**Refreshing Mercies**

**Resources For Children Experiencing Grief**

**Video**

<https://www.griefshare.org/children>

**Books**

* *“There’s A Party In Heaven”* By Gary Bower

This book helps children understand the wonderful hope of heaven and the concept of missing our loved ones.

<https://www.bowerarts.com/store/p10/There%27s_a_Party_in_Heaven%21.html>

* *Refreshing Mercies Journals for Children*

Refreshing Mercies has some journals especially for children to help them process emotions and help families create consistency in turbulent times.

If you are interested, please email us at MarkSheryl@RefreshingMercies.org

**Activities**

**Create a Journal**

Find or purchase an empty journal or notebook and encourage the child to draw, paste pictures from magazines, or write about how they’re feeling on any given day. They can include the date, if they’d like as a way to look back at how they were feeling during different periods of time.

**Write a Poem Based on The Loved One’s Name**

Using the letters of the name, they can then write an acrostic or poem with words that remind them of that person.

 **Draw or paint a picture**

Provide your child with a variety of art supplies that you may have around the house. Encourage them to draw a picture that they think the person that they miss might enjoy. Or encourage your child to draw a picture of how they are feeling.

**Coloring Pages LINK**

 <https://www.refreshingmercies.org/coloring-pages.html>

**Finish the Sentence**

This activity comes courtesy of the National Center for Grieving Children and Families. It involves giving a child the following prompts and asking them to finish the sentence (either out loud, or in writing):

* The thing that makes me feel the saddest is…
* If I could talk to the person who died, I would ask…
* Since the death, my family doesn’t…
* My worst memory is…
* If I could change things, I would…
* One thing that I liked to do with the person who died was…
* When the person died I…
* Since the death, my friends…
* After the death, school…
* When I am alone…