

# Group 6: Creativity in Grief

*Facilitator's Guide to Mending Hearts After Loss Groups*

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## OVERVIEW & PURPOSE

Support participants in understanding their emotional experiences through the use of art and creativity.

## OBJECTIVES

1. Validate and clarify their emotional experiences.
2. Consider creative ways to work through feelings. (mask making exercise)
3. Create/Perform a releasing ritual.
4. Good to help participants express themselves when words are not enough.

## MATERIALS NEEDED

1. Download group 6 worksheet for mask making exercise
2. Craft mask with crafting supplies/paint, glue, glitter. Or blank paper, markers, glue, crafting supplies.
3. Candle or other memento for starting each group as a way to honor and connect to their child/ren.

## MATERIALS PROVIDED

*These may be audio, video, or pdf downloads. You may choose to screen share videos, send participants links or use info in videos to weave into groups.*

1. Group 6 worksheet
2. Lightstream audio
3. Optional Journal Prompt

## ACTIVITY

*Activities you can use during group sessions, you can shorten, omit, or add to any of them. Facilitator may wish to play soothing music while participants work on these.*

- Worksheet 6
- Group Exercise: Mask Making and Debrief the experience
- Group Exercise: Music as way to move through experience

## Ending Ritual

Last 15-20 min. Close group with ritual of asking each member what their biggest takeaway is from today's group and what they want to remember in the coming week and review which things they will commit to trying this week. Close with a breathing exercise (4x4), or guided meditation depending on time. Meditation audios are provided for you. There are some scripts as well. You can play them or read scripts.