




SAY WHAAAT?!

Thinking about the different people in your life, what are some things you could say to them if they ask you questions about your absence or the person who has died?

	Who	Emotion	Ideas of what to say
			
			
			

What did you learn about yourself or the people around you?

What did another group members say that could be helpful for you?

This activity was provided by Deana Slater, BSW, MEd, RSW for A Handbook for Supporters: Extending Compassion and Support to Grieving Youth by The Children and Grief Network and was reproduced here with permission. Deana has a private practice - Deana Slater Counselling Services - where she provides counselling to youth and adults who are struggling with grief, trauma and other life challenges. She also works at Sunnybrook's Odette Cancer Centre helping patients access prescriptions for treatment.

*This activity has been adapted to the Reflect Connect Apply methodology used by **Right to Play**.*

***Right To Play** is an international organization that uses the transformative power of sport and play to educate and empower children and youth living in adversity to overcome the effects of poverty, conflict and disease. Partnering with more than 85 First Nation, Métis and Inuit communities and urban organizations across four provinces, the PLAY program is led by locally-hired Community Mentors who are trained and supported by Right To Play staff to implement regular weekly play-based programs that build and enhance essential life-skills. We would like to thank **Right To Play** for sharing the organization's experiential learning methodology (Reflect – Connect – Apply) for the activities included in this resource to support youth through their grief. To learn more, visit **Right To Play's** website or email canada@righttoplay.com.*

