

### Parachute games

Grasp the edge of the parachute with an overhand grip, and squat down so the parachute is flat on the ground. On the count of three, stand up and stretch arms above head creating a canopy.

Put a ball into the centre of the parachute. Raise and lower the parachute to throw and catch the ball. When the kids are skilled at this, try adding a second ball.

Grief comes and goes. Things happen that cause our grief to get worse. Think of the balls as your grief and feelings. You want to keep them stable and on the parachute. One team will go under the parachute and try to be those things that make our grief worse. They will try to knock the balls off the parachute. The other team will work together, support each other and try to keep the balls on the parachute.

Sometimes friends can help us when we are in trouble. The ball is placed on the parachute, representing a ship in stormy seas. Participants wave the chute so it ripples. This is the waves and the stormy sea the ship has encountered. Two or three kids will act as the waves as the other children have to work together to get their ship to safety as soon as possible (through the hole in the centre of the parachute.)

Your friends and family can help you from “going over the edge”. Grasp the edge of the parachute with an overhand grip. Place one ball (representing you) on the parachute. Make the ball slide around the chute by slowly raising the chute up and down. Keep the ball rolling so that it does not go off the edge.