




# m&m's Game


**Instructions:** Every family member gets 1 snack pack size bag of m&m's. Go around the group, taking out only one m&m at a time, and follow the guide below. **Purpose of activity:** Encourages discussion about grief reactions of each participant, illustrating both the common feelings associated with a loss and the differences in coping of each individual. Also allows for sharing of memories and memorialization.


**For every  share one thing about the loss that makes you angry.**

**For every  share the thing you miss most about the person who has died.**

**For every  share a happy memory of something you and your loved one did together.**

**For every  share something that has changed since your loved one has died.**

**For every  share your favorite holiday memory with your loved one.**

**For every  share something you wish you would have told your loved one.**

