



Journeys in the Spirit

Children's work

Additional resources 82.A

Gather

Pictures of feelings



Happy



Angry

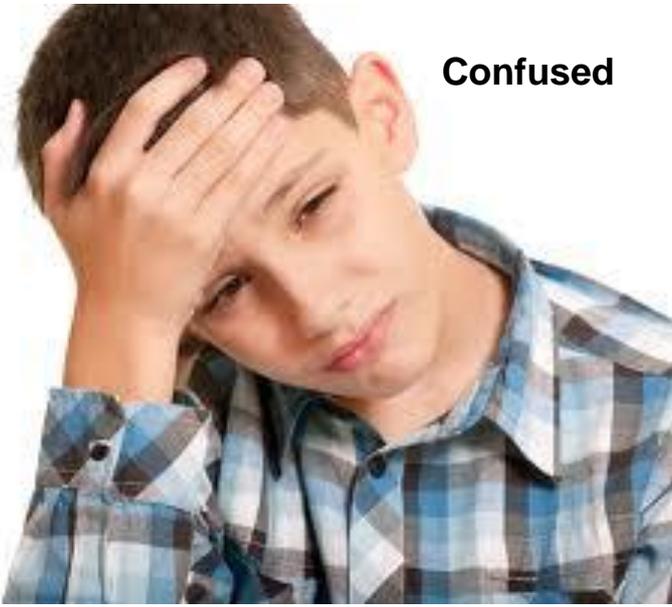


Embarrassed

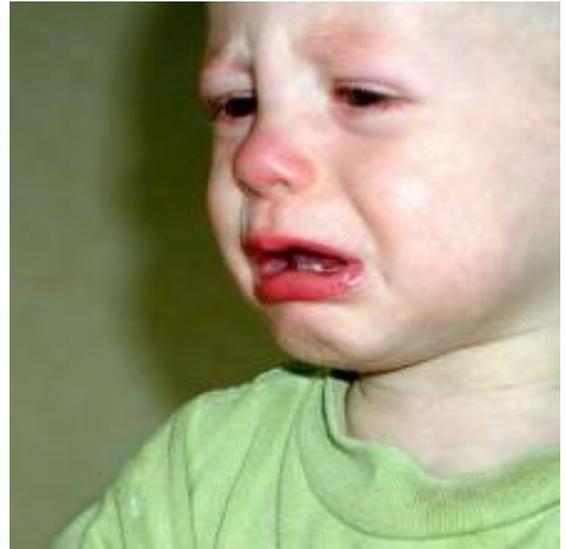


Lonely

Confused



Sad



Abandoned



Scared



Shocked





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Children's work

Additional resources 82.B

Engage

Things children might grieve for





Journeys in the Spirit

Children's work

Additional resources 82C

Engage

Mixed up feelings in grief



Happy	Sad
Angry	Scared
Embarrassed	Lonely
Confused	Abandoned
Shocked	



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Children's work

Additional resources 82.D

Respond

Sea of grief and making a collage



Sad, grieving children need their feelings acknowledged. Let them know you know!

Offer lots of kindness, and fun: it's okay to have fun when grieving. Children dip in and out of sadness, grief: one moment they maybe crying, the next they want to go play, watch tv or do something.

Encourage children to think of what their grieving friend likes. Here are some suggestions, but first encourage children to come up with their own ideas.

Some ideas:

- a particular food: could it be made and given to them, or invite them to play and offer the favourite food? Or have a tea party teddy bear picnic (if relevant to age) or keep it simple and make and decorate biscuits or cup cakes (together or to give)
- music: record favourite music, make a download of favourite tunes
- a framed picture: decorate a frame (inexpensive ones from Ikea) draw a picture or use a photo of the children's group that includes the child
- favourite place to visit: organize a visit -- child and grieving friend go together, and child could make an invite and give/send, or give/make something from that place (likes beaches, give a shell, etc)
- favourite movie: get the DVD, set up the living room like a cinema, make some pop corn and watch the movie

Or simply meet up and play together

- in your favourite park/play ground
- enjoy a favourite sport together
- have a picnic outside or make a den inside and have it there
- have a bubble visit: make bubbles and bubble wands (from wire or willow)
- create a balloon zoo or wild safari together: make balloon animals (libraries often have simple instruction books)

Make some cards and over time send/give them (e.g. once a week or month)



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Children's work

Additional resources 82.E

Respond Another approach to a session on grief



Quiet Worshipful response – a 'Way of the Child Approach'

- Set out a few rugs around your room to create different creative/reflection/response areas, to give children an opportunity for a personal and private response to the theme of the session or their inner thoughts or feelings.
- On different rugs or low tables, place play dough and nature items (stones, sticks, flowers, etc.). On another rug (or low table), place paints, water, paper towels, brushes and paper. On another rug place drawing and colouring pencils and paper or card.
- Be aware that not all children are comfortable with arts and crafts. So, on another rug in a comfortable corner place books with relevant stories, appropriate stories of Jesus, the period he lived and a few bibles. On another rug, in a basket, some note books – marked 'Journal' and a few pencils, for those who want to Journal, write or draw.
- You might also have other craft areas in the room on rugs or low tables: poem & story making: lined paper and pencils; poster, card or book marker making: coloured card, markers, crayons &/or coloured pencils; a candle to sit and pray, blank calendars, stickers, coloured pencils to decorate a calendar and mark special days; decorative candle for contemplation.
- Whatever 'stations' or areas you set out, depending on the number of people in your group of course, keep the choice to around six different choices.
- Take the children on a calm, quiet spoken tour of the materials. Explain that these are different things they can use. Do not suggest what they might do with the items, except at Journaling, where you can explain children can put their own name on a note book, and that will be theirs to leave here and use at future Meetings. It is for them to write or draw as they feel moved to.
- After the tour, return to the large rug. Tell the children, they can go to one or more of the "stations", if there is space. You may need to remind the children to centre down again, to get themselves quiet and calm as they did earlier. Then invite them to go to a rug that interests them and to quietly and calmly continue their worship. They can change stations.

A couple minutes before calling the children back for Reflect, walk around the room telling them individually, "a couple more minutes". When it is time, be sitting at the rug to welcome them, and ring a quiet bell.