



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by

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Activity Name

Words That Define Me

Age Group

13- 15

Description

Words That Define Me is based on the real and common experience we all have to be called or thought of with words that are not kind, not flattering, and generally negative. In this activity we will identify those unkind words and work to meaningfully disregard them. We replace those words with other positive words that exemplify the best things we will aspire to live for and become.

Supplies Needed

Dry-Erase Markers, Paper Towels, Paints, Small and Medium Paint Brushes, Disposable Bowl

Adaptation/s

If you do not have dry erase markers or paints, lipsticks can be used – but note, it is harder to remove and window cleaner will be needed.

If you don't have paint for the second part of activity, post-it-notes are a great substitute to stick to the mirror. (do not use post-it-notes in part one)