

# HOPE AND THE WINDS OF GRIEF WORKBOOK

## A WORKBOOK ABOUT FINDING HOPE AFTER A SUICIDE LOSS

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# 5-4-3-2-1

The 5-4-3-2-1 activity grounds you so that you can be present and intentional in the moment. It helps you to recognize the details of your surroundings using each of your five senses which allows you to better manage stress and reduce anxiety.

Write down what you notice in each of the five categories below!

# 5

## Five Things You Can See

- .....
- .....
- .....
- .....
- .....



# 4

## Four Things You Can Feel

- .....
- .....
- .....
- .....



# 3

## Three Things You Can Hear

- .....
- .....
- .....



# 2

## Two Things You Can Smell

- .....
- .....



# 1

## One Things You Can Taste

- .....





# BUILD YOUR SANDCASTLE

Hope and Orrie honor Kip by building a beautiful sandcastle together at Green Turtle Cove. The sandcastle you see in the book is beautiful, and it takes Hope and Orrie time, patience, and practice to build a sandcastle that is sturdy, strong, steady, and can withstand the winds. Just like Hope and Orrie, you can build your own sandcastle! When you are building your sandcastle, there will be times where we need to strengthen the foundation of the castle when strong winds are coming, and reinforce the walls and add to it. We can also make beautiful memories while doing it. This is much like grief. There will be times where we need to strengthen our foundation of self-care and coping to help us navigate difficult times. There will be times where, even after some time passes, we still continue to check-in with our support systems about how we are doing. There will be times on our grief journey where we still make memories, smile, and laugh; knowing our loved one is with us along the way.

## Materials

- Kinetic Sand (any color(s) of your choice) or Regular Sand
- Small Sea Shells
- Twigs (Go on an adventure outside and find some that make you happy!)
- Cup of Water (if using regular sand)
- Plastic Bin

## Instructions

- In your plastic bin, place your sandcastle sand.
- Using your cup of water, slowly add water to the sand until it is damp and can be easily molded and sticks together.
- Start building your sandcastle in a way that feels right to you. You can make it taller or shorter, wider or narrower. You can decorate it as much or as little as you want.

### Make Your Own Colored Sand!

Using vegetable dye or food coloring colors of your choice, combine a small amount of vegetable dye/food coloring with your sand. Mix, let dry, and have fun!



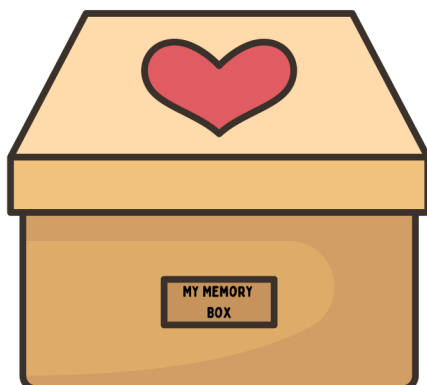


# REMEMBERING YOU SCAVENGER HUNT



Hope and Orrie love stealth like activities that sneak in fun, learning, and healing. Scavenger hunts do just that! They increase problem solving, movement, provide grounding, and support the formation of new memories. This activity also helps you think about and remember your loved one. Check off all the things activities you complete, and with each one take a picture or selfie!

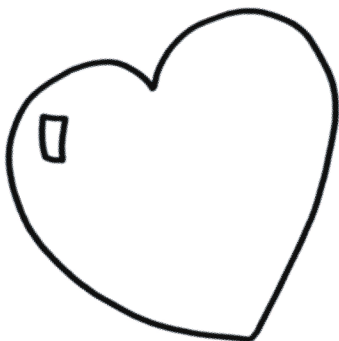
- ☐ Picture of your loved one's favorite thing to do
- ☐ Selfie eating your loved one's favorite food
- ☐ A picture of your loved one that brings you joy
- ☐ Do something kind for someone and don't tell anyone
- ☐ Volunteer for a cause that is important to you
- ☐ Take someone else on a nature walk
- ☐ Selfie with something that reminds you of your loved one
- ☐ Selfie with someone that has helped you the most
- ☐ Your loved one's favorite dessert
- ☐ A picture of your most treasured item from them
- ☐ A picture of your loved one's favorite song, band, artist
- ☐ Selfie with something that you loved doing together
- ☐ Selfie with a book that helped you heal
- ☐ A picture of something in nature that reminds you of them
- ☐ Create a hope rock and leave it for someone to find
- ☐ A picture of your favorite item of clothing they wore



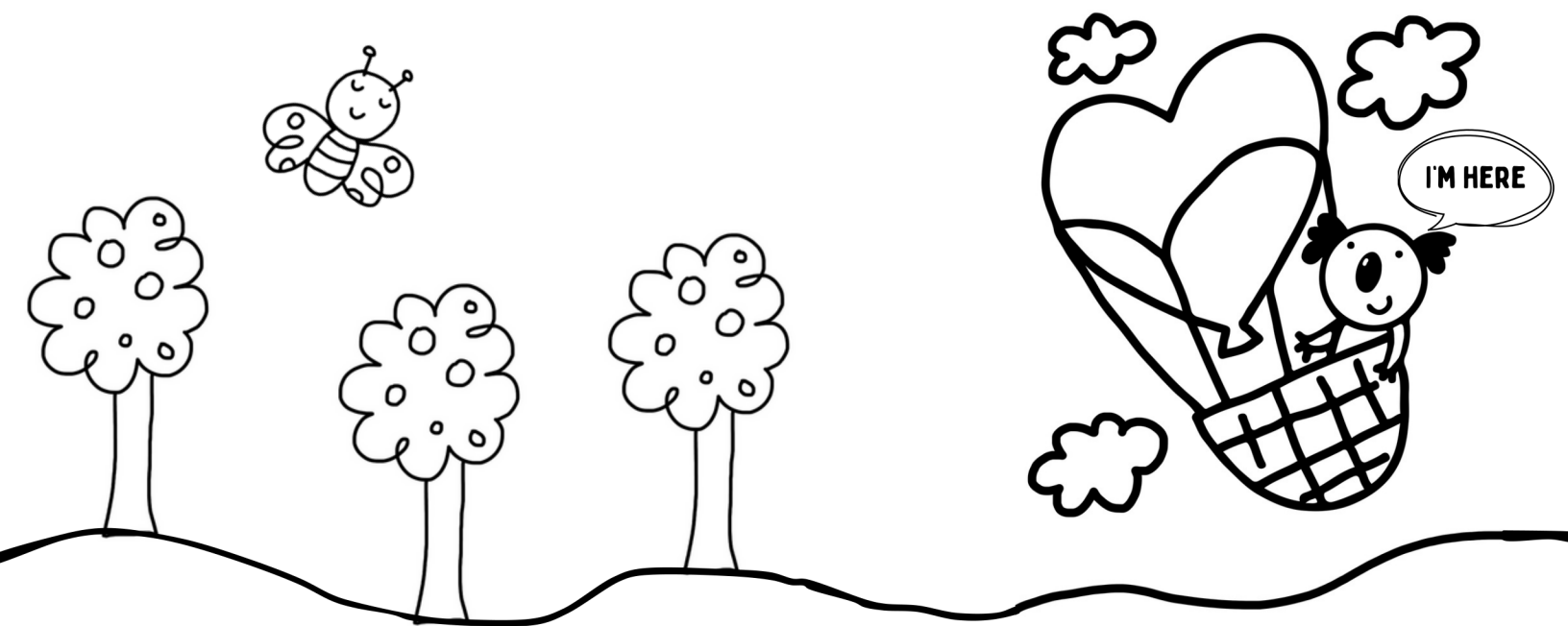
Once you have completed all the tasks, create an art piece or collage with the pictures and/or all of the things you found on your scavenger hunt. Hang it up or put it in your memory box.

Name of Loved One

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.



Love, Me 



EVEN WHEN IT FEELS LIKE IT,  
YOU ARE NEVER ALL ALONE .

