



Safety Deposit Box

What You Need:

- Paper (regular or colored paper)
- Pencil, pens, markers
- Scissors
- Tape
- Shoe box or any small box

Directions:

- Use the materials above to design and create a one-of-a-kind Safety Deposit Box.
- Place the Safety Deposit box in a location so that it is available anytime of the day or night.
- Draw or write down your fears, hurts, and worries on a piece of paper(s).
- Fold the paper(s) and put it into the Safety Deposit Box.
- Placing the paper(s) in the Safety Deposit Box may help people put feelings and emotions away for another time or let them go altogether.

This activity can be done individually or with an adult, sibling, or friend. Children and adults of all ages can drop notes into the box, and younger children can also be encouraged to draw pictures or write short stories that can also be added to the box. The

Safety Deposit Box allows each person to express his or her feelings in a private way and release difficult emotions or cope with intense situations. The Safety Deposit Box can also give children and adults a place to express positive thoughts and hopeful sentiments.

Disclaimer: These activities may bring intense feelings to the surface. It is okay to express and discuss your feelings with children/siblings. If you feel that these activities are too difficult, please reach out to your support system (i.e., family friend, counselor, another adult, etc.) to interact in this activity with children/siblings.

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