



# Activity: Spike's Moving Through Grief Game

# Remember, Together

## Objective

This game reinforces concepts from Eluna's **Remember, Together Cards**, including common grief reactions, coping strategies, and continued-connection activities. By using the conversation cards in a playful, interactive format, participants revisit key ideas while practicing how to apply them in their own lives. The game's structure encourages engagement and repetition, helping youth build confidence in using these skills during real-life grief experiences.

## Instructions

Important: This game is designed to be used to review and reinforce concepts previously explored in Eluna's **Remember, Together Cards**. Once the card content has been shared, follow the instructions below.

1. Print and consider laminating the associated gameboard for **Spike's Moving Through Grief Game**.
2. Utilize a coin to facilitate turn taking. If the coin lands on heads, the player moves the pawn one space, if tails, two spaces.
3. Everyone gets an opportunity to answer.
4. Be sure to incorporate the "Right to Pass" which allows a participant to opt out of answering a particular question as a means of promoting emotional safety, autonomy and trust.



## Supplies

- Eluna's **Remember, Together Cards**
- **Spike's Moving Through Grief Game**
- Coin
- Simple game pawn(s)

## Considerations

- Giving everyone the chance to answer each question helps the group feel more connected, highlights shared experiences, and allows a variety of perspectives to emerge.
- It may also be beneficial for the participating adult to "model" how to answer questions.

*This activity was created by Kelly Petersohn from Camp Erin Online to accompany Eluna's **Remember, Together Cards**.*

# Remember Together



## Start

True or False: Grief is sadness we feel after someone dies.

How does grief show up in your body?

Name 3-4 emotions you have felt since your person died.

How have relationships with family members changed?

In what ways have relationships with friends changed?

What questions do you have about death, dying, or grief?

What questions do you have about the person who died?

What changes have you experienced at home or school?

What activities have been hard to do since your person died?



What is a Step IN Activity? Give 2 examples.

When should you use a Step IN Activity?

What is a Step OUT Activity? Give 2 examples.

When should you use a Step OUT activity?

Practice the 5 Senses mindfulness activity.

Practice the mindfulness activity: Hand Breathing

Practice the mindfulness activity: Hands Together



What feels heavy about your grief in this season?

Practice the Reset & Refresh Activity: Turtle Shell Hideout.

Practice the Reset & Refresh Activity: Lemon Squeeze.

Share 3 items that bring you peace, comfort, or joy.

Name 5 things for which you are grateful.

When do you feel most connected to your person?

What are 5 things that remind you of the person who died?

Share a time when you felt supported in your grief.

What do people understand about your grief?

What is it like for you to talk about the person who died?

Name 3 ways people can support you in your grief.

Share a coping skill that has been helpful to you.

Practice the Reset & Refresh Activity: Cooked Spaghetti!



## Finish

In what ways do you like to honor the person who died?

# Spikes' Moving Through Grief Game

Instructions: Flip a coin.

Heads = Move 1 Tail = Move 2

