



Activity:

Supports & Comforts

eluna

RESOURCE CENTER

Objective

In the midst of grief, it helps to remember the people, places, activities, and items that bring peace, joy, support, and comfort. This activity guides youth in creating a visual reminder of the connections and resources that help them feel cared for. Their completed piece can be displayed and revisited whenever their grief feels especially heavy, offering reassurance that they are not alone.



Instructions

Start by asking youth to take a deep breath and consider closing their eyes. Encourage them to think about the people, places, activities, and items that help them to feel supported, loved, and cared for.

Help them brainstorm:

- people who help them feel supported
- places where they feel safe and at peace
- items that bring comfort and warmth
- activities that help them feel calm and joyful

Then, provide a blank sheet of paper or the associated, "Circles of Comfort" worksheet. Encourage them to be creative with words, drawings, symbols, and colors.

Participants can present their worksheets and share ideas with others.

Supplies

- Pencil or pen
- Markers, crayons, colored pencils
- "Circles of Comfort" worksheet
- Optional: Bubbles

Additional ideas

- Consider reading a book like, "The Invisible String" or "The Rabbit Listened" to help youth consider all the ways we are connected and can feel supported, even in the midst of grief.
- Blow bubbles & send gratitude to people and places that bring joy and comfort.

Thank you, Kelly Petersohn, from Camp Erin Online for developing & sharing this activity!

Circles of Comfort

