

Preteen activities



Make a **memory booklet** about the loved one who died. Possible topics to include: name, birthday, date of death, favorite food, favorite fun thing to do, words to describe loved one, things he/she was best at, favorite memory, “I remember you when...”, “I feel closer to you when...”. Encourage the your preteen to draw pictures, include photos and interview friends and family members about memories about the person who died and include them in this memory booklet.



Provide your preteen with a smooth, 3” river rock or large shell and using acrylic paints, have him **paint a** rock or shell for his loved one. Place the rock/shell in a special place that has meaning for your child. For example: at the cemetery, a place where you have planted a tree for the deceased, a place in your yard, or a place that your child has a connection to the deceased. He can write a message, or paint a picture of an item that reminds your child of his loved one. After the rock is painted, spray the rocks with a fixative spray.



Have your preteen **draw** a picture.

Some suggested topics are:

- A special memory
- How it feels to have lost a parent or other loved one (brother, sister, etc.)
- What death looks like to them
- Give your preteen a large piece of manila paper. Draw a line down the middle of the page. On one side the preteen could draw a picture of the family before the death and on the other side a picture of the family after the death. These can be “then” and “now” or “before” and “after” drawings. Encourage your preteen to draw what comes to mind for him. It could be a picture of what the family looks like or a special memory or event that happened before and after the death.
- Have your preteen either draw a picture or write a description of the person who died. Have him do this as if he were describing this person to someone who knows nothing about the person who died. He could include a detailed physical description and detailed information about what

the person liked to do, hobbies, interests, occupation, what was fun for that person, and some descriptive words that describe the person's personality.



Make a **memory box** with your preteen. These are to be used to place a special item that the loved one who died may have given your preteen, or a memento of a special time, or this could be a place to put notes or drawings to the deceased. For this age group we suggest using a cigar box or a cardboard pencil box and have your preteen cut out words and pictures from magazines that remind him of his loved one. Photos can also be used. Glue these pictures and words on the box, encouraging him to cover the box entirely. The idea is to have the entire box covered so that you don't see the box. When finished, using a sponge brush, cover the box with Modge Podge. This adds a shiny finish to the box and finishes it off nicely.