HOPE for HIE SUPER SIBS

HEARTS CONNECTED LOSS PROGRAM

Pumpkin Smash

If you still have some fall pumpkins around this activity will be a perfect way to use them!

Please get permission and ask for help from an adult before starting this one.

Grief can bring up a lot of emotions, like sadness, anger, frustration and feelings that are sometimes hard to put into words. This activity offers a creative and physical way to release some of those feelings in a safe and intentional way.

WHAT YOU NEED:

- Medium to large-sized pumpkin
- Permanent markers
- Tarp or trash bag
- Goggles for eye protection
- Tools for smashing (hammer, baseball bat, stick, etc.)
- Adult supervision

WHAT YOU DO:

1. Cover your outside area. This activity is best done outside and it helps to cut a trash bag open (down the seams) to lay on the patio or grass, so that clean up is easier!

2. Grab your pumpkin of choice. If you celebrate Halloween and have a carved pumpkin you can also use that. This way, your pumpkin serves two purposes during the season: decoration and smashing! But you are always welcome to use a new pumpkin.

3. Using the pumpkin write, draw, or use symbols focusing on feelings of grief, things that stress you out, or challenges. Take a few minutes and think about your stressors, what makes you anxious, angry, or sad, or what feels hard today.

4. Get to smashing! Use a hammer or whatever is available to smash the pumpkin to smitherings. Remember to be aware of your body, toes, and fingers when hitting the pumpkin.

5. Clean up duty. As a family, you can talk about how it felt to smash the pumpkin and how it can be helpful to let feelings out in safe ways.

Invite your family members to have a turn too. This can be a family activity and a great way to connect!