

## Naming loss and celebrating milestones

# Session 2: Celebrating

### Activity 1: Creating a memory box

This is a great way to recognise times when children or young people have celebrated or transitioned into something new, for example starting a new school or celebrating a birthday.

Ask the group to find a shoebox or another box from around the house. They can then decorate it and fill it with memorable items such as cards, drawings, and pictures. Suggest they could cut out pictures from magazines. You can then use the box to ask a series of questions, such as: What was your journey during the Covid-19 pandemic or the lockdown? How did you celebrate? What new things did you try?

### Activity 2: Back to school tin foil sculpture

You will need a roll of tin foil.

Set a time limit of one hour and ask each person to make a sculpture inspired by one of the following topics (or one of your own), using the entire roll of tin foil.

Suggested topics:

- Your best day at school
- The first time you saw your friends at school
- What school is like now

### **Activity 3: Celebrating me – inspirational hands**

This is a good exercise to develop feelings of self-esteem. You will need paper, pens of different colours and scissors.

- 1) Have each person trace out his or her hand on a piece of paper. Write their name in the centre of the hand and then cut it out.
- 2) Each member of the group shares, in a socially-distanced conversation, positive things they like about each other. People then write these on to their cut-out hand.
- 3) Alternatively, each person writes one thing on each finger they have learnt about themselves during the Covid-19 Pandemic. They can discuss this with a small group.
- 4) People can then transform the hand by adding bright colours on each finger and creating a pattern around their name in the palm.

### **Activity 4: Celebrating friends and those we love**

Give the group a theme – either your own or one from the list below. Task the group to create a commercial or short film (of no more than 90 seconds) using a phone, tablet or video camera, or just acted out on the spot.

Suggested themes:

1. Why my friends are important
2. I love my friends because...
3. People I missed seeing in lockdown
4. Why celebrating with friends or family/carers is important to me
5. My family/carers/friends celebrate these things...