



Children's Expressive Art Activity: Home Scavenger Hunt

Description: Turn your time at home into a fun scavenger hunt with this family-engaging activity created for you to experience reminders of meaningful items and spaces in your home, and connection among your family should you choose to do this activity together.



Supplies: This activity sheet for the prompts below. A notebook and pen are optional to journal or take any notes about your insights.

Instructions: Read each prompt and find the item or space in your home you think it best describes. If you choose to do this activity on your own, consider journaling about your memories and insights from the activity. If you do this as a family, consider sharing with each other on each item or space that you choose.

1. Roses are red. Violets are blue. Find something in your house that is a favorite color to you!
2. When we worry our thoughts often roam. Where do you feel most safe in your home?
3. Sometimes we wake up calm, but others not our best. Find something that helps you feel less stressed!
4. School may be from home, but don't be afraid. Find something that has helped you get the best grades!
5. Memories are like treasures, not meant to hide under a rug. Find something that reminds you of your person, and give it a hug.
6. We all were once smaller, isn't that wild? Find something that reminds you of when you were a younger child.
7. At Joel's Place we're grieving the death of someone special whether you're a girl or a boy. What's something inside your house that brings you joy?
8. We couldn't miss getting together with you more if we tried. Take a look out a window, what's your favorite thing you see outside?
9. We all have different identities, and that is totally fine. But _____ is something that is important to mine.

This activity was inspired by materials generously shared by Kate's Club children's grief center in Atlanta, GA.

Joel's Place for Children is a 501(c)(3) non-profit that provides grief support for school-aged children and their families who have experienced the death of someone special in their lives. Founded in 2003, Joel's Place believes that children can express feelings, share memories, and honor their loved ones in a supportive and hope-filled environment. Our bi-monthly sessions typically take place on Tuesdays during the school year. We also offer a support group for the adults who bring children to Joel's Place. Find more grief support resources at: joelsplaceforchildren.org/resources