Jessica's House

Grief support for children, teens, young adults and their families

Art Invitation

Hearts of Love and Connection

Materials:

Cardstock paper, pencils, watercolors, markers, oil pastels

Directions:

Question of the Day: What color reminds you of your person?

Book: *Always and Forever* by Alan Durant

Priming: Guess Who

- Break into two groups. Each group will have one piece of paper. Pass the paper around to your group members so that everyone writes two fun facts about themselves.
- Then, swap papers with the other group. Look at the facts they wrote and try to guess which facts belong to whom. Write down your guesses next to the facts.
- When you are done, hand it to your facilitator to read out loud to the group.

Activity:

- On your white piece of paper, draw a heart on the right side. Then, draw another heart on the left side of the paper. Make sure the hearts overlap in the middle of the paper. On top of one of your hearts, write your name; on top of the other, write your person's name.
- With oil pastels, write your unique hobbies, strengths, and traits inside your heart and your person's unique hobbies, strengths, and traits inside their heart. Inside the middle overlapping area, write those that you had in common.
- Choose two watercolors, one that represents you and one that represents your person. Paint your heart with the color that represents you and paint your person's heart with the color that represents them. Paint the overlapping area another color that represents the connection between you and your person. (Make sure your brush is wet, this will help the oil pastel color appear more)
- Pick another color to represent love. Use that color to outline both hearts. This represents the love between you and your person. Although your person is no longer physically here, your love and connection to them will always remain.

Questions for Facilitator and Parent/Guardian:

1. What strength are you most proud of?
2. What would you have liked to have changed about your relationship with your person?
3. What trait or strength are you most proud you share with your person?

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Deepening

Music Room:

- Using the instruments, create sounds that represent some of the traits you wrote down.

Slow Movement Room :

- Heart Opener Poses
    - Cobra – Lie on your stomach with your legs straight behind you. Keep your hands on the floor, shoulder width apart. Press into your hands and lift your chest up.
    - Bridge- Lie down on your back. Bend your knees and keep your feet flat on the floor. Keep your arms by your sides and lift your hips towards the sky.
    - Childs pose - Kneel and sit back on your heels. Slowly bend forward and bring your forehead to the floor. Reach your arms out in front of you or tuck them by your side.

Hospital Room:

- Imagine the bear isn't feeling well. What can you do to help him?
- Imagine the bear is feeling worried about being in the hospital. How can you help him?