



# M&M ACTIVITY

## *For Grieving Families*

TALKING ABOUT OUR GRIEF IS NOT EASY, YET IT'S NECESSARY FOR PARENTS TO CREATE A SAFE PLACE FOR CHILDREN TO COMMUNICATE THEIR FEELINGS AROUND LOSS. USE THIS ACTIVITY TO OPEN THE DIALOG ON PET LOSS, DIVORCE, MOVING, DEPLOYMENT, DEATH OF A LOVED ONE OR ANY OTHER LOSS OR TRANSITION.

IT IS IMPORTANT THAT ADULTS MODEL HONEST FEELINGS FOR THEIR CHILDREN TO HEAR AND OBSERVE. IMPORTANT: THIS ACTIVITY MUST BE FREE OF ANALYSIS OR JUDGMENT!

**INSTRUCTIONS:** ONE BAG OF M&MS IS OPENED AND EACH MEMBER WILL TAKE TURNS PULLING AN M&M OUT. ANSWER THE PROMPT BASED ON WHAT COLOR IS PULLED. YOU'RE REWARDED FOR COMMUNICATING BY GETTING TO EAT THE M&M \*IF IT'S NOT YOUR TURN, YOU'RE **LISTENING!** NO INTERRUPTING OR ANALYZING!



**Brown**

Name 2 feelings that you feel right now. \*It's okay to be sad and peaceful at the same time!

**Blue**

Share a happy / fun memory.

**Green**

Share a sad / uncomfortable memory.

**Orange**

What is a future plan you will not get to do now?

**Yellow**

What is something you'll miss?

**Red**

What is something you wish you had said or something you wish you had done differently?

