

# Silver Linings Activity

## A Tool to Help Navigate Conversations Around Grief and Loss

This activity incorporates an active style of journaling, increasing emotional and self awareness, and giving youth a chance to speak their truth . It also helps youth understand the building of common threads that come with shared experiences, even if they were experienced at different times or people have lead very different lives. Balance is given to recognizing and naming the "not-so-great" things (represented by the toilet) while also providing space to start thinking about positives or things that they might have appreciated while journeying through the stuff in the "not-so-great" realm.

## HOW IT WORKS:

### Materials Needed:



- 2 different colours of post-it notes
- pens or markers
- (optional) printed images OR cut outs of a toilet and a cloud with silver linings written on it

\*\* This activity can be done BOTH 1-on-1 with a youth or with a group of youth\*\*

1. Provide a stack of post-it notes from each colour to your youth and yourself and pick your writing tool.
2. Explain that both (or all) of you are going to spend some time to write down or draw things that have been "not-so-great" or crappy and some good things (silver linings) for a specific event or time frame. If using the printed images you can use those as a visual representation.
3. Decide together which post-it colour will represent the "not-so-great" | crappy | toilet items and which will be for the good things | silver linings.
4. Individually write openly and honestly for each category on the designated colours selected.
5. In a discussion together 1-on-1 or as a larger group speak the items on the post-it notes and put them into their categories. Take the time to explore what was written more together or as a group and ask follow-up questions as needed. If helpful, continue to provide prompts and questions to help your youth (s) uncover thoughts in each category if they are finding it challenging - particularly with the good | silver linings.



### HELPFUL HINTS:

- Grief within Grief ("Grief Inception") may be identified and can be a good place to discuss supports and the layers of our experiences
- If it is challenging to identify things as "good" or a silver lining, it can be reframed into things they appreciated or learned or discovered to start the conversation