

Ride the Wave Movement Activity

We want to make sure you know that when you or someone you care about is grieving, it's OK to not be OK. When we're feeling not so well, sometimes we hold those feelings in our bodies. Our worried feelings might make us feel sick in our stomachs, or our angry feelings might make our bodies feel tight and tense. If we can find ways to move our bodies, this can help to release those emotions and make us feel better.

When we're grieving, we might feel like we're riding waves, feeling happy or on top of the wave one day, and sad or under the wave the next. You can pretend to be a wave with your body:

Stretch up high like a big wave...



...then bend forward like a wave crashing down!



Now, pretend to be a surfer. Stand with your feet apart and your arms stretched out to ride the waves!

Don't forget to post a picture of you doing your wave and surfer moves on the Children's Grief Awareness Day and Highmark Caring Place Facebook and/or Instagram pages with the hashtag #ChildGriefDay

Ride the Wave Music Activity

Music and dance can be another way to move our bodies and have fun at the same time. Sometimes listening to music or singing along to lyrics can help us to express our feelings. Music can even change our mood. Think for a minute about different types of music and how they make you feel. Is there a song that makes you feel sad? Do you have a go-to song or type of music that makes you feel happy?

You can make maracas so that you can create your own music:

Activity Supplies

- ◆ Container (plastic water bottle, Tupperware, etc.)
- ◆ Small objects (beads, rice, macaroni noodles, pebbles)
- ◆ Optional—ribbon, stickers



Activity Directions

1. Empty and dry out your container
2. Add your small objects to your container (fill it about halfway up, so that there is room for the objects to move around and make noise)
3. Put the lid on your container; add ribbon, stickers, or anything you like to your maraca

Now you're ready to make music! Turn on your favorite song or join some of our friends for a special Children's Grief Awareness Day song and use your maraca to sing and dance along.

Don't forget to post your Maracas on the Children's Grief Awareness Day and Highmark Caring Place Facebook and/or Instagram pages with the hashtag #ChildGriefDay