

At Home Grief Support Activity: Grief Slime

Purpose of Activity:

Grief slime is often an activity used in our grief support programming. This activity is designed to encourage children and youth to explore the similarities between the experience of slime and the experience of grief. Slime is a fun, hands-on activity that helps children to reflect on the ways that both grief and slime can be unpredictable, messy, changing, hard to control, and different for everyone.

Materials:

- Mixing bowl
- Spatula or spoon

Fluffy Slime:

- ½ cup white glue
- ½ cup shaving foam
- 2-3 drops food colouring
- Glitter
- Tsp baking soda
- Tbsp contact lens solution

Stretchy Slime:

- ½ cup white glue
- 7 pumps of foam hand soap
- 2-3 drops food colouring
- Glitter
- Tsp baking soda
- Tbsp contact lens solution

Instructions:

- In mixing bowl, mix together glue and shaving foam/foam soap (depending on what slime recipe you choose)
- Add food colouring then mix
- Add glitter then mix
- Add baking soda then mix
- Add contact lens solution then mix
- Pick up slime with your hands when and if you feel comfortable!

Tips for Grownups Facilitating Activity:

-Before introducing some similarities between grief and slime, try asking the child what they believe is similar between the two.

-Children may not know what “grief” means. Adults can explain this as all of the feelings one has after someone they love dies.

-When glitter is mixed into the slime, it may become hidden or dull at first. Adults can share that the glitter represents moments of joy. In grief, one’s joy may become hidden or dulled for sometime. After adding the final ingredients, we may just see those sparkles or “moments of joy” glimmer once again.