

Activity: Weathering the Storm

- **Author** - Custom Resource by the Eluna Team



Created in partnership with [Caregroup Parmenter Home Care and Hospice](#)

Objective: The winter season can be filled with fun traditions, frigid snow storms, and warm moments with family and friends. Sometimes it can be a difficult time when your family is struggling with grief or addiction. Similar to the whirlwind created in a snow globe, emotions can overwhelm you at times. It is comforting to reflect on how strong and brave you are during these times, and how you can weather the storm by knowing your support system and using healthy coping skills. For this activity, you will create a snow globe that represents you weathering the storm.

Supplies:

- Glass jar with a secure lid
- Plastic Figure
- Glitter
- Crazy glue or hot glue
- Water

Instructions:



- Choose a plastic figure you like or one that represents you
- Glue the plastic figure to the inside of the jar lid. Make sure you allow enough time for the glue to dry
- Fill glass jar with water
- Add the glitter to the water
- Twist lid back on your jar. Check to make sure that the lid is on securely.
- Shake to see your figure stand strong in the storm.

Additional Ideas: As you build your snow globe, take turns sharing about how you have 'weathered the storm'. You can share about coping skills or certain people that have provided extra love & strength during difficult times.

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