



Activity: Colorful Target

Objective

During your grief journey, you might have experiences, feelings, and fears that are difficult. This physical activity is a great way to share and connect with others about the harder parts of your grief journey.

Instructions

- On large sheets of tracing paper, using the markers, write or draw pictures and symbols that represent things that have been difficult for you on your grief journey.
- Tape the tracing paper to a tree or an exterior wall (one that is ok to get wet!)
- Soak your sponge bombs in water and begin throwing!

Additional Ideas

Take a moment when you're done to talk about what it was like to watch your words & drawings wash away and how you can continue supporting each other.



Supplies

- Large sheets of tracing paper
- Washable markers
- Duct Tape
- Tubs for water
- Sponge bombs (any kind of sponge cut into strips and tied together like a star (see photo above))