



EMOJI STORIES

Goal

Emoji are images that represent feelings or ideas. When we use images to tell a story, or to express ideas and feelings, we use a different part of our brain than we use when we share with words. Images help us to process thoughts in new ways and to understand our own ideas and feelings better. Use this activity as a family to tell your own emoji stories.



Example Emoji Story



"I got a phone call from my mom, she told me that my friend died. I was shocked and then I couldn't stop crying. Since I was alone, I didn't know what else to do, so I just road my bike until I could stop crying."

Instructions

1. Give each family member an electronic device with emoji access or a physical board/photo with emoji images
2. Choose from a list of prompts below to decide what questions and stories you want to answer
3. Once all family members have had the chance to make their emoji stories, have each person verbally explain the meaning of the unique emoji chosen.
4. The process of sharing emoji stories and giving the reason behind the choice of each emoji helps family members to better understand themselves and each other.

Prompts to Consider...

- Describe how you feel today in 3 pictures
- Pick 3 or more images that remind you of your person who died
- How do you show your grief?
- What helps you cope?
- Describe your grief journey so far.
- Design your 'perfect day' with images
- Who has helped you the most in dealing with the death and how have they helped?