HANDOUT 7

Activities You Can Do with Your Children

In addition to those included in this handbook, there are a wealth of potential activities your family could do together during times of crisis. For example, you could:

- **Use Art:** Have your children draw, make a collage, or use clay to describe their experiences of the disaster.

- **Lead “letting-go” activities.** Have your children write letters to someone who gives them strength or to lost loved ones to express any unresolved feelings surrounding the event. Or, place words of hope in a balloon and let it go.

- **Encourage reflection on inner strengths.** Have your family members write down words on a piece of paper about their own strengths and post the words in a room for them to see and refer to. Or, have them write words of strength on wallet-sized cards so they can remember their strengths wherever they go.

- **Create songs, poetry, short stories, and books about your experiences, feelings, and thoughts.** For example, develop a dialogue journal with your children. Ask them to write down their feelings, and then read their reflections and write responses in the margins.

- **Do breathing, relaxation, and visualization exercises.** These activities can help keep you and your children feeling grounded and create a safe inner place for you to go during stressful times.

These are only a few of the many activities that you can do with your children at home. Listen carefully to your children—theyir needs will change as the nature of the crisis changes. Listen to yourself and your own needs as well. Always keep lines of communication open.