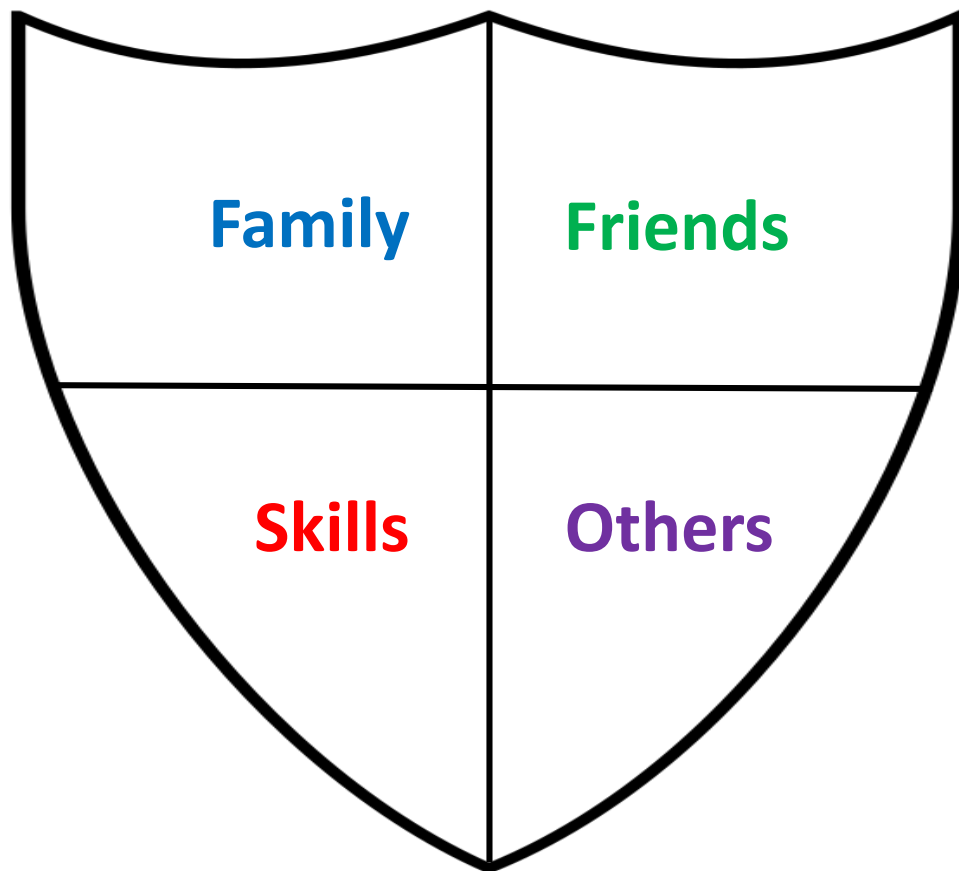


SHIELD OF STRENGTH

A Craft for Grieving and Hurting Kids



Instructions:

1. Draw a shield pattern like the one above on a large piece of cardboard or poster board.
2. Divide the shield into four sections by drawing a horizontal and vertical line.
3. Label the four quadrants as “Family,” “Friends,” “Skills” and “Others.”
4. Cut the shield out.
5. Write people or skills/abilities in each section that can help to protect you or help you feel better when you’re feeling down.
6. Keep the shield as a reminder that you are never alone in the struggles and difficulties that you face.
7. Instead of making a large shield, you can use the template on the following page to create a smaller version.

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