

Healing Hearts: A Grief Scavenger Hunt



SENSORY

Smelled something relaxing
(candle, coffee, flowers)

Felt the sun on your face

Watched a sunrise or sunset

Ate your favorite meal

Found a song or sound that
evokes emotion

HEALING

Received a sign

Identified one thing that
made you proud of yourself

Learned something new
about grief

Laughed

Chose a memorial item you're
excited about

DISCOVERY

Found a grief quote or image
that resonates with you

Read a favorite poem or
passage for grieving

Discovered a linking object
that is meaningful

Connected with a person
who is really supportive

Found a book or article that is
meaningful and helpful