



HEARTplay
Resource Packet
NAGC Webinar
April 2, 2020

Jennifer Wiles, MA, LMHC, BC-DMT

Director of Children's Services, Beth Israel Lahey Health at Home
508-309-5107 - jwiles@mah.harvard.edu

Katie McGrail, MA, R-DMT

Children's Services Coordinator, Beth Israel Lahey Health at Home
617-631-0943 - kathleen.mcgrail@mah.org

Stewart McKenzie, BS

Social Work Intern, Beth Israel Lahey Health at Home



HEARTplay at Home Group Plan (1)

Theme: My Grief Story

Materials: 4 pieces of paper, something to write/draw with, passing object.

(5 minutes) **Welcome!** Tech instructions. **Gather materials.** **Message to adults.**

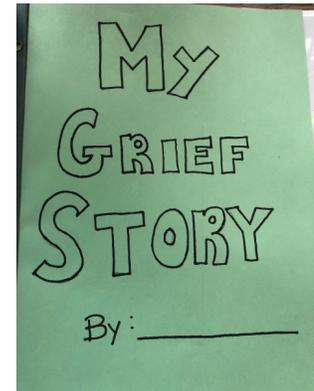
(5 minutes) **Beginning ritual and warm-up.**

(10 minutes) **PASS THE HEART:**

Examples: Names. A high and a low from this week. Naming person.

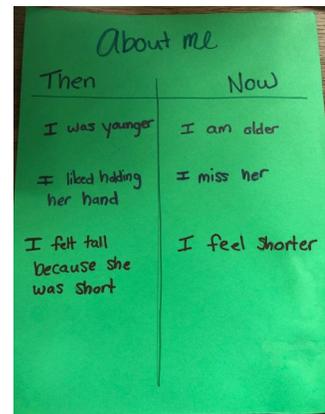
(1 minute) **Introduction to our project: making books.**

(2 minutes) **COVER PAGE:** Write “My Grief Story” by (write your name)



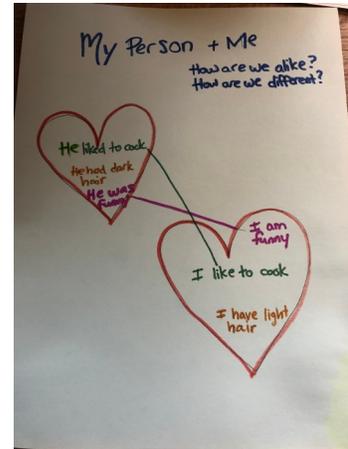
(10 minutes) **PAGE TWO: About Me.**

- **What was I like before my person died (Then)? What am I like now?**
- **MOVEMENT:** 2 poses - 1 representing you “Then” and one representing you “Now.” Each participant gets an opportunity to stand up and share their poses.



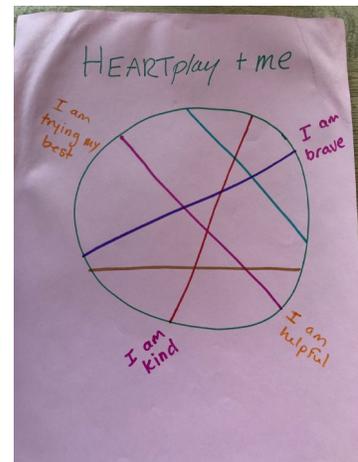
(10 minutes) PAGE THREE: My Person and Me.

- *How are we alike? How are we different?*
- **MOVEMENT:** Jumping - choose one way that you and your person are similar and one way that you are different to share.
 - *Example: I like to cook (jump left). He liked to cook. (jump right) I have dark hair (jump left). He had light hair.*



(15 minutes) PAGE FOUR: HEARTplay & Me (OR my community & me / My family & me).

- **Compliment chain:** each participant gets a turn to give a compliment to another person in the group, making sure everyone gets a turn until it gets back to the facilitator.
- **Write affirmations around the circle on your paper.** (can include the compliment(s) they were given or come up with their own)
- **MOVEMENT:** Affirmation imaginary ladder climbing.
 - *Example: I am brave. (take a step up your imaginary ladder). Group says "you are brave!"*
- **Write names around the edge of the paper of people who support you** (could be or include the group members).



(5 minutes) Closing circle ritual.



HEARTplay at Home Group Plan (2)

Theme: Calm at the Center of the Storm

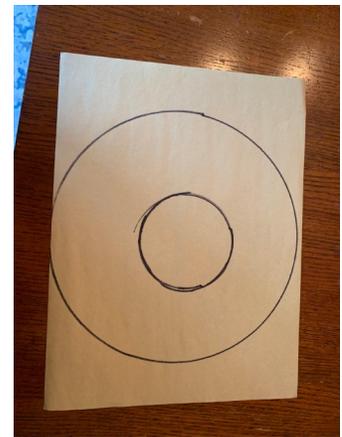
Materials: 1 piece of paper, something to write/draw with, passing object.

(5 minutes) Welcome! Tech instructions. Gather materials. Message to adults.

(5 minutes) Beginning ritual and warm-up.

(1 minute) Introduction to our art project: mandalas.

(3 minutes) Draw two concentric circles on a piece of paper. Start at the center and color in your mandala. Play soothing music.



(20 minutes) Check in. Passing the heart. Check in about feelings. Naming stress, anxiety, confusion. Connecting this with grief. Names. Naming person.

Sensory memories: type in chat box.

Let's use the 5 senses to remember our person.

- **Sight: what did your person look like?**
- **Hearing: what did they sound like?**
- **Smell: does a certain smell remind you of them?**
- **Taste: any foods remind you of them?**
- **Touch: do you remember a certain touch or texture?**

(10 minutes) Now, let's use our 5 senses to help calm ourselves. Type in the chat box. Facilitator reads.

- Name 5 things you can SEE.
- Name 4 things you can TOUCH.
- Name 3 things you can HEAR.
- Name 2 things you can SMELL.
- Name 1 thing you can TASTE.

(5 minutes) Discuss other calming strategies.

- Trouble sleeping? *Try progressive muscle relaxation*
- Missing your person? Want to remember them?
 - *Go through the alphabet and think of a word for each letter that reminds you of them.*
- Need a quick focus?
 - *Find something around you that begins with the first letter of your name. Show it to the group!*
- Need to release some energy and/or some big feelings?

Shake it off! Dance party!

(5 minutes) Cool down: Shape breathing. Closing circle ritual.



HEARTplay at Home Group Plan (3)

Theme: Standing on Our Own Two Feet

Materials: 3 pieces of paper, something to write/draw with, passing object.

(5 minutes) Welcome! Tech instructions. Gather materials. Message to adults.

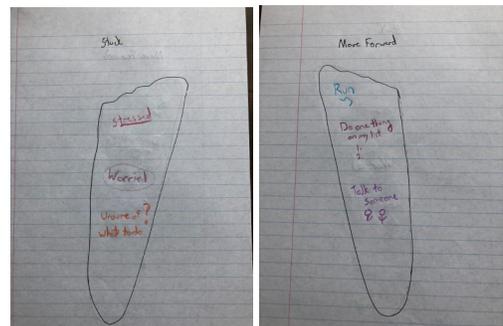
(5 minutes) Beginning ritual and warm-up. Walking around the room. Thinking about where your feet have been today.

(10 minutes) Check in. Passing the heart. Names. A high and a low from this week. Naming person.

(1 minute) Standing on our own two feet.

(10 minutes) PART ONE: One Foot in Front of the Other

- Trace one foot on one side of the paper, the other on the opposite side.
- On one foot, write/draw ways you feel “stuck”, with your grief, with your life, staying at home.
- On the other foot, write/draw ways to be “unstuck” or to move forward.
- Participants each have a turn to share and/or hold what they made up to the screen for the group to see.



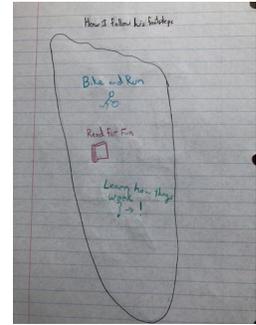
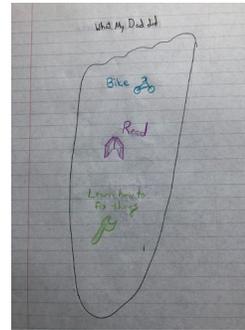
(10 minutes) PART TWO: Following in my person’s footsteps.

- Trace one foot on one side of the paper, the other on the opposite side.
- Brief discussion about what “following in someone’s footsteps” means.

- On one foot, write or draw things your person liked or did.
- On the other foot, write or draw ways you are following in their footsteps.

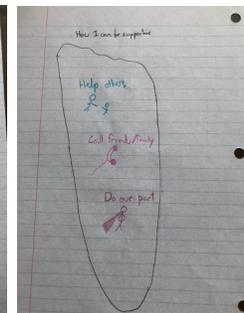
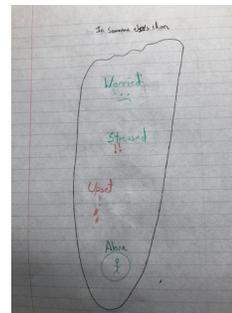
MOVEMENT: Each participant gets a turn to stand up and state a way they are following in their person's footsteps.

Example: *He worked in a pizza shop. (step forward). I want to learn to make pizza.*



(10 minutes) PART THREE: Walking in someone else's shoes.

- Trace one foot on one side of the paper, the other on the opposite side.
- On one foot, write ways other people might be feeling right now
 - Discussion point: do you think a lot of people might be feeling similar things to what you are feeling?
- On the other foot, write ways that you can help, offer kindness/support.
- Each participant can have an opportunity to share OR ask participants to write ways they can help in the chat.



MOVEMENT/COOL DOWN: closing meditation. Take one minute to take one step. We will time you.

- For younger participants, it can help to talk them through (ex: feel your heel lift off the floor, then the ball of your foot...)

(5 minutes) Closing circle ritual.



BONUS Group Plan!

THEME: ***Running Your Race***

Materials: 3 pieces of paper, markers or something to write/draw with, your best cheering voice!

5 minutes: Intro. Discussion: Have you ever been to a race and cheered on runners? Have you run in a race yourself? Have you seen and/or participated in making signs to cheer people on?

5 minutes: On the first sheet of paper, draw an animal or character to represent yourself. Then write words or phrases of encouragement you can give yourself. (ex: I've got this!)

5 minutes: On the second sheet of paper, draw an animal or character to represent your person who died (something you associate with them or that reminds you of them). Then write words or phrases of encouragement that person would give you (maybe things they said when they were alive and/or things you would like to hear from them).

5 minutes: On the third sheet of paper, write words of encouragement you can give to other people. You can decorate the sign too!

~10-15 minutes (depending on # of participants) Each participant will then have a turn to share their 3 signs with the group (with the option to pass). After sharing, that participant can stand up and run in place for 30 seconds (alternate option: strike a pose). The rest of the participants hold up their 3rd sign and cheer for their peer who is running/striking a pose. Continue until every participant has had a turn to be cheered on.



Suggested Movement Games for Online Groups:

1. Feelings Charades:

- a. Facilitator assigns one participant an animal and a feeling via a private chat message (ex: excited cat). Participants act out that animal and feeling and the rest of the group guesses. Guesses can be verbal or written in chat if participants are muted.

2. “Shake It Off” Dance Party:

- a. You can do a “follow the leader” version where everyone shakes the same body part as the facilitator or assigned leader.
- b. You can use as a discussion prompt about what participants are “shaking off”

3. Freeze Dance:

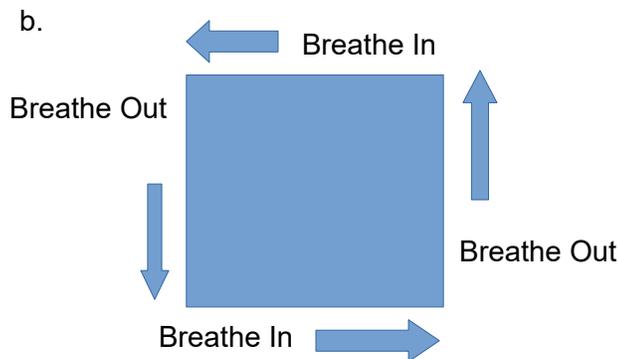
- a. Dance, move, wriggle while music is playing and freeze when the facilitator pauses the music. (technical note: you cannot talk and play music at the same time on zoom)
- b. Add “strike a pose” where participants are given something to pose as when they freeze (ex: freeze like a superhero)

4. Simon Says:

- a. When the facilitator gives a direction and says “Simon says” before it, all participants follow the direction. When the facilitator does not say “Simon says” participants do not move. (ex: Facilitator: “Simon says put your hands on your head” - all participants put their hands on their heads. Facilitator: “Put your hands on your hips.” Participants do not follow the direction.

5. Shape Breathing:

- a. Trace a square in the air. Along each edge of the square, alternately inhale and exhale. With older participants you can try inhale, hold, exhale, hold to slow breathing more.



6. Running In Place:

- a. Run in place for a designated amount of time (1 minute works well).