

Good While It Lasted

Coping with loss and grief can be hard for children and guiding them through this confusing time is so important. This memory rock project and beautiful song can help encourage conversations and a connection as they navigate this journey. Children can find meaning and can place these rocks in a special place in the house or outside.

Supplies Needed

Rocks
Paint or paint pens
Clear spray paint or paint sealer



Directions

Have the children think of some favorite memories
Paint or write these experiences on rocks
Once dry, seal with clear spray paint and place in a decorative jar or ask them where they would like to display them.

As you work on this craft, listen to Good While It Lasted

Conversation starters

1. What is your biggest struggle right now?
2. What is something that gets you really down?
3. What helps you feel less lonely?
4. What kind of day has today been like for you?
5. What do you want or need most right now?