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|  |  | In what ways has your family/friendships changed since \_\_\_\_died? |  |  |  |  |  | Describe what \_\_\_\_looked like. |  |  |  |  |  | Do you have a grieving ritual or custom? If so, tell about it. |  |  |
|  |  | Tell about a holiday spent with \_\_\_\_. |  |  |  |  |  | What advice would you give to someone who worried that others close to them would die soon too? |  |  |  |  |  | Talk about a time your family/friend did something nice for you. |  |  |
|  |  | What do you appreciate most about your family/friends? |  |  |  |  |  | What helps you feel better when you are sad? |  |  |  |  |  | What would you like to say to the \_\_\_\_? |  |  |
|  |  | What is something you and your family/friends do on the anniversary of \_\_\_\_death? |  |  |  |  |  | Tell one happy and one sad memory about \_\_\_\_. |  |  |  |  |  | What questions have you had since \_\_\_\_died? |  |  |
|  |  | What would you say to someone who thought that a person should be strong for others and hide their feelings? |  |  |  |  |  | What has helped you the most since \_\_\_\_died? |  |  |  |  |  | Once a person is dead can they come back alive? |  |  |
|  |  | What three words describe \_\_\_\_? |  |  |  |  |  | What is something you would like to change about your family or friends? |  |  |  |  |  | Tell about a fear you have had since \_\_\_\_died.  |  |  |
|  |  | If you wish someone dead will they die? |  |  |  |  |  | What is something you can do that would be helpful for your family or friends? |  |  |  |  |  | Do you have a new chore or role in your home since \_\_\_\_died? If so, how do you feel about it? |  |  |
|  |  | What do you believe happens to a person after they die? |  |  |  |  |  | What is a healthy way you can express your angry/sad feelings? |  |  |  |  |  | Is there anything you pretend to understand about death but don’t? |  |  |
|  |  | Tell something that is different in your life since \_\_\_\_died. |  |  |  |  |  | What is something that you learned from \_\_\_\_? |  |  |  |  |  |  Do you feel happy or like having fun but feel guilty about it since \_\_\_\_died? |  |  |
|  |  | What advice would you give to a person who felt that they weren’t being paid attention to since the death of someone special in their life? |  |  |  |  |  | What is something you are looking forward to doing with your family/friends? |  |  |  |  |  | Do you have to be sad all the time? |  |  |

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|  |  | Act like a monkey. |  |  |  |  |  | Act out your favorite scene from a movie. |  |  |  |  |  | Text someone using only your nose |  |  |
|  |  | Ask for a hug. |  |  |  |  |  | Describe 3 things you like about yourself.  |  |  |  |  |  | What’s the weirdest thing you can do? |  |  |
|  |  | Rap your favorite nursery rhyme. |  |  |  |  |  | Imitate someone in this room and see if we can guess who it is.  |  |  |  |  |  | Try to lick your elbow. |  |  |
|  |  | Would you rather only be able to jump everywhere you go or only be able to walk on your hands? |  |  |  |  |  | Keep a straight face while everyone does their best to make you laugh for 45 seconds. |  |  |  |  |  | Would you rather control time or space? |  |  |
|  |  | Say the alphabet backwards as fast as you can. |  |  |  |  |  | Tell a funny joke. |  |  |  |  |  | Have a stare battle with someone in the group. Whoever blinks first loses.  |  |  |
|  |  | Would you rather eat your favorite meal for the rest of your life or never be able to eat your favorite meal again? |  |  |  |  |  | Talk and act like a robot. You may stop after your next turn. |  |  |  |  |  | Pull another block. Choose a player to answer.  |  |  |
|  |  | Talk without moving your lips.  |  |  |  |  |  | Sing the Hokey Pokey and do the motions (2 verses). |  |  |  |  |  | If you had to listen to only one song for the rest of your life, what would it be? |  |  |
|  |  | Would you rather never use social media/apps again or never watch another movie or TV show? |  |  |  |  |  | What is the best thing about your life right now? |  |  |  |  |  | If you could live anywhere in the world, where would you live? |  |  |
|  |  | Would you rather know everything or be amazing at any activity you tried? |  |  |  |  |  | What cartoon/book/movie character, celebrity, would you like to be? Why? |  |  |  |  |  | Would you rather not be able to stop dancing or not stop singing? |  |  |
|  |  | Do 5 jumping jacks. |  |  |  |  |  | If you could take back any one thing you have done or said, what would it be? |  |  |  |  |  | Would you rather live in a place that is always very hot or in a place that is always very cold? |  |  |

Grief Stacking Blocks Discussion Questions

Ages 5-17



Goals:

 1. Increased understanding of grief and loss

2. Correct irrational thinking relating to past grief.

3. Deal with uncomfortable feelings resulting from grief.

4. Decrease extreme grief.

I play Stacking Blocks in a therapeutic setting because it provides a wonderful opportunity for you and your clients to communicate in a fun way. Great for individual or group. I use the Stacking Blocks rules. The only rules that I use besides the Stacking Blocks are each player has 3 Passes. Your client can say pass 3 times and not have to answer those questions. This helps them to really decide if they are passing because they are uncomfortable or just because they don’t feel like thinking about the question. If playing in a group, no answering another’s question.

Sometimes, I do stop the game for a short discussion about a question that everyone wants to comment on but I usually put that block to the side as one we as a group can discuss later. I usually see or hear many opportunities for later individual discussion with clients. Please read through the questions to make sure they are appropriate for your group.

If you already have the Teen discussion questions on your Stacking Blocks just add these labels to another side of the same blocks and then highlight all the Grief Questions. For example, when you use the blocks you tell the clients you will only answer the questions that are highlighted blue. When answering the questions make sure all players use the deceased’s name where there is a blank space.

The template will work with Avery 5160 labels (you may need to trim slightly) or you can print on normal copy paper and cut and paste the questions to the blocks. I have had the blocks pictured since 2009 and they have been used by many hands and are still in great condition.

I hope these are helpful to you.

Donalisa Helsley, LCSW