

WONDERS & WORRIES ACTIVITY

Family Rock Garden



Wonders & Worries

Professional support for children
through a parent's illness or injury.

We will, together.



Focus: Self-Expression and Family Connection

Goals:

- To identify family strengths
- To discuss how the strengths of the family will help them cope with a family member being ill

Materials Needed:

- 1 large rock for family or 1 smaller rock for each family member
- Sharpies (or paint markers, etc.)
- Newspaper (or an old tablecloth)



Instructions:

Each family member brings different qualities and strengths to a family (funny, smart, courageous, etc.). When those strengths are identified and emphasized while navigating challenging situations, this can promote coping. Decorate the rock(s) with paint pens or sharpies and place them in a special place in your home or yard. As time passes, family members can add to the garden by writing/drawing new strengths and/or skills they have acquired throughout the medical illness.

1. Before a family meeting, find 1 large rock for the family activity or smaller rocks for each family member.
2. Place rock(s) on newspaper or old tablecloth.
3. Invite your family to write/draw strengths of the family on the rock(s).
4. Invite each family member to talk about the strengths they wrote/drew and how these strengths will help your family through the illness.

Note to parents: when discussing everyone's strengths, this is a great opportunity to affirm each family member's unique personality and qualities that are special and important to the family.

5. Identify a place for your Family Rock Garden. Remind everyone of the strengths which will help them during this time.



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