

Heartbreak Pot Activity Instructions

When we experience a significant loss or grief, it sometimes feel like pieces of us are broken or that we fall apart. This activity honors those feelings that accompany grief while also reminding us of our many sources of support. Do this activity with friends, as a family or on your own.

Materials:

Small terra-cotta pots or one large pot
Paint pens, markers or paint and a paintbrush
Glue
Safety glasses

Instructions:

1. Put on safety glasses.
2. Carefully break, but do not shatter, the pot.
3. Hand out a broken piece or two to each family member, friend, and/or student. If you are doing this activity alone, lay out the broken pieces in front of you and choose one piece to start with.
4. Using paint pens, markers or paint, ask each person to write on the inside of the broken pieces. You can draw pictures or write words to express your feelings surrounding grief and loss. On the outside pieces, write about or draw sources of support (e.g., friends, family, teachers, pets, hobbies, etc.)
5. Repeat step four until all pieces of the pot have words or illustrations on them.
6. Work together to glue and piece the pot back together.
7. Use this pot as a reminder of the grief you feel and the sources of support that surround you.