

Drawing and colouring activity

Key Learning

Encourages children to use colour, line, pattern and shape to engage in non-verbal storytelling and self-expression. With relatively few materials, children can be engaged in drawing activities to explore a variety of topics and experiences.

What You Need

Paper, pencils, pens, crayons, markers, pastels, scratchboard, etc.

Instructions

How to start...

Invite children to draw their ideas (what does dead look like, spiritual beliefs, causes of death), their experiences (hospital, funeral, memories, changes in the family), their emotions (feelings, worries/nightmares, 'grief monster') and resiliency factors (supports & coping strategies, strengths & abilities, dreams & goals for the future).

Discussion and Variations

Discussion

Ask child to describe their picture. What is happening here? Describe who the people are. What are they saying in the picture? Doing? How is the child in the picture feeling? Etc.

Variations

Premade Images

Colouring premade images and designs can also be a positive tool for expression and relaxation as it alleviates the pressure of the child having to draw their own image.

Collage

Collage can be used as an alternative for children who are intimidated by the idea of drawing or painting their own images as children can use existing images to express themselves. Children can use collage to explore a variety of themes and topics (emotions, coping strategies, about me/about my loved one, if your grief were a landscape...etc.).

*This activity was taken with permission from **A Handbook for Volunteers: Supporting Children Grieving the Dying and Death of a Loved One** by The Children and Grief Network. Although they are written for clinicians, please feel free to customize for classroom use.*