

GRIEF STACK (Page 1 of 2)



Key Learning

To cultivate emotional literacy and facilitate sharing.

What You Need

- Jenga®
- Permanent markers (various colours)
- 'How to Play' guide

No. of Youth

- 1 or more

This activity was provided by Allison Gorloff, RECE, MEd, CCLS. Allison is a Children's Grief Counsellor with Heart House Hospice in the H.U.U.G. (Help Us Understand Grief) program. She is a Certified Child Life Specialist, Early Childhood Educator and holds a Master's in Education.

Preparation Activities

1. Prepare the blocks in advance:
 - Divide the blocks into four piles.
 - Colour code each pile by marking a coloured dot on both ends of each block.
2. Print off a copy of the 'How to Play' guide for reference.

How to Play

1. Explain that we will be playing a game that will help us to start a conversation about grief.
2. Build the Jenga® tower.
3. Play the game:
 - Remove a block from the tower.
 - Answer the question that corresponds with the colour of the block.
 - If a red block is selected, the youth would share a time they felt angry.

⚠ Facilitate discussion as youth share their experiences:

- What did you do in the moment you felt that way?
 - Did you do anything to help yourself feel better?
 - Remind youth of their right to pass.
- Place the block on top of the tower.
 - Take turns removing blocks, answering questions and building up the tower until it falls.



Discussion

Reflect

What was it like to share your feelings and memories? Was it easy? Hard?

Did you find yourself trying to pick certain colours from the tower? Did you find yourself avoiding certain colours?

Connect

It can be really difficult to talk about grief. How can games like this help us talk about our feelings and experiences?

Apply

Can you think of another time that this activity might be helpful?

Variations

1. Youth may wish to create their own colour coded categories.
2. This game can be modified to suit any theme (ex. icebreaker, memories, coping strategies, etc.).



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GRIEF STACK

HOW TO PLAY

- BLUE** A time you felt sad
- RED** A time you felt angry
- YELLOW** A time you felt happy
- PURPLE** A memory you have with the person who died or something you will miss about the person



OUR NETWORK



OUR VISION

Every child and youth has honest information and well-informed support when someone they care about is dying or has died.

OUR MISSION

To advocate for educational opportunities and support services that will benefit children and youth who are grieving the dying or the death of someone they care about.

www.childrenandyouthgriefnetwork.com

SPECIAL ACKNOWLEDGMENTS



RIGHT TO PLAY
PROTECT. EDUCATE. EMPOWER.

Right To Play is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank Right To Play for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit Right To Play's website or email canada@righttoplay.com.



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