

Creative Outlets for Bereaved Children

Play:



For bereaved children, playing out their grief thoughts & feelings is a natural & self healing process. Play creates a safe place for children to express difficult and painful emotions in ways s/he may not be able to verbally.

- Allow plenty of time for physical self expression through the use of music, hula hoops, punching bags, soccer balls & basketballs etc.
- Invite children to be the voice of puppets and toys, encourage them in assigning roles and portraying feelings.

Art:



Often children are able to express their thoughts and feelings more easily within the context of art

- It is important to remember that the process is far more important than the product which is produced.
- Avoid interpreting, analyzing, questioning or joining in uninvited.

Words:

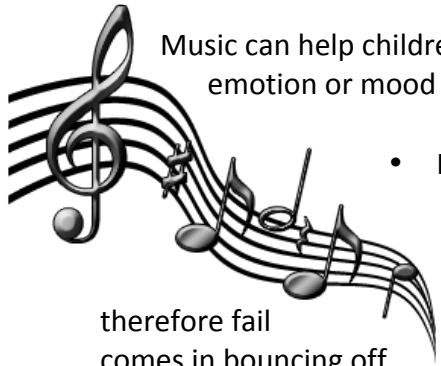


For older children, journaling can be highly therapeutic.

With younger children, being read stories about similar experiences helps them realize they are not alone.

- Keep a selection of books as part of your normal library, so that children can be gently exposed to change, loss and grief within a safe, supportive environment.
- See the list of suggestions.

Music:



Music can help children to transition from one environment to another and from one emotion or mood to another.

therefore fail
comes in bouncing off

first, then a medium paced song before you try a calming one.

- It is important to initially match your music choice to the child's current emotional state. You can then begin to slowly change the music, remembering that a sudden change may be physically uncomfortable for the child and may to modify the child's mood. For example, if a child the ceiling you would need to put on high energy music

Experiencing Nature:



Outdoors can be a naturally healing environment for children.

Ensure children have the opportunity to interact with soil, trees, wind, animals, water, flowers and sandpits.

- Follow children in their chosen environment, allowing them to lead the experience.