



## Grief Comfort Menu

Source: Ali Marable, Ele's Place

Adapted from: Activity through Michigan Association for Play Therapy

### Goal

Identify relaxation and coping skills; have something at home to refer back to when you are feeling stressed, having a hard time with big feelings or just want to feel safe.

### What You Need

- Plain 8.5 x 11" or 11 x 17" cardstock paper (can be any color)
- Writing Instruments (markers, pencils, crayons, etc...) based on age group
- Optional: Stickers or magazine cut out pictures (to decorate)

### What You Do

#### **How the activity works:**

Fold the paper in half similar to a restaurant menu. You can make one as a family, or make one as a family and then have each individual make one. The outside cover can be decorated and labeled "Comfort Menu" or "Relaxation Restaurant" or something similar that you would like. The inside (left) side will have a list, similar to the one below that covers each of the senses plus the entire body:

- Eyes/Sight
- Ears/Hearing
- Nose/Smelling
- Mouth/Taste
- Hands/Touch
- Whole Body

Families and children can either brainstorm as a group, or as individuals depending on the age of the children. Brainstorm ways that you can relax or cope



with stress when you are together as a family or when each child is by themselves. You can identify several ways you can do this for each category. On the right hand side, you will write or draw the methods that go along with the list on the left.

Here are some examples:

- Eye/Sight – Look at the clouds. Read a book. Look at artwork. Look at photos.
- Ears/Hearing – Listen to the birds. Listen to music. Go to a quiet place.
- Nose/Smell – Smell cookies baking. Smell cinnamon. Smell flowers.
- Mouth/Taste – Chew gum. Have a popsicle. Sing. Talk to someone.
- Hands/Touch – Pet the dog. Pet the cat. Play with sand or playdough. Draw. Journal.
- Whole body – Dancing. Exercise. Go barefoot outside.

Feel free to decorate with stickers, drawings, magazine clippings, etc...

## Discussion

- How did doing this activity make you feel?
- Why did you choose the items on your list?
- Is there anything that was on your family list that was also on your individual list?
- Are there things we can do as a family together to help us relax?
- Are there ways you can let others know that you need time or space to relax?
- Do you have someone that you like to talk to when you are feeling this way?
- Where would you like to keep this so you can look at it and remember ways to help you when you are feeling stressed?
- How do you feel after doing this activity?