

# Kara Time at Home

## Comfort During Change

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### Family Activity

#### **Positive Affirmation Cards**

Write different positive affirmations on cards, i.e. I am strong, I am fearless, I am kind. Everyone in the family contributes and puts these cards in a Jar.

Whenever someone is feeling upset, or down, they can pick a card out of the pile.

As an added activity, have the children decorate the jar.

### Breathing

#### **Bumble Bee Breaths**

Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes. Breathe in through your nose and then hum quietly as you slowly breathe out.

The lovely comforting resonance of this has a calming effect and done with eyes closed can make it even more peaceful.



### Movement

#### **Safari**

The Safari exercise is a great way to help kids learn mindfulness.

This activity turns an average, everyday walk into an exciting new adventure.



Tell your kids that you will be going on a safari: their goal is to notice as many birds, bugs, creepy-crawlies, and any other animals as they can. Anything that walks, crawls, swims, or flies is of interest, and they'll need to focus all of their senses to find them, especially the little ones (<https://positivepsychology.com/>).

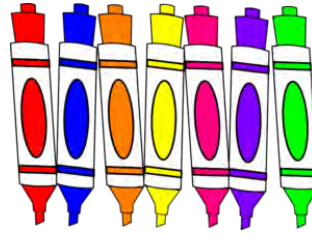
As you walk, you can also talk with the children about what the person who died would think about this activity, would they enjoy it, not want to do it, be fascinated by certain animals, or grossed out by some.

## Teen Corner

- ✂ *Listen to music*, create a playlist that brings you comfort.
- ✂ *Check in with friends*, phone, chat or maybe schedule a virtual party.
- ✂ *Cook or bake* something new, maybe something the person who died enjoyed.
- ✂ *Write a letter* to the person who died, telling them about what is going on right now and how it is affecting you. If comfortable share with your family or friends.

## Creative Expression

### **Comfort Posters**



Create a poster with things that bring you comfort.

Include words, symbols, images, and memories of things that give you comfort, and add to it over time. Materials: Large piece of paper or poster board, pens, markers, magazines, glue/

## Books



### *Fletcher and the Falling Leaves*

by Julia Rawlinson Animated

This book is about a little fox that becomes concerned about some changes in his life.

On YouTube: <https://www.youtube.com/watch?v=S5uUabo1OAc>

### *I'll Always Love You* By Paeony Lewis

A book about a young bear who wonders if his mother will love him, no matter what.

On You Tube: <https://www.amazon.com/Ill-Always-Love-Paeony-Lewis/dp/1589254414>

## Memorial idea

### **Memory Charades**

Each family member will act out a memory they had with the person who died. Family members try to guess the memory.

Talk about why the person chose that memory, what are the thoughts and feelings they have about it. What are some thoughts and feelings other family members have?



## Additional Resources

[Coping Skills Fortune Teller - What's Your Grief](#)

[Ideas for Journaling - What's Your Grief](#)

[50 Things you can control: Poster and Checklist - Whole Hearted School Counseling](#)