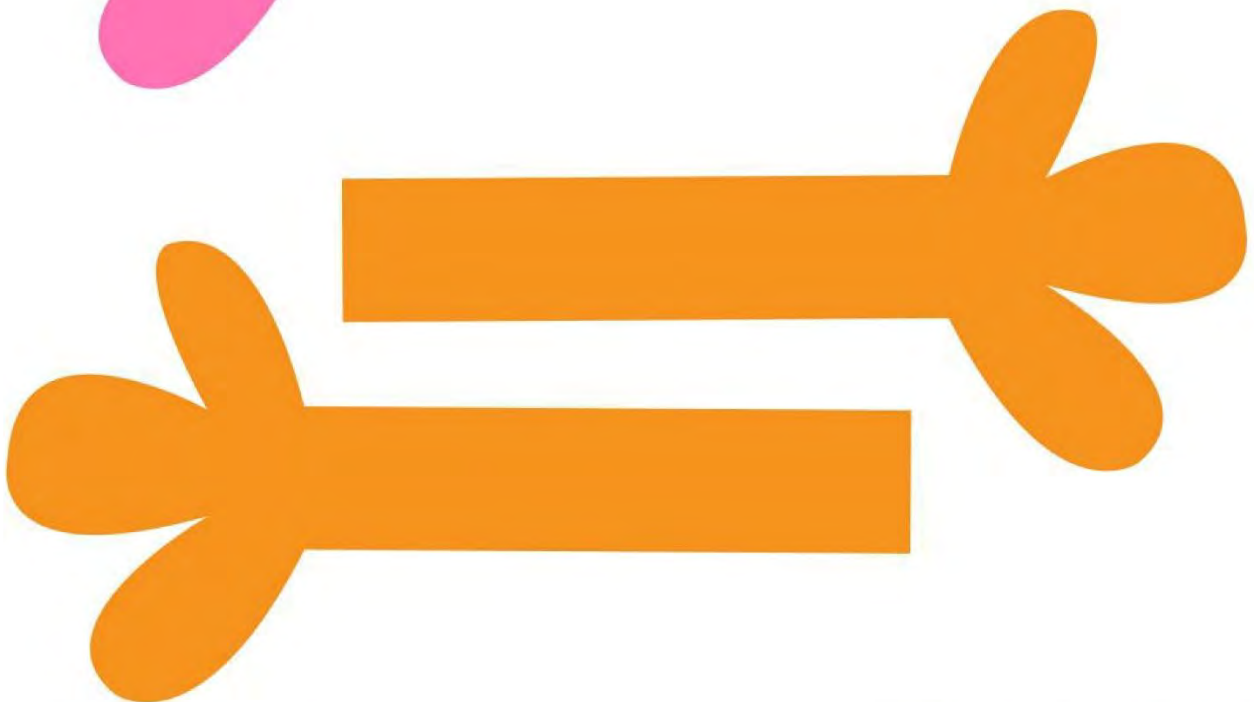
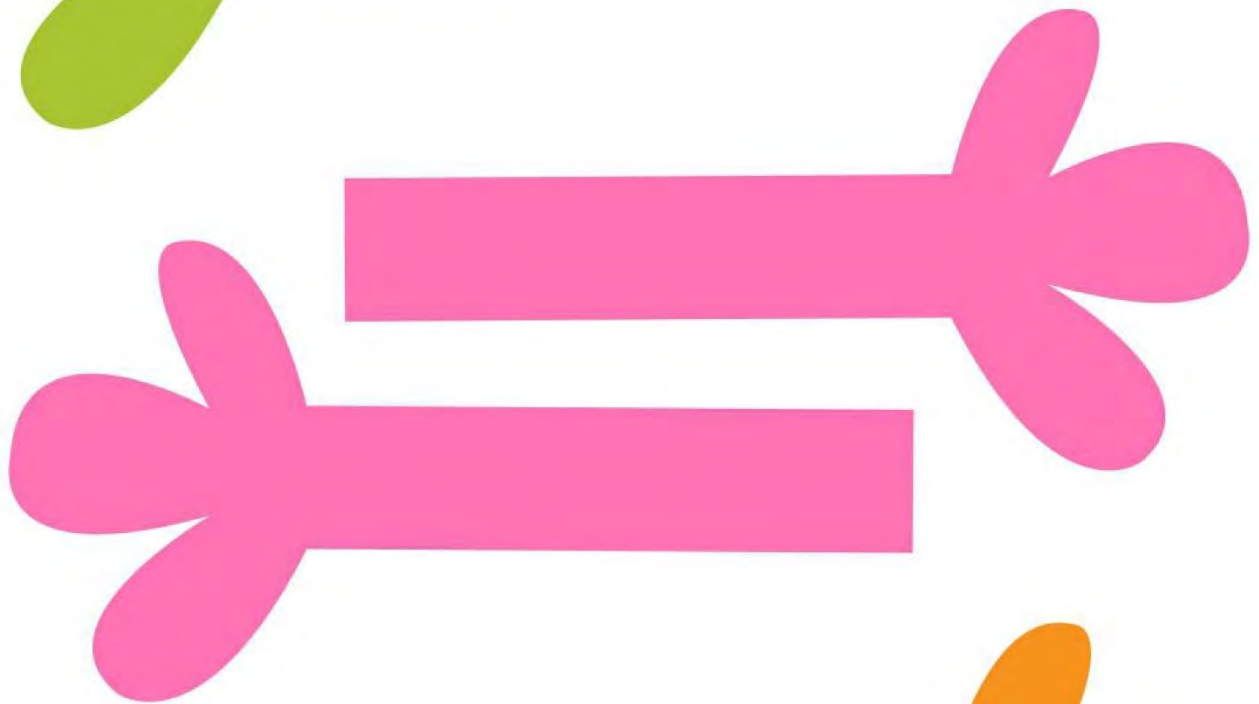
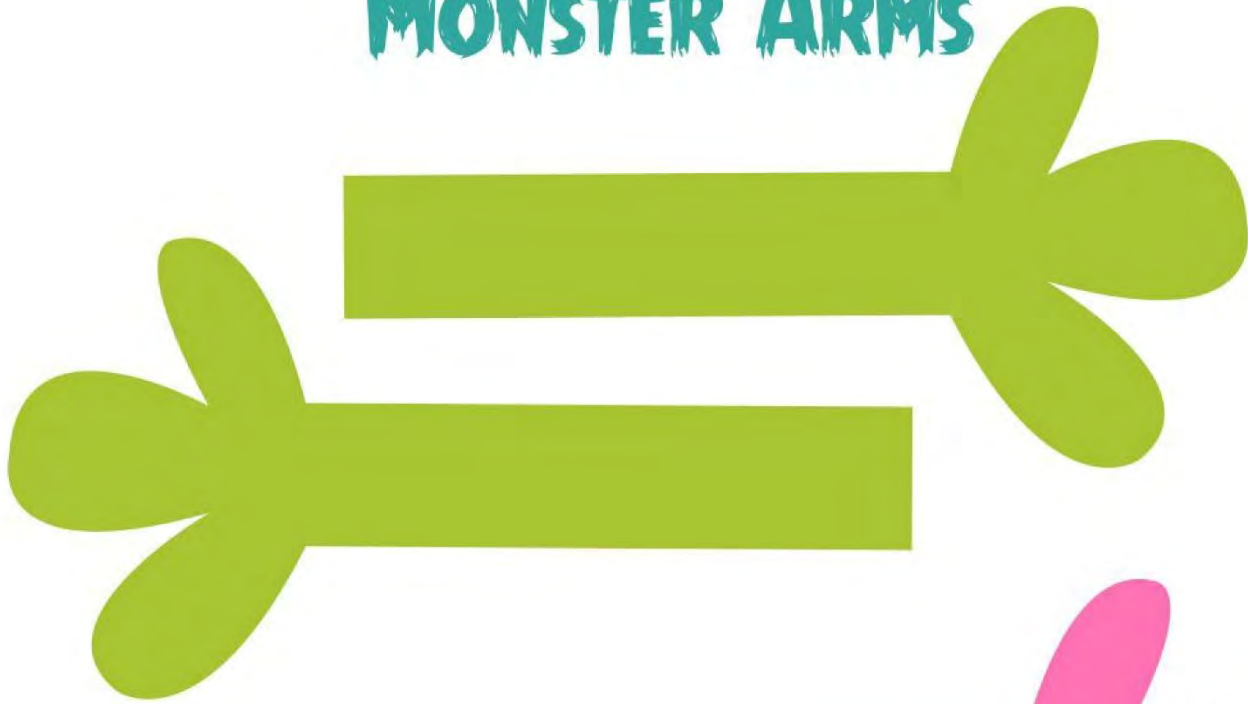




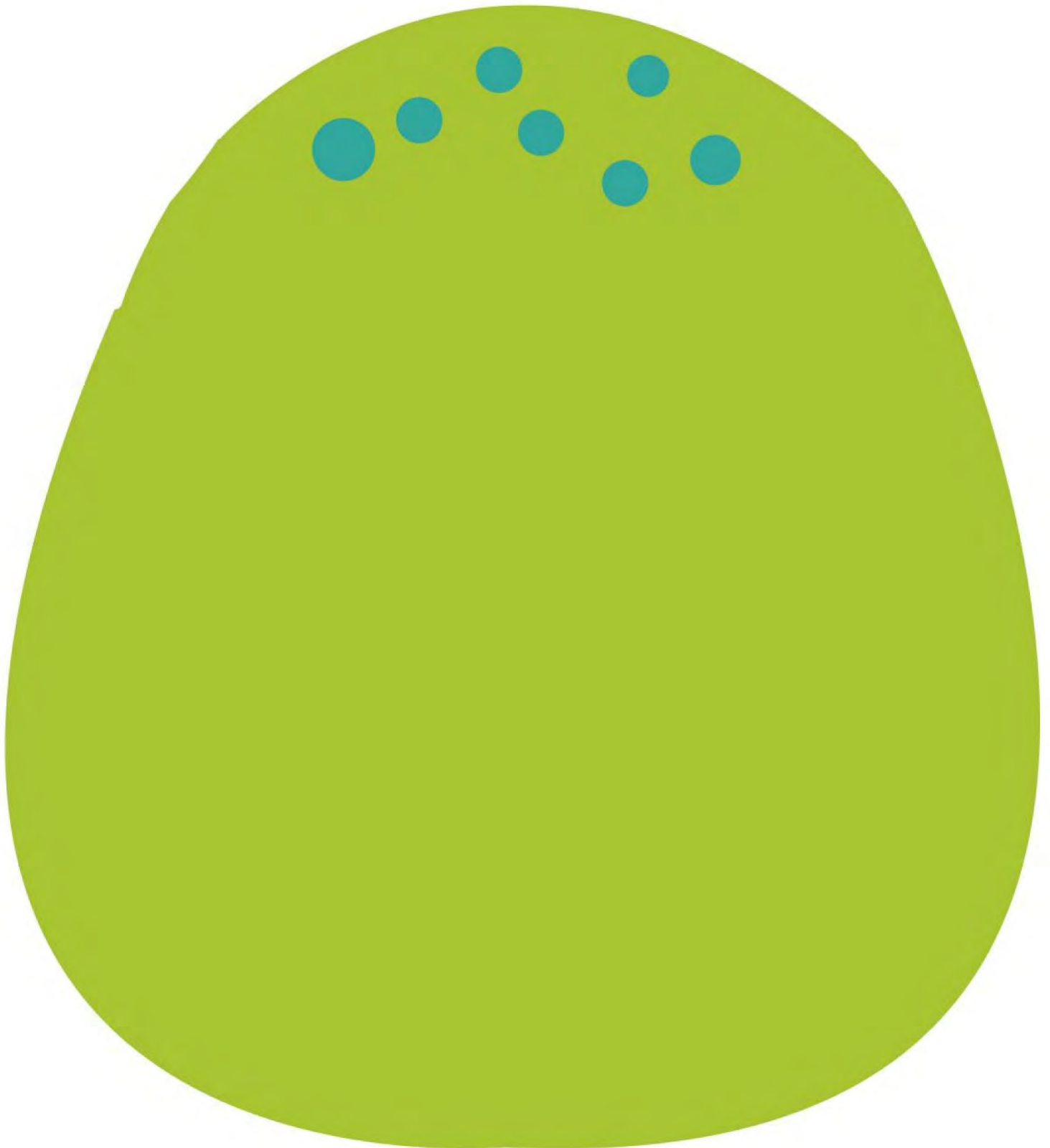
MONSTER MOUTHS



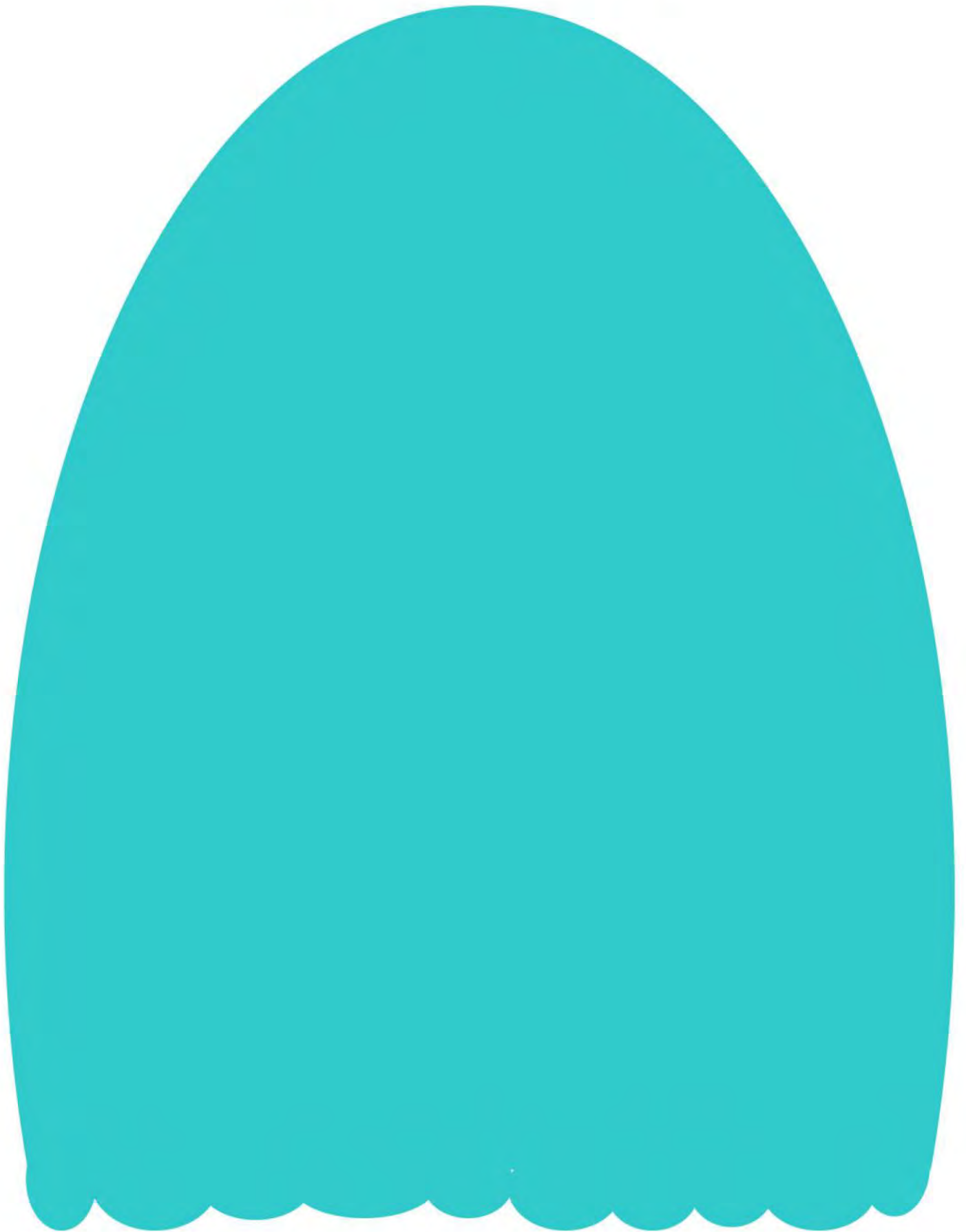
MONSTER ARMS



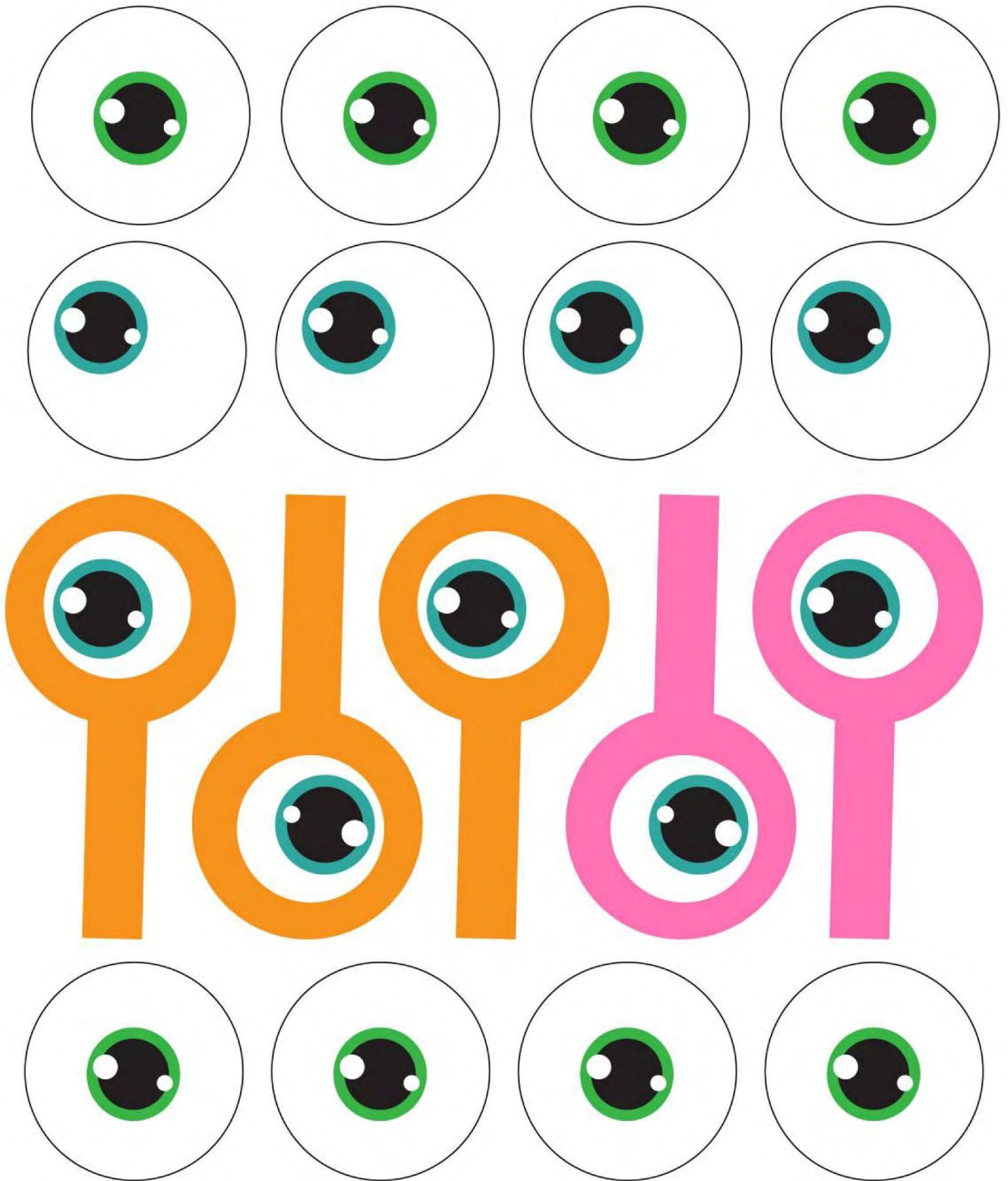
MONSTER BODY



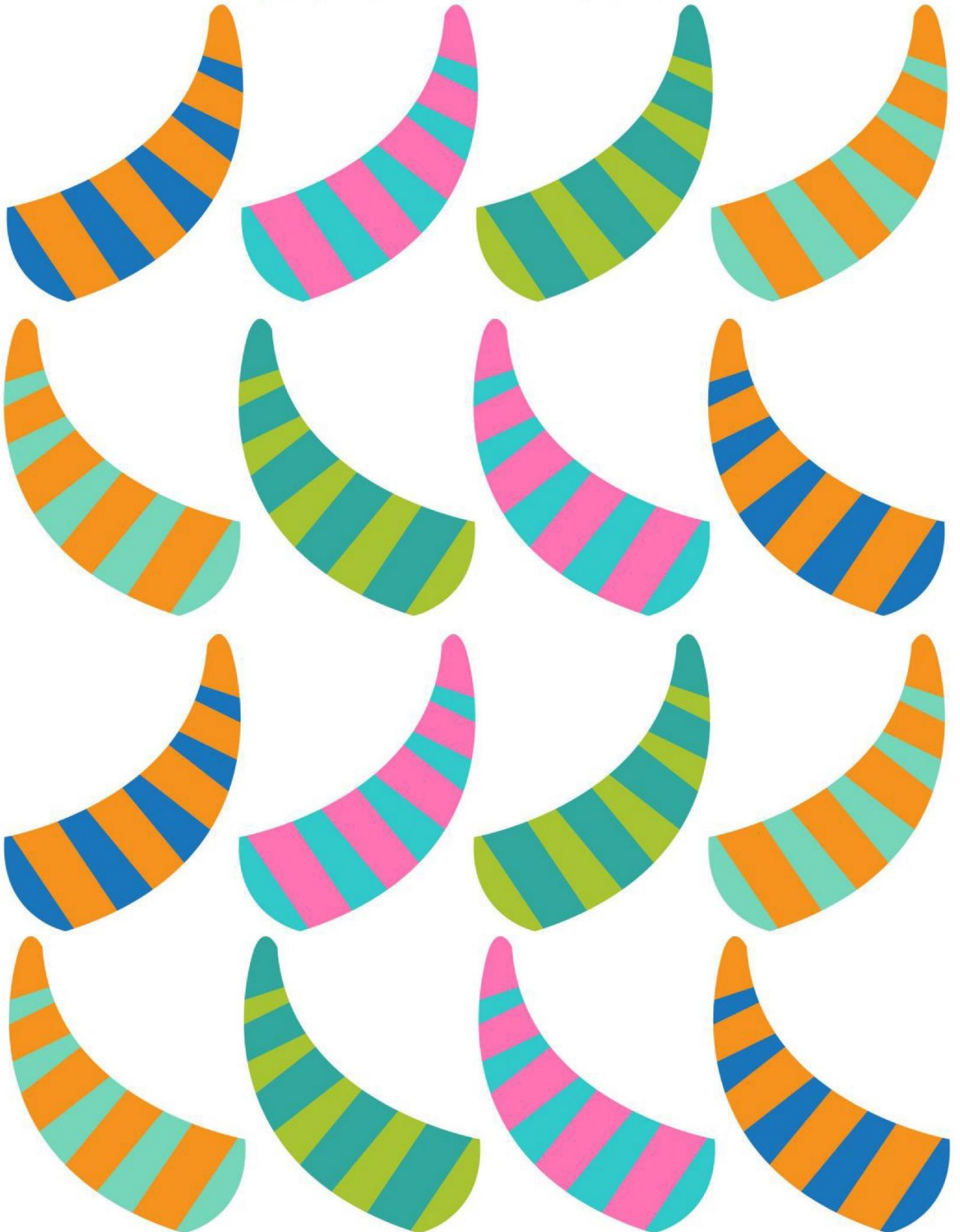
MONSTER BODY



MONSTER EYES



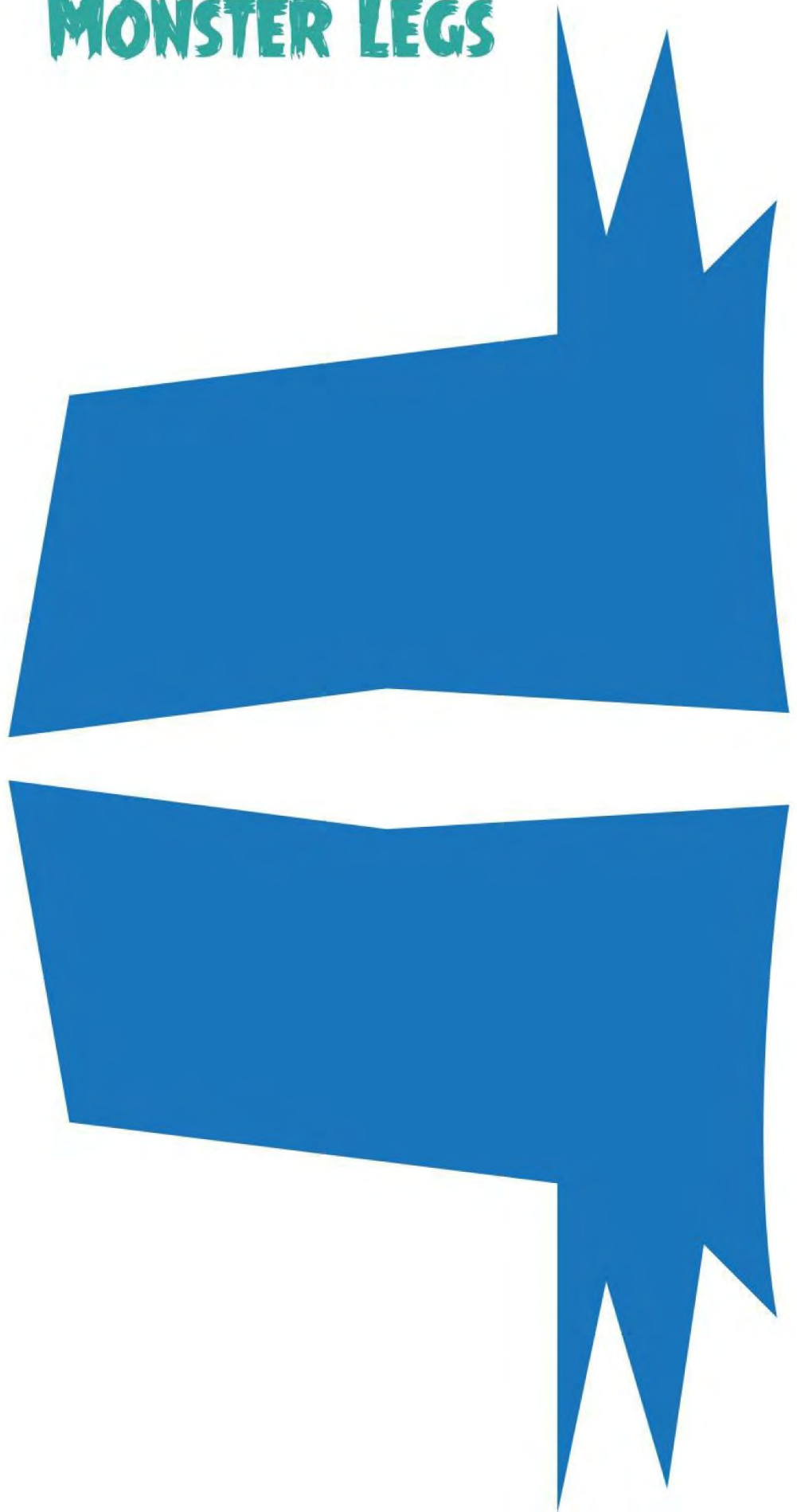
MONSTER HORNS



MONSTER LEGS



MONSTER LEGS



MY STORY:
A BOOK ABOUT
ME AND MY

ALL ABOUT ME!

MY NAME: _____

MY NICKNAME: _____

MY BIRTHDAY: _____

I WAS BORN IN: _____, _____

I GO TO SCHOOL AT: _____

ALL ABOUT MY SPECIAL PERSON!

MY SPECIAL PERSON'S NAME: _____

WHAT I CALLED THEM: _____

MY SPECIAL PERSON'S BIRTHDAY: _____

THEY WERE BORN IN: _____, _____

THEY WENT TO SCHOOL AT: _____

THE DAY MY SPECIAL PERSON DIED: _____

THIS IS WHAT MY SPECIAL PERSON LOOKED LIKE...

MY SPECIAL PERSON HAD _____ EYES

MY SPECIAL PERSON HAD _____ HAIR

THIS IS WHAT I LOOK LIKE...

I HAVE _____ EYES

I HAVE _____ HAIR

OUR FAVORITE THINGS!

MY FAVORITE FOOD: _____

MY SPECIAL PERSON 'S FAVORITE FOOD: _____

MY FAVORITE DESSERT: _____

MY SPECIAL PERSON 'S FAVORITE DESSERT: _____

MY FAVORITE COLOR: _____

MY SPECIAL PERSON 'S FAVORITE COLOR: _____

MY FAVORITE SEASON: _____

MY SPECIAL PERSON 'S FAVORITE SEASON: _____

MY FAVORITE HOBBY: _____

MY SPECIAL PERSON 'S FAVORITE HOBBY: _____

MY FAVORITE MUSIC: _____

MY SPECIAL PERSON 'S FAVORITE MUSIC: _____

MY FAVORITE SPORT: _____

MY SPECIAL PERSON 'S FAVORITE SPORT: _____

MY FAVORITE MOVIE: _____

MY SPECIAL PERSON 'S FAVORITE MOVIE: _____

OUR MEMORIES!

A MEMORY OF SOMETHING FUNNY...

A MEMORY OF A VACATION...

A MEMORY OF A SPECIAL TIME...

EXTRA STUFF!

WHAT I MISS ABOUT MY _____

MY FAMILY:

A LETTER TO MY _____

THINGS THAT ME AND _____ LIKED TO DO TOGETHER

THINGS I WOULD TELL MY _____ IF I COULD

IF I HAD ONE MORE DAY WITH MY _____

THE “GIFTS” I GOT FROM MY SPECIAL PERSON...

QUESTIONS FOR Q & A ACTIVITIES

The following questions can be used in interview-style or question-based activities, adapting them to the group's needs and stage of the grief process. They are categorized for the facilitator's convenience but can be combined flexibly.

This list offers a set of questions suitable for various group settings and adaptable to the specific needs of each group. Remember to always approach these topics with sensitivity and respect.

QUESTIONS FOR GROUP BUILDING

These questions help create a comfortable and supportive environment.

- What is your name?
- What grade are you in?
- Who is in your family? (Are you the oldest, youngest, or middle child?)
- What is your favorite...? (*color, food, animal, sport, season, activity*)
- Do you have a pet?
 - If so, what kind and what is its name?
 - If not, what kind would you like?
- If you could invite three people to dinner, who would they be?
- What makes you laugh?
- What is your favorite kind of music or musical group?
- What are you good at? What would you like to be better at?
- If you were trapped on a deserted island for a year, what three things would you take?
- Where do you like to go on vacation?
- What school do you attend?
- What is your favorite thing to do?
- If you were granted 3 wishes, what would they be?
- If you could compete in the Olympics, what sport would it be in?
- What is your dream job?
- Eliminate one thing from your daily schedule, what would it be and why?
- If you could go anywhere in the world, where would you go?
- If you could go on a road trip anywhere, where would you go and with who?
- If you could learn any skill, what would it be?
- If you could meet anyone from history, who would it be and why?
- What is the weirdest thing you have ever eaten?
- If you were to change your name, what would you change your name to? Why?
- Would you rather kiss a jellyfish or step on a crab?

QUESTIONS FOR GROUP BUILDING (*cont.*)

- Does your name have a special meaning and or were you named after someone special?
- Would you rather be 3 feet tall or 8 feet tall? Why?
- Would you rather be born with an elephant trunk or a giraffe neck?
- Would you rather be missing a finger or have an extra toe?
- What is one truth and one lie about you? Let the others guess which is what?
- What book, movie or video have you seen/read recently that you would recommend? Why?
- What was the best museum/gig/play/game you have ever been to?
- What was the scariest situation you have ever been in?
- What is the most beautiful thing you have ever seen in nature?
- What is the kindest thing that someone has ever done for you?
- What is your funniest family story?
- What two words best describe you?
- Which bad habits of other people drive you crazy?
- If you were running for office what would your campaign slogan be?
- Is there anything you absolutely refuse to do under any circumstances?
- What do you dream about at night?
- What is a weird habit that you have?
- What is the first thing you notice about someone when you first meet?
- What three things do you love about your friends? And three you could do without?
- What is the one thing you can't live without?
- What is your idea for de-stressing?
- If you were a superhero, what would your super-name be? What would your superpower be?
- If you were to write a book about yourself, what would you name it?
- What complement do people give you the most?
- If you had to delete all but three apps from your phone, which three apps would you keep?
- If a theme song played every time you entered a room, what song would you choose?
- If you could have a superpower, but one you couldn't use to help anyone, what would it be?
- Which Disney character is most like you and why?
- What was your favorite cartoon as a kid?
- Who do you wish you could see in concert?
- Who's your all-time favorite YouTuber?

QUESTIONS FOR GROUP BUILDING (*cont.*)

- Have you ever been told you looked like someone famous? If so, who was it? Do you agree?
- If you had the opportunity to visit Mars, would you?
- Thinking over the past week, what's one thing you would have done differently?
- What's the last movie you watched? Give it a brief review.
- What commercial jingle do you find the most annoying?
- What's the scariest thing you did for fun?
- How did you meet your best friend?
- What do you do as soon as you get home from school?
- If you were the eighth Dwarf, what would people call you?
- If you knew you wouldn't fail, what thing would you do?
- What school project are you most proud of and why?
- What emoji is most like you? Why?
- What's your favorite game to play?
- If someone took a candid picture of you, what would they most likely find you doing?
- What's the best piece of advice you've ever been given? Who told it to you?
- What's your go-to "good vibes" song?
- How would you best describe yourself in three emojis?
- Who's the wisest person you know? Who's the wittiest?
- If you could have any animal as a sidekick, what would it be and why?
- If you could only eat one cuisine (Italian, Mexican, etc.) for the rest of your life, what would you pick?
- What's one thing you're proud of accomplishing, no matter how small?
- Describe your perfect Saturday afternoon.
- What's one quality in other people that makes you appreciate them?
- What's the most interesting job that one of your relatives has/had?
- Would you rather have the ability to read minds or be invisible? Why?
- Would you rather travel to the past or the future? What year would you visit?
- Would you rather be a famous actor or a famous musician?
- Would you rather always be too hot or always be too cold?
- Would you rather only be able to whisper or only be able to shout?
- Would you rather win the lottery or land your dream job? Why?

QUESTIONS FOR TELLING THEIR STORY

These questions encourage sharing of experiences surrounding the loss.

- Who died? How did they die? How did you find out?
- Who told you about the death? Did you go to the funeral or memorial service? What was it like? What was difficult about it?
- What was your first reaction to the news? What was your first experience with death? What was your reaction then?
- Describe your feelings when you learned of the death. Where were you? How old were you?
- What happens to the physical body when someone dies? Why do we have funerals?
- What are some things you see at a funeral?
- Tell your story about the death, including what happened and how you felt.
- How did your special person die?
- If you attended a funeral/memorial service for your person, tell the group about it. If not, how did you feel about not going or not having one?
- Did you feel the person who told you about the death did it in a way you could understand?
- What has been the hardest thing since your person died?
- When you first learned about the death, did it feel real to you?
- How did other people in your family or community react to the death?

QUESTIONS FOR IDENTIFYING AND EXPRESSING FEELINGS

These questions help participants acknowledge and articulate their emotions.

- How are you feeling now?
- What makes you happy/sad/angry?
- What are some ways to express anger?
- What do you worry about? What are your fears now that the person has died?
- What are some things you do to feel better?
- What is the hardest thing about... (*school, life at home, etc.*) since the death?
- What are the feelings you had when told that your family member died?
- Do you have any regrets?
- There are many feelings we have when a loved one dies. Can you name some?
- When you think about all the things your loved one won't be here for, how does it make you feel?
- What makes you angry about someone dying?
- Do you worry about what your life is going to be like now?
- If you could describe your grief in one word, what would it be?
- What is the most confusing feeling you've had since the death?
- Do you ever feel guilty about things related to the person who died (*things you did or didn't do, said or didn't say*)?
- Is there a time of day, or a place, where your feelings of grief are strongest?
- Do you ever feel like you should be feeling something different than what you are? (*for example, "I should be over this by now"*)
- What is something that brings up strong emotions for you, reminding you of the loss? (*for example, a song, a smell, a place*)
- How has this loss affected your ability to feel joy or happiness?
- Have you noticed any changes in your physical health that might be related to your grief? (*for example, changes in sleep, appetite, energy levels*)
- Do you ever feel lonely, even when you're around other people?
- Have you found any healthy ways to cope with the difficult emotions of grief? If so, can you share?
- What are some things you do to distract yourself from feeling sad or upset? Are these helpful, or do they just delay the feelings?
- What's one emotion you are experiencing now and how are you moving through that feeling?
- Is it easy or difficult for you to talk with people about your loss, or emotions?

QUESTIONS FOR SHARING MEMORIES AND CONTINUING BONDS WITH THE PERSON WHO DIED

These questions focus on remembering and cherishing the person who has died.

- Share a memory of the person who died. What is your favorite memory?
- What did you like to do with the person who died? What do you miss most?
- What do you want people to remember about them?
- What song reminds you of them?
- If you could create a memorial plaque, what would it say?
- What was one of their favorite things (*food, place, holiday, color, item*)?
- What did you like to talk about with them?
- Do you have a favorite picture of them? Tell us about it.
- What is something you'd like to tell them? If they were here now, what would you say or do?
- What did they teach you?
- What are some things that help you remember them?
- What did you like to talk about with the person who died?
- Do you have a favorite picture of the person who died? Tell us about that picture.
- What do you miss most about the person who died?
- How do you feel when you think about the person who died?
- If your person who died were here now, what would you say or do?
- What are the things that help you remember your family member?
- Do you agree that although the person died, the memories will always be with you?
- Did they have a special saying or phrase they used to use?
- What's a time they made you feel really proud or loved?
- Did they have any unique talents or skills?
- Was there a particular place they loved to go, or that was special to both of you?
- Did they collect anything? If so, what?
- What kind of stories did they like to tell?
- If you could spend one more day with them, what would you do?
- What's a time they helped you through a difficult situation?
- What's something you wish you had asked them, but didn't get the chance?
- What's your first memory of this person?
- What smells make you think of this person?
- Did this person influence the person you are today? How so?
- In your opinion, what was the best thing about the person who died?

QUESTIONS FOR HELPING UNDERSTAND WHO THEY ARE AFTER THE LOSS

These questions explore changes and adaptations following the loss.

- How have you changed since the death? How have the people around you changed?
- What is different about you/at home since your loved one died?
- What are some things that change after a family member dies?
- How has your view of the future changed? What are your goals now?
- What have you learned about yourself since experiencing this loss?
- Have your relationships with other family members or friends changed? If so, how?
- Has your perspective on what's important in life shifted?
- Are there any new activities or interests you've explored since the death?
- How has your sense of safety or security been affected?
- Have you discovered any new strengths or coping mechanisms?
- Have you experienced any moments of personal growth or resilience?
- What parts of your daily schedule changed? What are you no longer doing? What did you replace it with?
- Did your sense of values shift? In what ways?

QUESTIONS FOR MAKING MEANING OF THE LOSS

These questions focus on finding meaning and maintaining connections to the person who has died.

- What is hard to understand about death?
- Where do you believe your loved one is?
- What is something you are learning that will help you in the future?
- What is one thing you will always remember about being here?
- What might you say or do when you learn of another person's loss?
- Are there things about your person who died that you will always take with you? (Not necessarily tangible objects but things they said, did, times you shared, etc.).
- What's your favorite thing that belonged to them?
- How can you keep the memory of this person alive in your life? What rituals or traditions can you create?
- In what ways can you honor the values and beliefs they held?
- Are there any causes or organizations you can support in their memory?
- How can you incorporate the lessons they taught you into your own life?
- Can you imagine them as a guide or source of strength for you in difficult times?

- Do you think they would want you to be happy? How can you pursue happiness while still honoring your grief?
- Is there a way to create a memorial or tribute to them, such as a scrapbook, photo album, or piece of art?
- Do you feel their presence in certain places or moments? What does that feel like?
- How would the person who died like you to think about him or her?
- What impact did this person have on your life? What impact are they still having on it?
- What values and character traits did you get from your person who died?

QUESTIONS FOR LIVING ON THE GRIEF SPIRAL

These questions address ongoing coping and adjustment.

- What has been hard for you since the death?
- How are you feeling today?
- What is your favorite thing about this group?
- What are some ways to show people you love them?
- What might you anticipate your grief to be like in a year or two?
- What special days might be difficult? What might you do to make them easier?
- What coping mechanisms have you found helpful in managing your grief? What haven't been helpful?
- What does a "good" day look like for you now? What does a "bad" day look like?
- How are you navigating holidays, birthdays, anniversaries, and other significant dates?
- What activities bring you joy or a sense of peace?
- Have you been able to find any new sources of meaning or purpose in your life?
- How has it felt getting through celebrations such as birthdays without your loved one?
- Where is a comforting or special place that can you travel to in your area?
- Is there anything new or unique that is giving you strength?

QUESTIONS FOR DEVELOPING COPING SKILLS AND SUPPORTS

These questions address support systems and coping strategies.

- What supports do you have? Who are the people you can talk to?
- What have people said that has been helpful/hurtful?
- What has helped you cope with the loss?
- Where do you feel safe?
- What did people say when your family member died? What was helpful or unhelpful?
- Someone I can always talk to about feelings is....
- What are some specific things you do to take care of yourself when you're feeling overwhelmed by grief?
- Have you tried any relaxation techniques or mindfulness exercises? Have they been helpful?
- Do you find comfort in creative outlets, such as writing, art, music, or dance?
- Do you have any trusted adults in your life, such as teachers, counselors, or mentors, who you can turn to for support?
- Are there any activities or hobbies that you find particularly soothing or enjoyable?
- What strategies have helped you manage difficult emotions, such as anger, sadness, or guilt?
- Are there any people in your life who are particularly good listeners or who offer helpful advice?
- If you could create a "support toolbox" to help you through difficult moments, what would you put in it?
- Have you explored any books, articles, or podcasts about grief and loss? Were any of them particularly helpful?
- What does self-care mean to you, and how can you incorporate it into your daily life?
- Are there any healthy distractions that help you take your mind off your grief, even if just for a little while? (e.g., watching a movie, reading a book, spending time with friends).
- Can you think of a time when you successfully navigated a challenging situation? What strategies did you use then that might be helpful now?
- Would you prefer support that is proactive (e.g., someone checking in on you) or that is reactive (you reaching out when you need help)? Why?
- If you could design the perfect support system for yourself, what would it look like?



Sensing my memories

Write or draw ways you remember your person through your five senses.

Things I can see:



Things I can hear:



Things I can smell:



Things I can taste:



Things I can touch:





I am here for you
You are here for me
We are here for each other



I am here for you
You are here for me
We are here for each other



HIGHMARK.

**CARING
PLACE**

finding hope in grief

CARING PLACE

finding hope in grief *word search*



F A N Z F O S E H I G X E T E K T C R R O U J R Y
 S X C L C U D N J L Y J B N F P U G M I X J T T W
 A E J T P X C F K R S F K L Q V G M U Q U T R Z Y
 I B I P I Y K O Y D U U F K J T V B R K H A Q Y U
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 Q R I P O E I K Q X F Y E X E R X G F H R U T E Z
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 P S G M M F W I G I R E H I H E S F X W C F R B G
 N N E Q W H G N V M U E R S L S F E Q I C V L A Z
 M M M A A H U V D S S F J O T Y W T R G O A W O R
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activities
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quilts
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 volunteers
 blue
 shirts

cookies
 forum
 heart
 pizza
 together

butterfly
 families
 friends
 kids
 pledge

smile
 tree

Find the words
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 the word search
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E U L B E E X E P S H T I C F A M I L I E S W P U
Q M E P W T S D T C O F Z J M N P B U H X E N N G

CARING PLACE

finding hope in grief

feelings word search

Q	O	F	E	G	G	J	N	Z	L	D	D	L	D	Q	N	Z	A	K	J
F	H	E	H	H	N	D	J	N	Q	E	U	I	T	W	L	A	G	J	D
V	E	A	H	N	I	C	V	G	S	F	H	T	Z	N	S	Q	M	Q	E
B	H	R	N	A	R	A	M	U	Y	I	O	G	K	H	E	V	A	P	R
V	T	F	X	M	A	M	F	O	I	L	N	Y	A	P	T	D	R	I	A
A	T	U	N	H	C	N	J	H	Y	I	C	M	E	V	J	V	Q	J	C
M	M	L	Z	E	O	X	W	K	T	J	E	A	L	O	N	E	L	Y	S
R	L	M	Q	C	R	L	S	S	D	D	C	U	R	I	O	U	S	Z	T
J	A	A	F	O	Y	V	U	G	M	E	N	H	X	E	J	F	N	U	K
H	J	N	C	S	V	R	O	F	F	E	G	Y	W	R	R	N	H	X	Y
D	A	N	G	I	T	A	O	U	E	R	P	W	A	U	V	U	K	H	H
K	K	M	O	R	H	N	L	W	S	P	B	O	S	C	P	M	K	Z	J
F	C	Y	X	K	Y	X	F	J	O	R	O	T	B	E	M	B	B	B	R
E	V	A	R	B	C	I	M	C	M	R	R	H	S	S	B	C	V	K	E
O	T	N	J	A	T	O	Y	T	E	A	R	V	K	N	G	D	I	N	B
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N	A	V	M	J	N	N	C	T	V	V	L	F	Y	P	P	A	H	K	Q
X	L	Y	Z	J	S	O	O	Y	Z	N	Q	S	F	S	D	T	N	R	W

angry
anxious
ashamed
brave
calm
caring

confused
curious
empty
fearful
frustrated

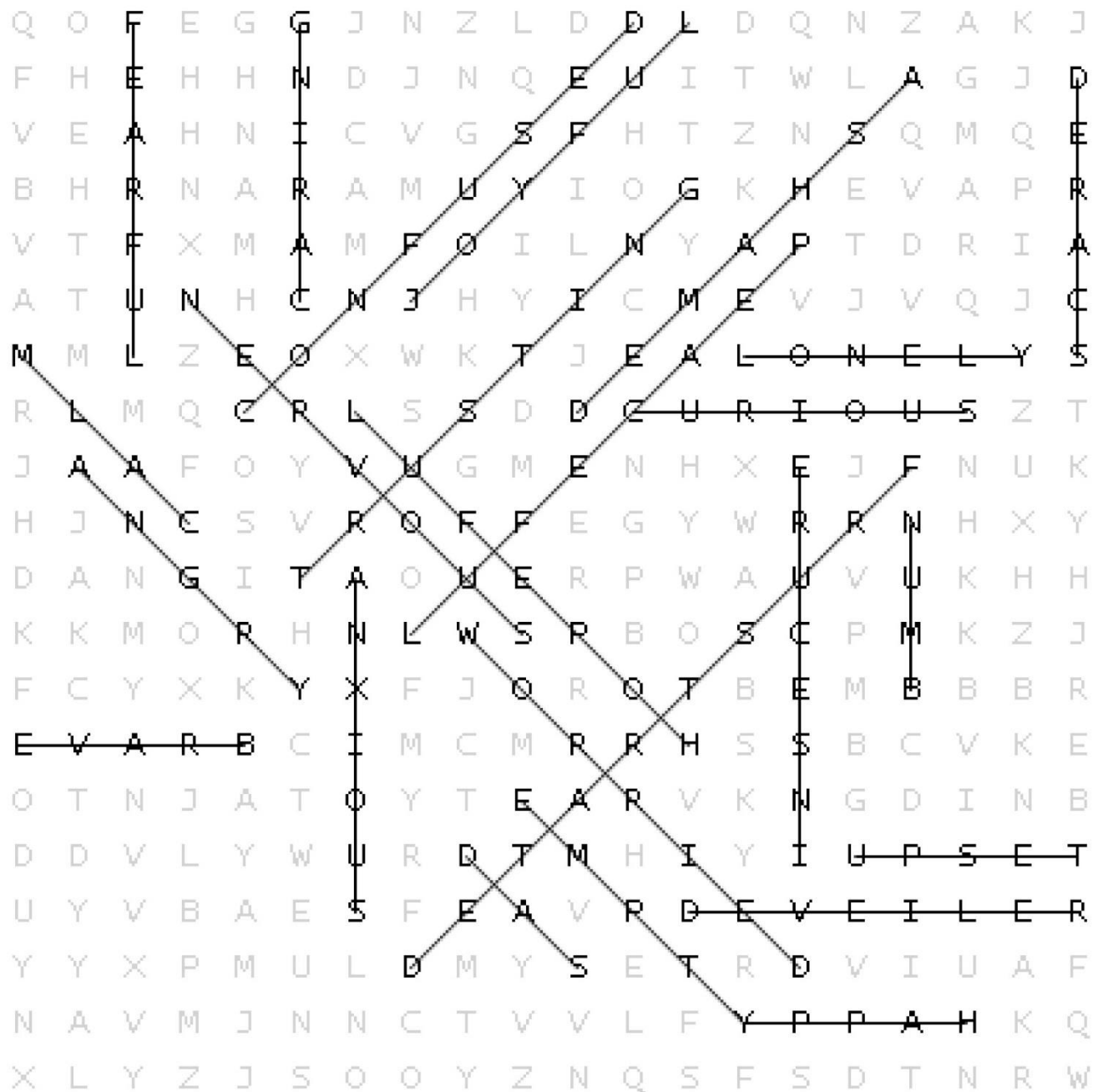
happy
hopeful
insecure
joyful
lonely

nervous
numb
peaceful
relieved
sad

scared
trusting
upset
worried

Find the words
to the left in
the word search
above!

Answer key- Feelings Word Search



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CARING PLACE 

finding hope in grief

COMPASSION IN ACTION

Activities for Finding Hope in Grief

