



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

Activity Created/Presented by

Activity Created by: <https://drjaychildrensgriefcentre.ca/>

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Activity Name

“Grief Buddies”

Age Group

All ages (4-17)

Description

Make your own Grief Buddies! Sometimes, grief can feel like a lonely experience. Grief Buddies are fluffy pom poms of comfort to fidget with and keep you company during the big waves of grief so that you don't feel alone.

Supplies Needed

- Yarn
- Scissors
- Glue
- Arts and crafts eyes

Adaptations

Reference/s

<https://drjaychildrensgriefcentre.ca>

<https://www.youtube.com/watch?v=azl1Ce7x2CQ&t=184s>