Jessica's House

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

Art Invitation

Sun Catchers

Materials:

Colored tissue paper, cardstock paper, washable clear glue, tape, scissors, plastic wrap, markers, cups, paint brushes

Directions:

Question of the Day: What is one of your favorite memories with the person who died, or what memory would you have liked to make?

Book: *You'll Be There* by Amanda Rawson Hill

Priming: Two truths and one trick

- Think of two truths about yourself and one trick, or something that is not true. It can be interesting facts about you or silly things that have happened. Share your statements with your group and see if your group can guess which are true and which one is the trick. Continue this so everyone in the group gets a chance to share.

Activity:

- Fold your cardstock in half and draw half a heart on the side along the fold. Cut out the heart so you have a whole heart in the middle of your paper. Do this again with another piece of paper.
- Decorate the blank spaces of the paper with memories, items, places, or quotes that remind you of your person. You can also write messages to them.
- Flip over both hearts and tape plastic wrap to cover the backs. Choose different colors of tissue paper that represent your grief - emotions you have felt, memories you have, colors that remind you of them, etc. Brush glue onto the tissue paper and stick it onto the plastic wrap of one of your hearts. Continue this with as many pieces of tissue paper as you'd like. Glue or tape your other heart cutout onto the back to make it double-sided.
- Just like our grief is unique to us, everyone's sun catchers will look different, too. You can hang this up in a window at home so the sun can shine through. As you grieve, you can find ways to let the light or hope in, even when grief feels painful, dark, or hard. When you look at your sun catcher at home, take a moment to think about your person and remember the light they brought into the world.

Questions for Facilitator and Parent/Guardian:

1. What do the colors on your suncatcher represent?
2. What do you wish you could have done with your person?
3. What do you wish you could have told them?

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Deepening

Slow Movement Room

- Using markers with both hands, draw a heart, one hand making one side of the heart, the other hand making the other side. Repeat this multiple times, making the next heart larger than the previous. Drawing with both hands at the same time

Music Room

- Think about the colors you picked for your suncatcher and what they represent.
- Make a sound with an instrument to match one of the colors on your suncatcher.
    - For example, if you chose pink for your person's laugh or voice, create a sound that reminds you of their laugh or voice.
    - Continue creating sounds representing the other emotions you used colors for on your suncatcher.
    - Listen as others play music and note any differences or similarities.
    - As a group, take turns mirroring the sounds back to each other.

Sensory Room/Volcano Room

- Before you enter the Volcano Room, draw a picture or word on the Buddha Board that represents how you feel now.
- As you leave, return to the Buddha Board and draw a picture or word on the Buddha Board after expressing your emotions in the Volcano Room.