



TREASURE HUNT

Go on a treasure hunt as a way to celebrate special memories, characteristics, and reminders of the person who died.

It's important to continue talking about your loved one as a family. Children look to adults to know what is and is not "OK" as they navigate their grief journeys. If the adults around them do not talk about the loved one who died, they may internalize that and feel as though they are not supposed to talk about that person, ask questions, share memories, etc.

It is also more than OK to get upset, teary eyed, mournful, or melancholy during various moments of the treasure hunt. Expressing your emotions - all emotions- in front of children normalizes their own feelings around the death of their loved one. Simply saying "I really miss _____" as you look at a photo together of your loved one creates a sense of safety and may affirm children in how they've been feeling.

Laughter, crying, sadness, joy, any and all feelings, are welcome during this treasure hunt.

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| Play a song that reminds you of them. | Share something you use to calm yourself down if you are sad/angry/upset about the death of your loved one. |
| Make or order a favorite meal or treat of your loved one. | Watch one of your loved one's favorite t.v. episodes or movies together. |
| Share a favorite photo or video of them. | Find a picture or item in the house that brings back a fond memory you have of your special person. |
| Find something in the house that is your loved one's favorite color. | Share an item in the house that reminds you of your loved one's personality, sense of humor, etc. |