

Activity: Snowflakes

- **Author** - Custom Resource by the Eluna Team



Created in Partnership with [Providence Hospice of Washington- Safe Crossings Program & Camp Erin Everett](#)

Objective: Snow is a great image to help us think about our grief journey. During winter, you might wake up and peek out your window to see that the ground is covered with snow. Snowflakes fall from the sky individually and each snowflake connected together creates a white blanket of snow. Like snowflakes, each person's grief journey is unique and yet we are not alone in our grief. We grieve with others. Just like snowflakes, sometimes grief comes in one flake at a time. Other times, it comes like a blizzard. Eventually snowflakes melt away, similar to the way the feelings we experience on our grief journey can change. Snow is a great image to help us think about our grief journey. During winter, you might wake up and peek



out your window to see that the ground is covered with snow. Snowflakes fall from the sky individually and each snowflake connected together creates a white blanket of snow. Like snowflakes, each person's grief journey is unique and yet we are not alone in our grief. We grieve with others. Just like snowflakes, sometimes grief comes in one flake at a time. Other times, it comes like a blizzard. Our grief journey can also feel like an unexpected snow storm, as intense feelings may unexpectedly appear but gradually lighten. Eventually snowflakes melt away, similar to the way the feelings we experience on our grief journey can change. As you create your snowflakes, share with your family about how you have felt connected to others on your grief journey and what has made it unique.

Supplies:

- Square pieces of paper
- String or Tape
- Variety of colored markers
- Scissors
- Glitter Glue (optional)

Instructions:

- Fold the piece of paper in half, forming a triangle.
- Fold the triangle in half two more times.
- Using the scissors cut as many shapes as you would like in the folded triangle. These shapes create the

unique design of your snowflake. When you are finished, unfold your snowflake.

- Decorate your snowflake using the colored markers or glitter glue.
- You can use the string or tape to hang your snowflakes.

Additional Ideas: As you create your snowflakes, take turns sharing with one another about how you have felt connected to others on your grief journey and what has made it unique.

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