

DIAMOND 9 ACTIVITY: WHAT STRATEGIES CAN BE USED TO MANAGE GRIEF?

Please print onto card and cut out. The blank boxes can be filled in by children with their own ideas.

**BANGING A SPOON
ON THE TABLE**

**SHOUTING IN THE
SHOWER**

**WRITING ABOUT
FEELINGS**

**TALKING TO
OTHERS**

BEING ALONE

**DOING SOMETHING
THAT FEELS GOOD
EVERY DAY**

**LIGHTING A
CANDLE**

**LOOKING AT
PHOTOS AND
REMEMBERING**

**THINKING OF
SOMETHING TO
BE PROUD ABOUT
EVERY DAY**

ADD AN IDEA

ADD AN IDEA

ADD AN IDEA