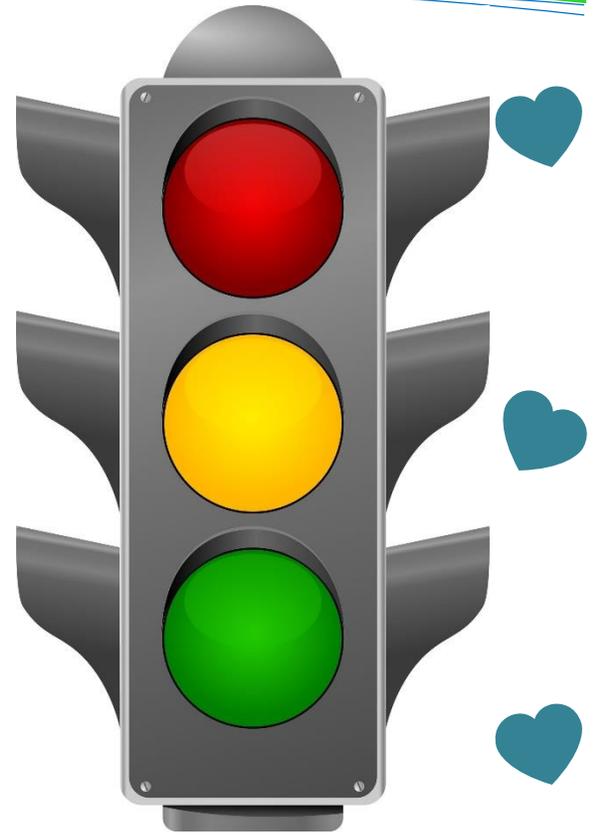


Traffic Lights

Goal

As we grieve, we learn what activities are healthy and helpful for us. This is a process that changes over time because it requires us to try different activities until we find ones that are best for us. Through this process, we also learn what is unhelpful to us. By taking the time to reflect on our own behaviors, we can help balance our lives with more helpful activities. Over time, we can find a balance that allows us to meet all of our physical, social, and emotional needs.

The colors on traffic lights are there to tell us different messages. **Red** means 'STOP', **yellow** means 'SLOW DOWN' and **green** means 'GO'. We are going to use this traffic lights exercise to think about the activities in our lives that we should **stop doing, do less, or do more**. Knowing which things are helpful to us, and which aren't so helpful to us, can be challenging sometimes. It is especially hard when we are experiencing a major life event, such as a death or loss. However, by having conversations as a family, we can help each other discover and engage in the activities that are best for each of us. As a family use this activity to help make your own traffic lights.



Supplies Needed

Paper
Green, red, and yellow writing utensils

Time Needed

Approximately 30-40 minutes

Questions to Ask...

- What is it about the activity that you enjoy?
- How do you feel after you are done with the activity and moving onto other activities?
- How much time each day do you spend doing the activity?
- Do you want more time to do new activities?
- Are there some activities that are important to do each day, but that don't always feel fun?

Instructions

Create your own traffic lights to begin identifying activities to stop doing, do less often, or do more often. To help guide this discussion, use the questions provided, which can also help determine which circle each activity belongs in .

1. Each person should have a piece of paper to draw three large circles-1 green, 1 yellow, and 1 red to look like the traffic lights above.
2. After thinking about your daily activities and discussing what 'color' each activity falls under, fill them into the 3 circles.
3. Keep your traffic lights somewhere you look everyday to help you balance your daily activities in the future.

Example Activities for each Circle:

Red – I want to stop biting my nails
Yellow – I want to watch less TV
Green – I want to exercise more