

Activity #5: Changes Ceremony

Purpose:	This activity allows students to engage with and honour their feelings of grief and loss around changes that have come about due to COVID-19
Materials:	<ul style="list-style-type: none">• Bucket or box• Paper• Writing Utensils• Craft Supplies
Instructions:	<ol style="list-style-type: none">1. Ask students to think about something that has changed due to COVID-19 and has been very disappointing or hard for them2. Have students create an art piece that shows/represents this change.3. Invite students to share these pieces and what has been a hard change.4. Engage students in a conversation about their feelings related to these changes.5. Have students place these art pieces in collective bucket or box and ask them how they would like to honour their hard feelings and the hard changes.