



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by

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Activity Name

Thoughts and Things... Making our Thoughts and Feelings Come Alive!

Age Group

4 to 10

Description

In a lot of ways, carrying a heavy burden is similar to carrying a lot of thoughts. Sometimes in our grief journey our thoughts can sneak up and overwhelm us. This activity will use random items around your home to serve as our “thoughts.” In the same way that it is difficult to carry a lot of things, maybe it’s difficult to fall asleep if we have lots of thoughts. In the same way that it’s difficult to focus on one thing when there’s lots of other things happening, maybe it’s difficult to focus on schoolwork if our thoughts are overwhelming us. This activity will make our thoughts come alive as we learn how to manage our thoughts and feelings in a healthy way, as manifested through things.

Supplies Needed

6-12 Non-breakable random objects and knick-knacks from around your home preferably of different shapes, sizes, colors and textures. This can be anything from a pillow to a t-shirt or pair of socks, an old magazine, a ball or a stuffed animal. Please include a pen or pencil and some paper as part of the items.

A backpack, grocery bag or equivalent bag/carrying device. It can be a suitcase or even something as simple as pockets. I’m going to use a fanny pack!