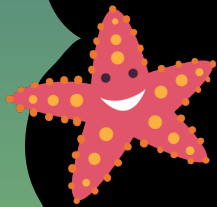
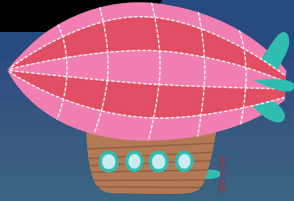




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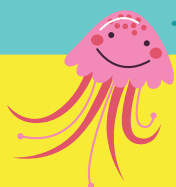
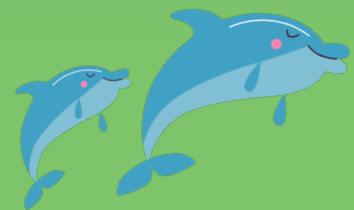
AGES
5 - 11



when the world
SHAKES

ACTIVITY WORKSHEET

PACKED WITH ACTIVITIES AND GAMES



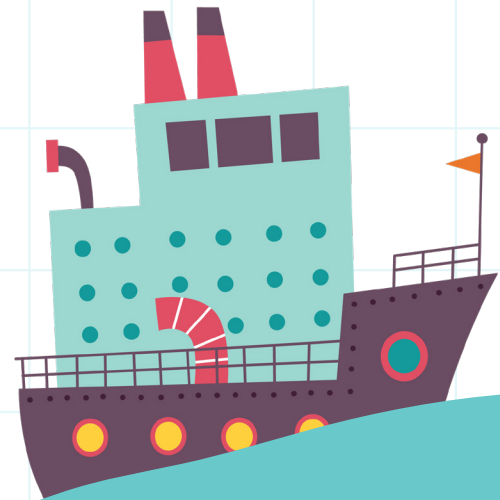
Saying Goodbye

WHEN WE LOSE SOMEONE WE LOVE WE CAN FEEL VERY, VERY SAD AND VERY UPSET.

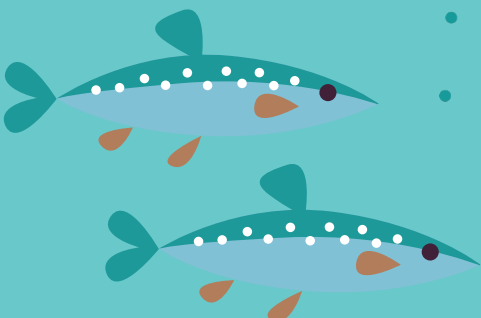
We miss them. This is called GRIEF. We can even feel this when we have to move to a new house or change schools and we lose the familiar places and faces which helped us feel safe. We may have even lost the opportunity to say goodbye to those who have died or to celebrate and say goodbye to our friends and teachers in our old school. This is very hard.



IT IS NORMAL TO HAVE LOTS OF DIFFERENT EMOTIONS WHEN WE HAVE LOST SOMEONE OR SOMETHING IMPORTANT: SHOCK, PAIN, SADNESS, CONFUSION, FEAR, ANXIETY ANGER AND LOVE. YOU MAY FEEL BORED, TIRED, FIND IT DIFFICULT TO CONCENTRATE, LOSE INTEREST IN THINGS THAT YOU ENJOYED. YOU MAY NOT BE ABLE TO SLEEP OR WANT TO EAT.



THERE IS NO RIGHT OR WRONG WAY TO FEEL OR TO BE. WE ARE ALL DIFFERENT AND THE WAY WE GRIEVE CAN BE DIFFERENT TOO AND IT CAN HAPPEN AT DIFFERENT TIMES. WHAT IS IMPORTANT IS THAT YOU EXPRESS YOUR EMOTIONS AND TALK ABOUT YOUR FEELINGS. IF YOU CAN, TALK TO SOMEONE WHO WILL LISTEN AND BE WARM AND KIND TO YOU.



MOTION PROMOTES EMOTION!

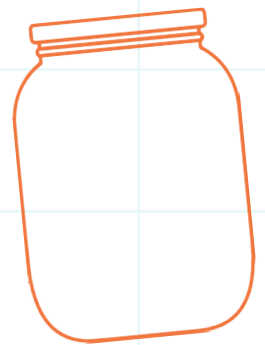
Choose one of these activities to do and as you make it, try to talk about the person you have lost or the loss you are feeling.



MAKE A MEMORY JAR

YOU WILL NEED : A SMALL JAR WITH A LID AND WIDE NECK, SALT, 5 COLOURED CHALKS/PASTELS, 6 PIECES OF PAPER, SOME COTTON WOOL.

1. FILL YOUR JAR TO THE BRIM WITH SALT. ON ONE OF THE PIECES OF PAPER WRITE DOWN 5 THINGS YOU REMEMBER ABOUT YOUR LOVED ONE. THESE COULD BE THINGS YOU KNOW THEY LIKED SUCH AS A FOOTBALL TEAM, SOMETHING THEY ENJOYED DOING, SOMEWHERE YOU WENT TOGETHER OR SOMETHING YOU REMEMBER ABOUT THAT PERSON.
2. NOW CHOOSE A DIFFERENT COLOUR PASTEL OR CHALK TO REPRESENT EACH ONE. SPREAD OUT THE 5 SHEETS OF PAPER AND DIVIDE THE SALT FROM YOUR JAR BETWEEN THEM.
3. COLOUR EACH PILE OF SALT USING ONE OF YOUR CHOSEN CHALKS/PASTELS. SIMPLY RUB THE PASTEL BACKWARDS AND FORWARDS OVER THE PILE OF SALT. THE SALT WILL THEN BEGIN TO TAKE ON THE COLOUR OF THE CHALK THE HARDER YOU RUB THE BRIGHTER THE COLOURED SALT WILL BE.
4. CAREFULLY PICK UP EACH PIECE OF PAPER AND POUR THE COLOURED SALTS INTO YOUR JAR ONE AT A TIME. IF YOU TILT YOUR JAR YOU CAN MAKE WAVES OF COLOUR AND OTHER PATTERNS.
5. WHEN ALL THE COLOURS HAVE BEEN ADDED, HOLD THE JAR AND TAP IT DOWN ON A WORK SURFACE TO SETTLE THE SALT. DO NOT SHAKE THE JAR UNLESS YOU WANT TO MIX UP ALL THE COLOURS. THEN FILL ANY REMAINING SPACE WITH PLAIN SALT RIGHT UP TO THE BRIM. THIS IS IMPORTANT AS IT WILL PREVENT THE COLOURS MIXING.
6. PLACE A PIECE OF COTTON WOOL IN THE LID OF THE JAR, THIS HELPS TO KEEP THE SALT IN PLACE. SECURE THE LID FIRMLY. (YOU CAN TAPE IT DOWN WITH TAPE TO MAKE IT MORE SECURE).
7. YOU CAN EITHER KEEP YOUR LIST OF MEMORIES CLOSE TO YOUR JAR OR YOU CAN PUT THEM IN ANOTHER JAR TO KEEP THEM SAFE AND ADD TO OVER TIME.



MEMORY VERSE

DAVID, OUR BIBLE CHARACTER, WAS VERY SAD INDEED WHEN HE HEARD OF THE DEATH OF KING SAUL AND HIS GREAT FRIEND, SAUL'S SON JONATHAN. THE BIBLE SAYS IN 2 SAMUEL CHAPTER 1 VERSES 11-12 "THEN DAVID AND ALL THE MEN WITH HIM TOOK HOLD OF THEIR CLOTHES AND TORE THEM. THEY MOURNED AND WEPT AND FASTED TILL EVENING FOR SAUL AND HIS SON JONATHAN.." THEY WERE IN DEEP DISTRESS. WE KNOW THAT DAVID PLAYED THE HARP AND WROTE SONGS AND HE WROTE A LAMENT (A SAD SONG OF GRIEF) FOR SAUL AND JONATHAN. YOU CAN READ IT IN VERSES 17-27.

ACTIVITIES FOR THIS WEEK

1

MAKE A PEBBLE MEMORY BASKET

Using Sharpies write or draw things, names, dates, memories on pebbles and arrange them in an open basket. These can then be taken out and viewed separately and can make a nice decoration in your room.

2

WRITE A SONG OR POEM

Expressing your love for the person or situations that you have lost, how great they were and how much you miss them.

3

MAKE A MEMORY BOX

to store your memories in of your loved one. You could use a shoe box and decorate it. You can put photos, pictures, and special items inside the box that remind you of the person, or write down special things you did or places you visited. You can add to it over time. Another way to store memories like this is in a Scrapbook.



THANK YOU FOR DOING THIS
ACTIVITY WORKSHEET



We would love to see what you have made!

Please share your creations KIDS@THEC3.UK



Every Sunday we do Kids Church Online

and we would love for you to join us.

Search for C3 kids on YouTube or Facebook

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