



**Virtual Activity:
TAPS Good Grief Camp at Home**

Activity Created/Presented by

Clynton Trewyn

Activity Name

Time Message

Age Group

10-14

Description

Writing a message about our present emotions and support system and activities to be reopened and thought about in a year from now. Allowing us to see our growth and development over time.

Supplies Needed

Paper, pencil/pen, envelope, coloring supplies

Reference/s

<http://static1.squarespace.com/static/530782c6e4b05512e6e90a18/t/56d06ceb37013b97b19f7c21/1456499947764/54321+Grounding+Exercise.pdf>