

Camp HOPE- Journal 1

My name is _____

I am _____ years old. Someone I love died.

Since then, my life has changed. The person who died was my

_____. Their name was _____.

They were important to me because _____

One of my favorite memories or time spent with my loved one was _____

Something I miss about my loved one is _____

If I could say one more thing to my loved one, it would be _____

I feel safe talking to _____ about my loved one.

When I'm hurting, upset or missing my loved one, things that help me feel more calm are _____



Memorial Mobile

Supplies:

- Yarn or string
- Three sticks or small branches (2-3 feet each)
- Glue
- Small photos or artwork
- Small wooden clothespins
- Scissors

Instructions:

1. Cut eight pieces of yarn at differing lengths between 1-2 feet each.
2. Glue the end of each yarn piece onto the sticks at random (two or three strings on each stick).
3. Wrap each piece of yarn around the stick.
4. When each yarn piece is completely wrapped, glue the remaining end of yarn to the stick.
5. With a new piece of string or yarn, tie a knot about one inch from the end of one stick and then leave some slack and tie another knot about one inch from the other end of the same stick. This will be your top stick.
6. Cut eight pieces of string or yarn that are about 6 inches each and are all equal length.
7. Tie the second stick to the first stick using a 6 inch long string at each end.
8. Tie the third stick to the second stick using a 6 inch long string at each end.
9. Tie the remaining 6 inch strings between the sticks at random.
10. Use the clothespins to attach photos and artwork of your loved one to your memorial mobile and hang on your wall.



Camp HOPE- Journal 2

Mindfulness Activity

Find a peaceful place outside. This could be a spot in your yard, at a park, or a safe place in nature. Once you have found your safe space outside, make yourself comfortable. You can sit or lay down.

Take a few minutes to look around and become aware of your surroundings. What do you see? Are there animals, plants, buildings, clouds, people or anything else around you? How do those things make you feel?



Now close your eyes and listen. What do you hear? Is there music, wind chimes, leaves shaking, birds chirping, people talking or anything else? Are these loud or quiet sounds? Do these sounds make you feel calm, anxious, happy or content?

With your eyes closed, what do you feel? Is the sun shining, producing warmth? Is there soft grass or hard concrete? Dig your fingertips under the grass and into the soil. How does it feel to you?

What do you smell? Do you smell leaves, flowers, food? Is the smell sweet or musty or something else? Is this a smell you like or dislike? Does the smell remind you of anything?

Take a deep breath in and out. Stretch up to the sky and then down to your feet. Take in the entire space around you. How does this space make you feel emotionally? Do you feel connected to this space? Does this space bring comfort? Are you in control? Can you visit this space again?

Nature Portrait

For this craft, you will need to gather objects you find in nature. This may include small sticks, pebbles, leaves, shells, feathers, etc. As you collect these objects, imagine your loved one directing you to each of the items and helping you find them. Feel free to speak to your loved one out loud or share messages to them in your mind and heart.

Once you have gathered a diverse collection of items, assemble and glue the objects on this piece of paper to form a portrait of your loved one or a picture of you and your loved one together.



Rock Painting

Supplies Needed:

- Oil based or Acrylic Paint (if paint is not available, permanent markers work, too)
- Small paint brush
- A cup of water for rinsing your brush
- 2 or more rocks (preferably 3-6 inches across)

Instructions:

1. Find about four rocks.
2. Hold each of the rocks in your hand one at a time.
3. Recognize how each rock feels in your hand. Is it heavy or light? Does it feel smooth or bumpy? Is the rock cold or warm?
4. While holding a rock, close your eyes and think of your loved one. Let your heart speak silently to your loved one. What images come to mind? Is there a message from your loved one? Is there a special word that stands out to you?
5. Using the paint and your brush (or markers), paint the images and words onto your rock.
6. Paint at least one rock to keep in a safe space. Anytime you feel the need to be close to your loved one, you can hold your wishing stone.
7. Once your stone begins to dry, paint at least one other rock to hide for someone else to find. The words you write on this stone can be a message of hope, support or encouragement.



Camp HOPE- Journal 4

Processing My Grief

Some questions that I have since my loved one died are:

1. _____

2. _____

3. _____

I understand: _____

I try: _____

I hope: _____

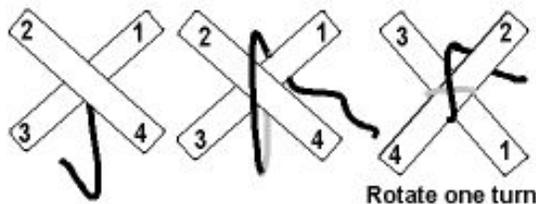
Yarn Art Peace Craft

Supplies Needed:

- yarn
- two small sticks or twigs about 6 inches long (popsicle sticks work too)
- rubber bands or glue

Instructions:

1. Lay the sticks across each other to make an X
2. Fasten the sticks together at the center with a rubber band, hot glue or white glue.
3. Tie one end of the yarn to the center of the sticks. Knot the yarn twice so it doesn't unravel.
4. Begin wrapping the yarn around one stick by making one full loop and then carrying the yarn to the next stick in line. Wrap one loop around the second stick and then carry the yarn to the third stick rotating the X one turn. Continue making one loop around each stick and always moving to the next stick in line until the yarn runs out or you decide to end that color.
5. If you want to change colors, cut the yarn and tie a new color to the original color and continue the pattern.
6. When finished, tie the end of the yarn to the stick where you ended. Push any end pieces where two colors were tied together to the back.
7. Historically, some cultures believe this type of art can bring peace, protection, clarity and healing.



Thank you so much for participating in our self-guided Camp HOPE Fall Activities Guide!

If you would like to share any of the projects you've created, please email a picture to us at camphope89@gmail.com Please also let us know if we can share your project with the rest of our Camp HOPE family as we would love to post it to our public pages for everyone to enjoy!

We understand this guide does not substitute the experience of being together in person as a camper at Camp HOPE, so we hope you will join us at one of our future camps! Please visit our website at www.camphopeforkids.org for more information and upcoming camp dates.

Share. Laugh. Heal. Together.

Sincerely,

Vicky Wittman, Director
Camp HOPE

