



Hopes and Dreams Bag

Materials

Large white or brown paper bags, boxes, jars, anything! Markers, crayons, collage materials, glue sticks and index cards

Procedure

Sometimes after a significant death, there are times when hope is hard to find, and finding or maintaining dreams can be difficult.

Decorate the outside of your bag to illustrate your family. Use collage materials, crayons or markers to draw. You may want to find a symbol that represents them or pictures that describe them.

Give each member of your family several index cards (or paper scraps) to write out hopes and dreams that may be individual to them or for the family as a whole. Brainstorm some dreams you may have collectively.

Put the hopes and dreams in the bag. You can pull from the bag if you need a reminder or pick-me up to stay future focused. Spend time in conversation and reflection with your family!

Source: C. Caryn Kondo, MSW

