

FAMILY QUESTION BOX



**LION
HEART**
CAMP FOR KIDS

CREATING SAFE SPACES FOR CHILDREN'S GRIEF EXPLORATION

Children by design are so curious. They are learning and exploring all of the time, from the moment they are born. There is so much about life that they don't know or understand yet and are trying to discover. When it comes to death and grief and all of the emotions around grief, children often don't know how to navigate the path forward. They look to the adults in their lives to show them what it looks like.

Even with the guidance of caring adults in their lives; we have found that children often hold so many unasked questions inside them when it comes to their family's grief. Questions that they are afraid to ask, as it might upset someone, or that they are afraid of the answer, to the question. When they don't ask these deeper questions, they are left with them, and they often guess what they think the answer might be. Oftentimes this guessing is more intense and scary than what the actual answer would be.

A family question box can really help with this. It may take some extra time for some of those deeper questions to appear in the box, but as it builds in momentum, children start to trust they can go into those spaces & it will be ok.

SO WHAT IS A FAMILY QUESTION BOX?

It's as simple as it sounds. It's a box you can make as a family and designate as the place for questions anyone in the family may be thinking of. Then as a family sit down maybe every 1-2 weeks and go through the questions inside (maybe over or after dinner depending on the ages of the children). As the adult you can also add in different questions you have or that you would like to talk about as a family. We would suggest however, that those questions get spread out over time resulting in 1-2 questions being added each time that spark those bigger conversations.

IF YOU'RE NOT SURE WHAT QUESTIONS TO ADD, PERHAPS CONSIDER SOME OF THESE:

- 1 In what ways are you similar to [name of important person]?
- 2 What makes you feel the most warm, cozy or comfortable?
- 3 What is the most helpful thing someone could do for you when you are upset?
- 4 When do you miss [name of Important Person] the most?
- 5 What do you miss about them?
- 6 What do you wish others understood about your grief at the moment?