



Expressive Arts

Benefits of Expressive Arts

Creative expression can be helpful for children, teens, and adults. When someone is grieving the loss of a loved one, finding words to describe what you are going through can be difficult. Digital art making, painting, playing an instrument, writing, and coloring sheets are only a few ways that someone can express themselves. Art making allows for reflection and processing of one's grief by putting thought down onto paper or canvas. It also allows you to honor or memorialize your loved one. Sometimes freely scribbling can be enough to release tension in the body! Creative expression gives someone the opportunity to say something without having to speak. The art can stand alone as a form of communication at any age.

Ideas for Creative Expression for Grief

Draw a Picture of What You Are Feeling - sometimes it is easier to express feelings through art. Asking yourself open ended questions such as "What does my feeling look like?" and "If my feeling were a color, what would it be?" and then draw it out on paper. This act can help you connect to the emotions you are feeling.

Create a Memory Box - Using a shoe box, hat box, or any box you have, decorate it with words, pictures, colors, and images that remind you of your loved one. Fill this box with photographs, letters, clothing items, trinkets, and anything that brings memories of your loved one. Use this box and open it up to reflect on your special person.

Journaling - writing down feelings can be a great tool. Sometimes verbally expressing feelings out loud can be difficult for many reasons. When we write thoughts on paper, it becomes concrete and visible. This can aid in processing difficult emotions.

I Never... I Wonder... I Wish... - this activity can be done when journaling. Finish the start of these sentences. These kinds of very open-ended sentence starters can be helpful ways to explore and express difficult thoughts or feelings.



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