

“What’s Your 6 Word Story?”

MATERIALS NEEDED:

- ❖ Individual Mini Chalkboard(s) – 1 Per Person
- ❖ Chalk, Chalk Markers, Paint Pens, or Sharpie Markers



DESCRIPTION OF ACTIVITY:

Creative expression and writing can be powerful tools to express your grief, explore coping skills, and remember the special person(s) who died.

➤ With your Mini Chalkboard, use only 6 words to write/create:

- ❖ A story about your special person(s) who died
- ❖ A story that includes a message of inspiration/love/joy/hope from/with your special person(s) who died
- ❖ A story about a good/favorite memory
- ❖ A story about something that gives you hope
- ❖ A story about your feelings on your grief journey
- ❖ A story about the death
- ❖ A story about you before he/she died
- ❖ A story about you after he/she died
- ❖ A story about how you feel about death
- ❖ A story about your loved one’s best quality
- ❖ Something you wish people knew about your grief



➤ Please return the writing supplies (chalk markers, paint pens, etc.) to the activity station.

➤ Take your 6 Word Story Chalkboard home with you and display it in a special place that is meaningful for you.

