



Role Playing

What You Need:

- A quiet and comfortable space
- A jar or bowl
- Pieces or strips of paper
- Pencils, pens, markers
- 2 or more people

Directions:

- Each participant should write down thoughts or concerns about returning to places or activities, and/or questions you think you may be asked
- Put the paper pieces or strips into bowl or jar and take turns choosing a piece from the bowl
- Role-play the worry or fear to help prepare child/siblings and parents/caregivers
- Discuss how to respond or what to expect in these situations

Tips:

- This activity can be done with any family member or people from the family's support system
- There is no age limit for this activity
- Open conversations about death can be healthy for coping and letting the child know he/she is not alone

This activity can be done with two or more people. The child(ren) and parent/caregiver(s) should write down or draw any fears or worries they have about returning to places or activities (such as school, sports, church, etc.), the questions they think may be asked, etc. Writing down these thoughts or concerns on a piece of paper, picking one, and role-playing out the scene can help the child(ren) and parent/caregiver(s) feel prepared and comfortable responding to questions that may be asked when returning to these places or activities. In addition, this exercise can help create conversations about the death of a sibling, which can be beneficial for a child's grieving and coping process.

Disclaimer: These activities may bring about intense feelings. It is okay to express and discuss your feelings with your children. If you feel that this activity is too difficult for you to participate, please reach out to your support system (i.e., family friend, counselor, another adult, etc.) to interact with your child(ren) for this activity.

