

Children's Expressive Art Activity: The Grief Monster

Description: Grief is often referred to by children as a monster. Grief is sometimes locked in the shadows of our minds, and other times finds a way to get out. In this activity we will encourage the child to imagine and either draw or describe their own grief monster.

Supplies: You will need a blank piece of paper, and supplies to color like markers, crayons or colorful pens. Feel free to look around your house for any other colorful additions to consider for your grief monster.

Instructions:

1. Imagine what your grief would look like if it were a monster. What color is it? What is the texture of its skin? What does its face look like? Can you envision any other details about the way this grief monster looks?
2. Use a blank piece of paper and coloring supplies to create your grief monster. You can draw or write about the monster. Maybe even give it a name!

Questions To Consider After the Activity:

1. What feelings does my grief monster feel most often? What do those feelings feel like in me?
2. What comforts my grief monster? Name some things that comfort you.
3. Where does your grief monster live? What does it look like when it leaves for the day? Or when it comes home?



Joel's Place for Children is a 501(c)(3) non-profit that provides grief support for school-aged children and their families who have experienced the death of someone special in their lives. Founded in 2003, Joel's Place believes that children can express feelings, share memories, and honor their loved ones in a supportive and hope-filled environment. Our bi-monthly sessions typically take place on Tuesdays during the school year. We also offer a support group for the adults who bring children to Joel's Place. Find more grief support resources at: joelsplaceforchildren.org/resources