

Canuck Place Children's Hospice Partnership Guide[®]

Family Activities

The following pages will provide you with some ways to explore together as a family and help build your confidence in approaching serious illness conversations with children.

- The activities are only suggestions as to ways to engage and explore together. All family members can use them.
- The different activities may not be a fit for everyone, but they are all ways to support understanding and participation if desired.
- The information shared with these activities is personal and confidential. *To share with others requires permission from the person who shared it.*

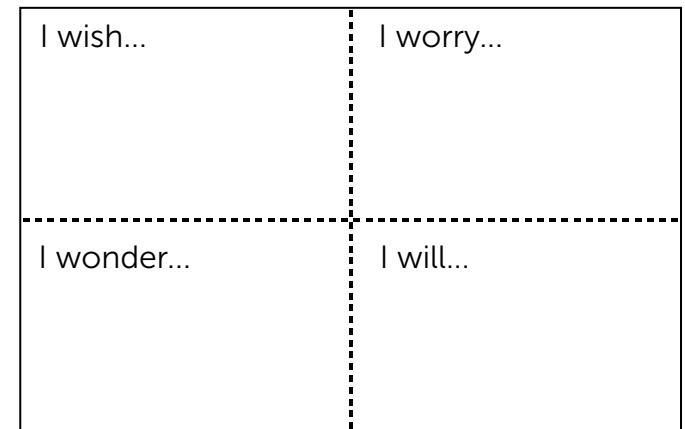
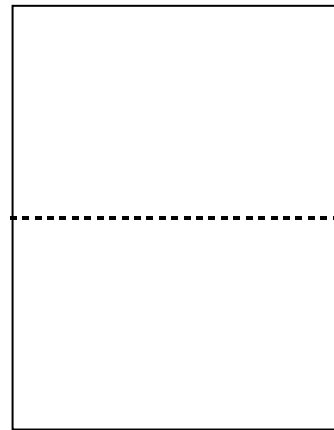
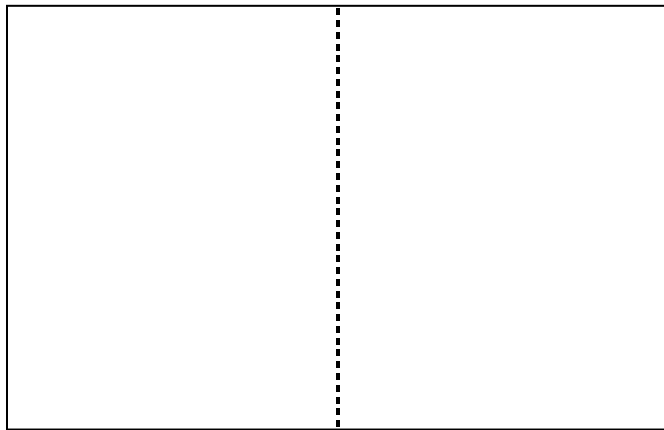


Activities provided can help explore:

- Goals and hopes
- Fears and worries
- Strengths
- Making decisions

Activity 1: The 4 W's: wish, worry, wonder, will

A way to explore thoughts and preferences



1. Fold a 8x11 paper in half then half again
2. Unfold the paper, there will be creases outlining 4 boxes
3. Write in each box a W to consider
4. Pose the question that is being considered
5. Provide drawing and writing materials
6. Invite the child to write /draw their thoughts
7. Provide time and sit quietly while witnessing their work
8. When the child is finished, invite them to share. Sharing is a choice.
9. These thoughts can also be shared

Activity 2: Question Jar

Sentence Completion

Sentence completion to prompt exploration of thoughts and feelings

- In the jar is a list of sentence starters. You may use these or your family can create your own.
- The child and/or members of the family can choose statements to complete to explore thoughts and feelings together about a situation.
- Provide time for everyone to complete their statements. Do not put names on the statements
- Use a container (jar, basket, hat, bowl) to place completed statements in.
- You can take turns to read out the statements and discuss.
- These statements can also be shared with your healthcare team.



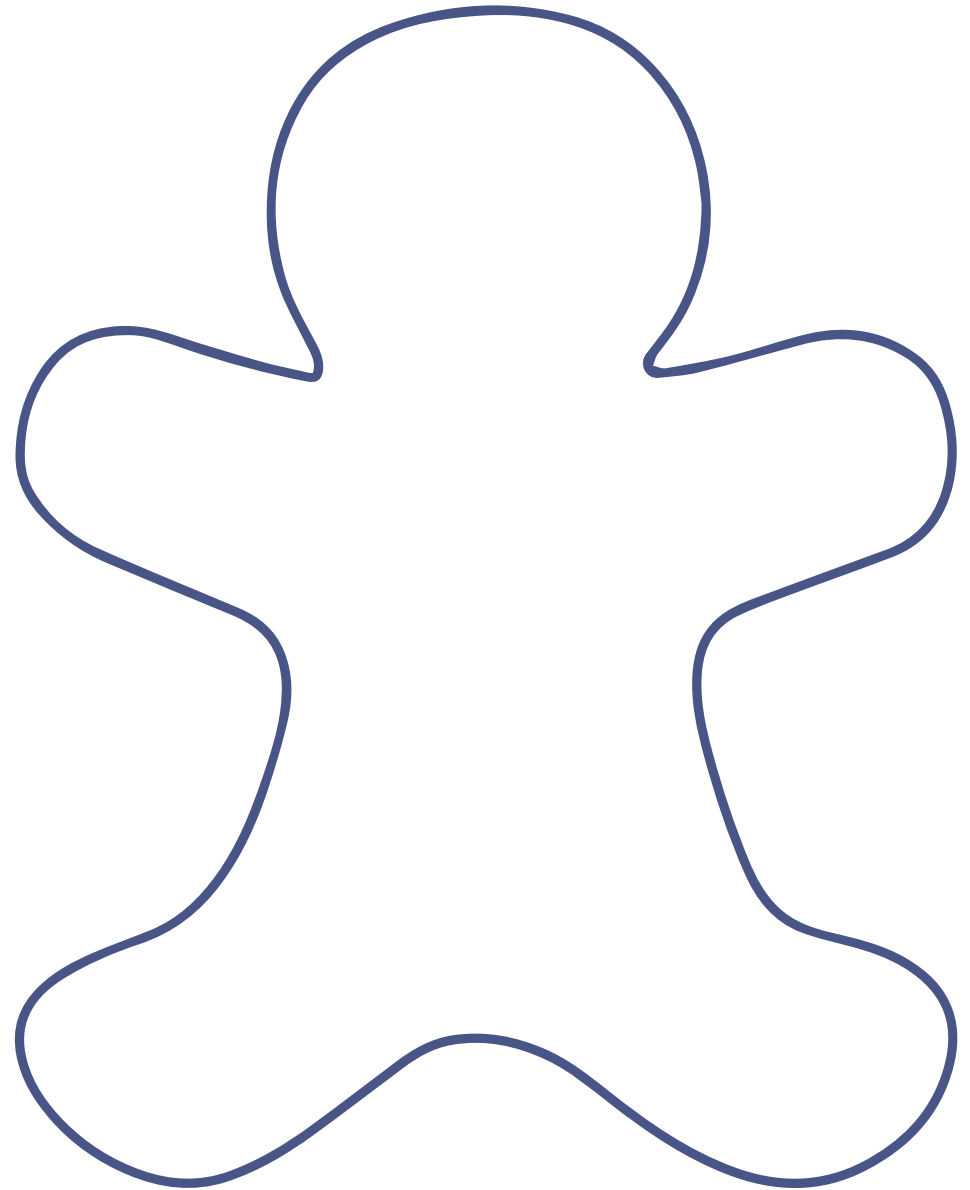
Activity 3: Fears and Worries²

2 Ziffer, R. L., & Shapiro, L. E. (1992). CSRPI: Children's Self-report and Projective Inventory. Psychological Assessment Services

A way to identify with experiences and express feelings

- Provide drawing and writing materials
- Draw an outline of a person on the paper (see diagram)
- Invite the child to think about the feelings they have about the situation or decision.
- Ask the child to identify the feelings and pick a color for each feeling they identify to represent the feeling.
- Invite the child to color in the body to show how much of each feeling they are feeling (eg. if the color yellow was picked for happy and the child feels happy most of the time they would use the yellow color most)
- Provide time and sit quietly while witnessing their work. When the child is finished, invite them to share their feelings, for how long they last and what helps them cope with their feelings.

Colour how you feel



Activity 4: Visual Distress Scale¹

¹ Wiener, L., Battles, H., Zadeh, S., Widemann, B. C., & Pao, M. (2017). Validity, specificity, feasibility and acceptability of a brief pediatric distress thermometer in outpatient clinics. *Psycho-oncology*, 26(4), 461-468.

- A way to rate experiences, reactions and coping
- Ask the child to indicate on the scale below the number between 0 and 10 that best describes how they are feeling. A zero (0) means no distress and a ten (10) means the most distress.
- A way to ask children to rate how they are feeling (mood, anxiety, fatigue, pain etc.)
- Explore and inquire as to the reason for their rating.
- Can be used when we notice signs that the child may be having difficulty, but having a hard time talking about what is happening for them.
- Using the vertical line, please mark your current level of distress on the line below.
- Explore with the child their thoughts and feelings about the number chosen
- Inquire with the child where they would like the number to be
- Plan together ways that would support them to bring the number down if indicated



No distress

0 1 2 3 4 5 6 7 8 9 10

Distress ++

