




m&m's Game


Instructions: Every family member gets 1 snack pack size bag of m&m's. Go around the group, taking out only one m&m at a time, and follow the guide below. **Purpose of activity:** Encourages discussion about grief reactions of each participant, illustrating both the common feelings associated with a loss and the differences in coping of each individual. Also allows for sharing of memories and memorialization.


For every  share one thing about the loss that makes you angry.

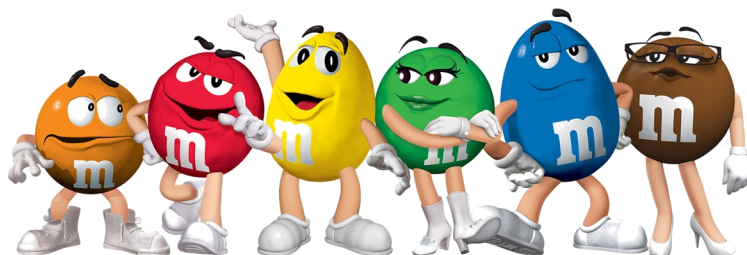
For every  share the thing you miss most about the person who has died.

For every  share a happy memory of something you and your loved one did together.

For every  share something that has changed since your loved one has died.

For every  share your favorite holiday memory with your loved one.

For every  share something you wish you would have told your loved one.



Adapted from Resource:

Campbell Mock, M. (n.d.) Hope 4 Hurting Kids [The Emotions Candy Game] Pinterest. Retrieved 1 September, 2020 from <https://www.pinterest.com/pin/382383824607958964/>