



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

Activity Created/Presented by

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Activity Name

Bag of Tricks

Age Group

Best for 7-9 year olds, but any age can participate

Description

We all get angry, sad or frustrated at times! It's okay for that to happen, but we need to be able to calm down and get control of ourselves and our actions when we are having a hard time. We are going to go on a Scavenger Hunt to make a Bag of Tricks to help us! These "Tricks" are small objects that we can look at, hold or think about to help us focus on good things and regain control of our emotions. To start, go find a small bag that does not need to be used for anything else. A paper bag is great because you can decorate it later! Now we need to fill it with our "Tricks" to help us!

We all have things that hurt us and sometimes we need to just let our wounds heal.
So GO FIND.....a band aid or bandage to help remind you that your hurts will get better.

Sometimes we make mistakes and bad decisions when we feel angry or sad.
So GO FIND.....an eraser to remind you that we can correct our mistakes.

Sometimes it's hard to stick with something, especially when we are upset and want to give up.
So GO FIND.....a sticker (or sticky note) to remind you to stick with it when the going gets tough.

Somedays will just be hard no matter what and we need something to soften the blow.
So GO FIND.....a cotton ball (or a soft pompon puff for crafting) to remind you that it is okay to have a hard day but things will get softer over time.

Somedays the tears will come no matter how hard you try to stop them. That is okay!
So GO FIND.....a tissue (or a handkerchief) to catch those tears and remind you that you will be able to dry them and keep going when you are ready to stop crying.



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Sometimes we just feel broken and need to be fixed.

So GO FIND.....a piece of tape to remind you that things can be fixed, though they are going to look a little different in the end.

Sometimes it just feels like the whole world is coming apart.

So GO FIND.....something that ties (string, twist tie, paper clip/claw, yarn, shoelace) to remind you that your world can be put back together and there are people that will help hold you in place.

Sometimes we get stretched too far trying to hold our emotions and just feel like we are going to burst.

So GO FIND.....something stretchy (rubber band, hair tie, spring) to remind you that you might get pulled and stretched and feel out of shape, but you can go back to your normal shape over time if you try to relax and calm down.

Somedays we just feel like we are unlucky and the bad just keeps on coming.

So GO FIND.....something lucky (a penny, clover, gold coin, rainbow, horseshoe) to remind you that your luck will change and that good things are going to start happening again one day.

No matter how hard your days are, you are not alone!

So GO FIND.....anything that reminds you of all your friends and supporters at TAPS! We are always with you and on your side, no matter what.

Now you have a “Bag of Tricks” that you can open to help you remember how to handle those really hard emotions and really bad moments. Remember that so many people love you!

Supplies Needed

An empty bag (paper lunch sack, plastic bag, any kind of bag or backpack not being used).

One of each of the contents in the description that child chooses. This is a scavenger hunt around the house so the items are common household things that can be substituted based on availability and the choice of the child.

Coloring items to decorate the bag if desired.

Adaptation/s

Write down or print out each item for the child so they have something to look at while searching. If they have trouble with mobility and fine motor, collect up several options for each item and place in a pile, bag or bowl and let them choose from there so they do not have to seek out the items. For more advanced children, have them write a little note to go with each item to either help them remember how to use it or a description of why they choose each item.