

# Picking Up the Pieces

## Supplies Needed:

Clay Flower Pot or ceramic bowl, any size  
(NO GLASS)

Hammer

Glue (Hot Glue, Super Glue, Craft Glue)

Paint, Sharpies, Markers, Crayons

Plastic Tub

*Optional:* Magazines, Pictures & Modge Podge



## Activity Purpose:

When death occurs, for the grieving individuals to feel worn, cracked, or even broken with a parts of them missing, is very normal. Through this activity, families can identify their feelings of brokenness and use the support systems in their lives and happy memories of our loved one to mend the cracks. Thus, showing that after a loss we will forever be changed but healing can take place.

## Instructions

Step One:



Holding the clay pot or bowl over the plastic tub, carefully break into several, large pieces using the hammer.



Step Two:

On the inside pieces of the pot/bowl, write or draw feelings that they have experienced since the death.



Step Three:



On the outside pieces of the pot/bowl, write, draw, or paint images of the happiest memories shared with the loved one that has died. Sharing what each family member wrote on both sides.

#### Step Four:

Using hot glue gun or other type of adhesive, glue pieces of the pot back together to make the pot “whole” again.

*Optional: Older children may want to cut pictures, words out of magazines that represent these steps, then modge podge the clippings to the pottery. Photographs can be printed on paper and done the same way.*



#### Step Five:

After the pot/bowl is glued back together, discuss how this is similar to how grief feels. After the loss, we may feel broken. However, with time and by identifying our feelings, sharing our happy memories and support from others, we are able to put our broken pieces back together. We still may have cracks, chips and holes because grief changes us, but we can use our experience to create something meaningful.



In Japan, it is said that broken pottery is repaired with gold. The flaws are seen as a unique piece of the objects history, which adds to it's beauty. This technique is known as Kintsugi.

Adapted from Resources:

TuNidito. *Pieces of Grief—A Bereavement Activity*. <https://tunidito.org/2019/07/19/pieces-of-grief-a-bereavement-activity/>

McClelland, T. (2012, April 22). *Broken Pot*. <https://tjmcclelland.wordpress.com/2012/04/22/broken-pot/>

Desyllas, H.(2014, April 29). *What Japanese Pottery Can Teach Us About Feeling Flawed*. <https://www.becomingwhoyouare.net/japanese-pottery-can-teach-us-feeling-flawed/>