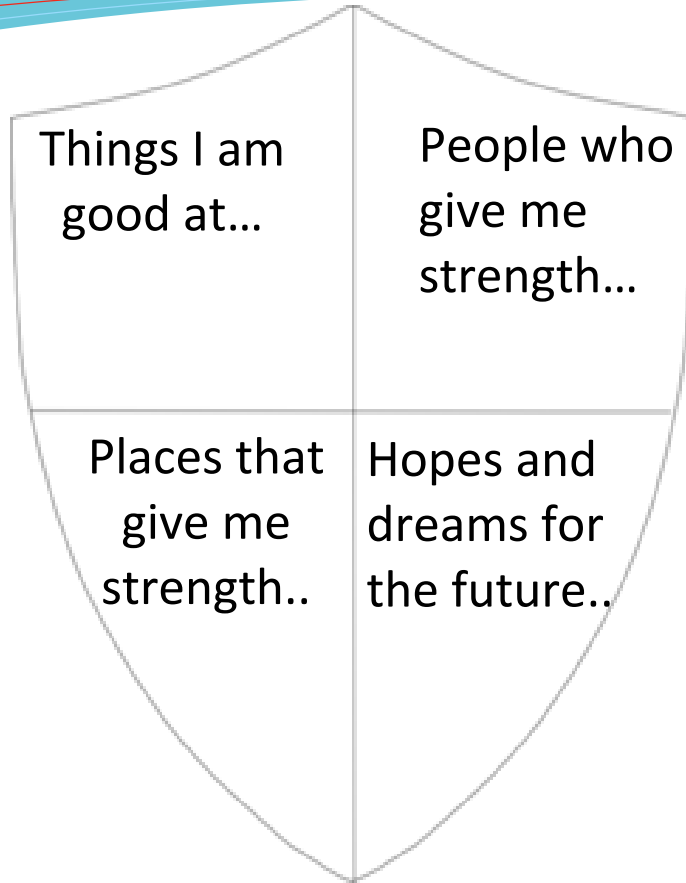


Strength Shield

Goal

A shield is strong and helps to protect us. When we are grieving, we can experience difficult emotions like feeling weak, or hopeless, which may leave us feeling unprotected. Leaning on our supports and strengths during difficult times helps to keep us safe through our grief. Make your own grief shield filled with the people and supports that keep you safe and strong.



Instructions

- Give each person paper and a writing utensil so that they can draw their own strength shield to fill in the sections outlined below..
- **Things I am good at....** (soccer, drawing, making friends, etc.)
- **People around me that give me strength...**(Who can you lean on? Who inspires you?)
- **Places that give me strength...**(This could be an actual place you go to or somewhere you travel in your mind. Perhaps your bedroom, a park, a family vacation spot)
- **Things I look forward to that give me strength (Hopes and Dreams)...** (This could be something in the near or distant future. Getting a driver's license, graduating high school, having a family)

Supplies Needed

Paper

Writing utensil

Time Needed

Approximately 30
minutes

After completing your strength shields, discuss how these strengths can help us cope through grief. Talk about where to keep your shields to remind you of your strengths in the future.