

Share

TALKING TO EACH OTHER ABOUT YOUR GRIEF

Candy Conversations: Sometimes you may have a hard time finding words to describe the feelings and experiences following the death of someone in your life. These cards are designed to help you, your family, friends or others, find the words. Each card is carefully prepared with a prompt to share some of your grief with others. There are no right answers to these questions as each person's experience of grief is unique to them, even if you've lost the same person. The goal of this activity is to use the cards to share your experience and memories while sharing a candy treat together.

Age Group: This activity is for all ages. Cards with letters in the bottom right corner are age-specific (K- kids, T- teen, A-adult). If a card does not have a letter in the bottom right corner, it's appropriate for everyone.

Materials: Pink, Orange, Yellow, and Red Cards with questions on them, Starburst Candy (or another candy of your choice)

Prepare: Cut out the cards if you want to use this like a game.

Description of Activity:

- Find a comfortable place to have a conversation. Each person participating takes one card.
- The first person starts by reading the question on their card, answering it, and then they pick out a Starburst that corresponds with that color card.
- Continue around in a circle order with each person reading off their card and answering it. If someone else has a different answer, they are invited to also share how they would answer the question.
- If a card is too overwhelming to answer, the person can "pass" or pick a different card. But they should still take a piece of candy since they are joining the conversation.

Variation: If you don't like Starburst, you can choose a different candy. You'll just have to match your chosen candy to the cards.

Variation: These cards also make amazing journal prompts. So if you prefer to write instead of discuss, use these questions to get a journal entry started.