

# JOURNEY THROUGH THE GRIEF GALAXY

## INSTRUCTIONS

Welcome to the Grief Galaxy! Journey through space visiting planets, supernovas, aliens and more! As you make your way back home to Planet Earth, answer fun questions about yourself and explore what your personal grief journey and that of your fellow travelers has been like for you and them. Begin by starting on The Far Off Planet and make your way through the galaxy back home to Earth.

### You will need:

- Access to a printer
- Scissors
- Tape (glue or stapler would work as well)
- One die (or you can use a random number generator on your smartphone or found online– with numbers 1-6).

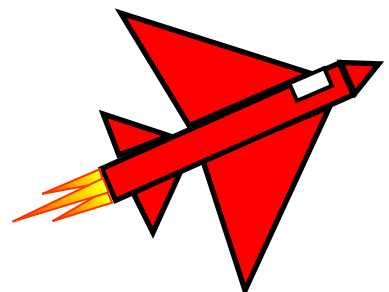
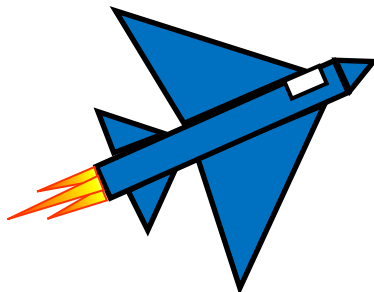
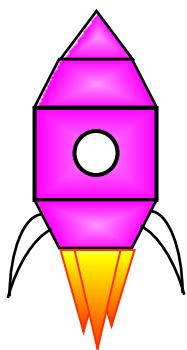
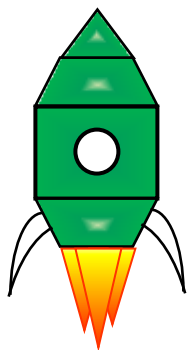
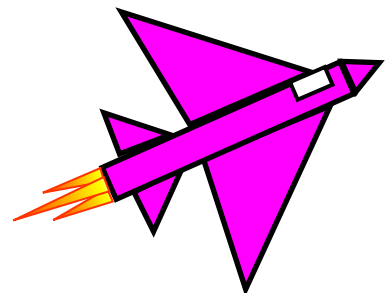
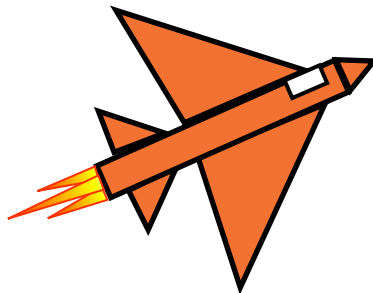
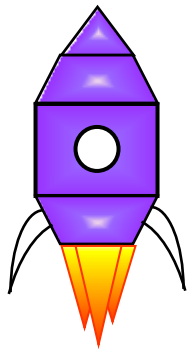
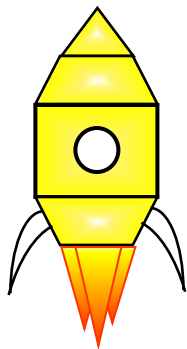
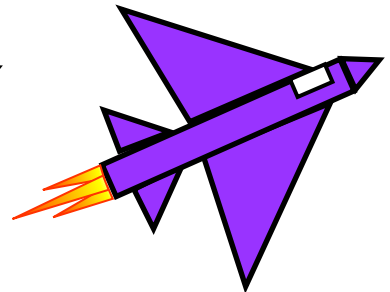
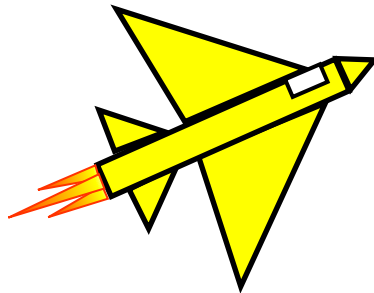
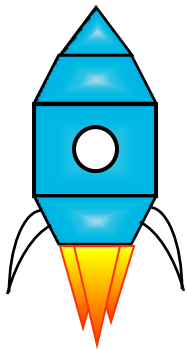
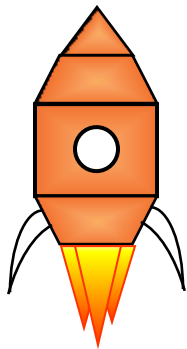
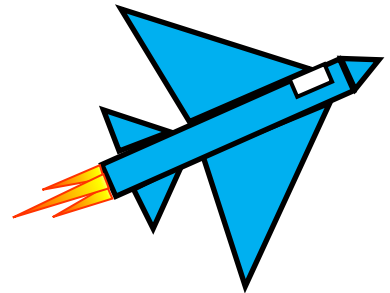
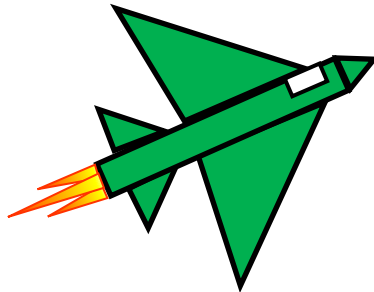
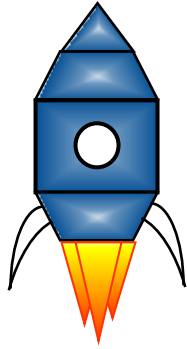
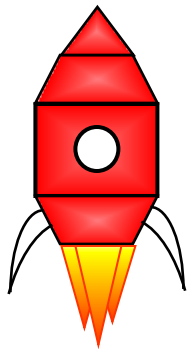
### Instructions:

1. Print out the game pieces (space ships), navigator pages, star question card and reward card pages, and game board. If possible, the game board should print into six pages by selecting the poster option under “Page Sizing & Handling”. Printing the game board on one page works as well, players will simply have to track what space they are on.
2. Tape or glue the game board together. There should be six pages.
3. Select and cut out the space ships you would like to use as game pieces (or you can use any object you have at home).
4. Cut out the Star Question Cards and Reward Cards. Stack them separately and keep to the side.
5. Begin with everyone’s game pieces on The Far Off Planet.
6. The youngest player goes first, followed by the player on the left (clockwise).
7. Role the die and move up that number of spaces.
  - a. If you pass an Object (anything that is not a Star), you can choose to end your turn, or use the rest of your roll and keep going.
  - b. If you end your turn on a Star, select a Star card and answer the question. Your turn is now over
  - c. If you end your turn on an Object, find that Object on the Navigator pages. Read aloud what it says and answer the question. After Answering the Navigator question, draw a card from the Reward Pile. Your turn is now over.
  - d. There are two types of Reward Cards. “USE” cards happen as soon as you draw them. “KEEP” cards stay with you and provides bonuses, or can be used later.
8. The first player to make it back home to Earth wins!

Wishing you luck on your journey!

# JOURNEY THROUGH THE GRIEF GALAXY

## GAME PIECES



# JOURNEY THROUGH THE GRIEF GALAXY NAVIGATOR



**Lonely Planet**  
6

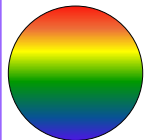
You've landed on The Lonely Planet. It can feel very lonely when someone important dies. Not only may you miss the person, but what you are feeling and going through may be very different from your friends and classmates. Do you ever feel lonely or different from other people? Do you know anyone your age who has experienced the death of someone important? What times do you miss the person who died the most?



**Spiral Galaxy**  
9

Oh no! You got lost in a spiral galaxy! You thought you were on a one arm of the galaxy and you but were actually on another, leaving you confused and lost. It is normal to feel confused and lost in grief. It is also common to experience memory issues or to have difficulty concentrating. Have you felt lost or confused? Have you been forgetful or had trouble focusing? Do you have any questions about the death?

**Globular Good Times**  
14



**Friendly Helpful Alien**  
19



You've landed on Globular Good Times! It's normal, healthy, and important to have fun after a person has died. Sometimes people can even forget for a little while that the person has died, or they pretend that the person is still alive. Do you ever have times when you forget the person has died, or you pretend they are still alive? What are some fun things you have done or times when you have been happy or excited since the death?

Hooray! A friendly alien gives you some of her super jet fuel and you quickly move ahead 3 spaces! Has anyone said anything to you that has helped you since the death of the important person in your life? If so, what did they say?

**Supernova** 24



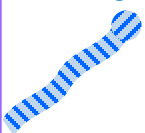
A Supernova is an extremely bright, powerful explosion of a star. One type is caused by the blast of a dying massive star. These rare, extreme events can be so bright that they outshine their entire galaxies for a few days or even months and can be seen across the universe. The death of an important person can be so impactful, overwhelming, and shocking, that it can feel as though an explosion has happened in your life. Share something about the day the important person in your life died or what it was like to learn of their death.

**Globe of Guilt**  
31



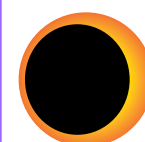
You've landed on the Globe of Guilt. Guilt is a common feeling to have when grieving. Often people can feel guilt for large or small mistakes made while the person was alive, for being alive while the other person is dead, for many things they think they should or should not have done while the person was alive, or have guilt over having various feelings (maybe for being angry at the person who died, being happy, being sad longer than they think they should, etc.). Have you felt guilt or remorse as part of your grief?

**Wormhole** 36



You've fallen in a wormhole! Go back to the Supernova, space 24. Wormholes are shortcut, passageways that connect different objects in space and time. This wormhole takes you back to the supernova—the blast created from a dying star. Many people who are grieving have had the experience of suddenly being reminded of the person or the death when they are not expecting it. People may even feel as though they are back in time to day of the death or the moment they were told of the death. Have you ever had something remind you of the person who died when you were not expecting it? If so, what was it that reminded you and what was that like?

**Black Hole** 43



Oh no! You fell into a black hole! The death of a star can sometimes leave behind a black hole. A black hole is an area of such immense gravity that it pulls anything near to it, down towards the center of the hole, where nothing can escape from it. Has the death of an important person in your life left black holes—situations/places/things that you avoid so you do not fall into sad, dark thoughts and feelings? What are the things you avoid, and what are some things that help pull you out of those thoughts and feelings?

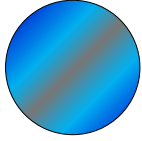
**Asteroid Belt**  
47



You've hit a rocky, asteroid belt. Moving through grief can feel very bumpy and rocky. Some days or moments you might feel pretty good, and then suddenly you are intensely missing the person or having other big feelings. You may find yourself being more moody in general with your thoughts and feelings changing frequently. Have you experienced this, and if so, what has that been like for you?

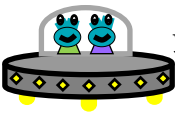
# JOURNEY THROUGH THE GRIEF GALAXY NAVIGATOR

## Circle of Sad 50



You've landed on the Circle of Sad. Sadness is often felt when grieving the death of an important person. It is commonly very painful when someone dies, and not only may you be sad more but it may be difficult for you to see other people in your family sad or crying. It's important to know that it's okay to be sad and it's okay to cry. Have you been feeling sad or have you seen other people you care about being sad? What is that like for you? Is there anything you would like other people to know about what you need when feel this way?

## Friendly Aliens 50



Ugh! Friendly aliens who were trying to help you, accidentally gave you the wrong directions and have sent you back 2 spaces. Sometimes well meaning people who are trying to say something helpful, end up actually saying something that is unhelpful or even hurtful. Has anyone told you something since the death that was hurtful, frustrating, or just unhelpful? What was it that they said and what would you like them to know?

## Nebula 61



A nebula is a giant cloud of dust and gas that is sometimes created out of the explosion of a dying star, and where new stars can form. After the death of an important person, there can be new, positive experiences, feelings, ways of thinking about life, new people that you meet, etc. What good things have happened since the death of the important person in your life?

## Sphere Sluggish 65



You've landed on Sphere Sluggish. The mass and surface gravity of this planet makes your body heavier, makes walking more difficult, and overall makes you feel tired. Also something about the air here gives you a headache. Did you know grief can also affect how you feel physically? It's common for people to have headaches, stomach aches, shoulder pain, neck pain, other aches and pains, and they can feel very tired and drained of energy. Have you noticed any changes in how you feel physically since the death of the important person in your life?

## Orb of Anger 69



You've landed on the Orb of Anger. Anger is a common part of grief and can feel unexpected or confusing. People may be angry that the person died, feel that life is unfair, and/or they may be mad at family members, themselves, doctors, the person who died, or others. It's also normal to become frustrated or irritated much more easily than you used to. Have you been angry since the person died or have you been more agitated than normal?

## Milky Way 74



You have made it to the Milky Way! The Milky Way is the galaxy that contains our Solar System, and is the first sure sign you are heading home! As happy as homecomings may be, oftentimes as travelers return home after a long journey, they realize home may not be the same as they left it, and that the journey has changed them. In what ways does your home feel different or changed since your special person died? Also, in what ways do you think you have changed since the death?



## Sun 78





















Nothing is more important to us on Earth than the Sun. Without the Sun's heat and light, the Earth would be a lifeless ball of ice-coated rock. The Sun warms our seas, stirs our atmosphere, generates our weather patterns, and gives energy to the growing green plants that provide the food and oxygen for life on Earth. Who or what is something that gives hope, love, joy or energy to you, and that helps keep you going now that your special person has died?





















































## Moon 85

The Moon is the largest, brightest object in the night sky. After the sun has set, the moon provides light that guides animals and humans through the darkness. It is common to have trouble sleeping, have nightmares, and/or have more intense worries or fears after a death. Are any of these true for you? If so, what comforts you when worried or helps you get through the night?

## STAR QUESTION CARDS

 <p>If you could have any animal as a pet, what animal would you choose?</p> 	 <p>If you had a million dollars, what would you buy?</p> 	 <p>If you were a talk show host, who would be your first guest?</p> 	 <p>What is your favorite kind of sandwich?</p> 	 <p>If aliens visited earth would you want to meet them?</p> 
 <p>What is a language you wish you knew how to speak?</p> 	 <p>What is one of your favorite things to do?</p> 	 <p>What is your favorite magical or mythological animal?</p> 	 <p>If you could be a superhero, which one would you be?</p> 	 <p>What is your favorite TV show or movie?</p> 
 <p>What sport would you compete in if you were in the Olympics?</p> 	 <p>What fictional world or place would you like to visit?</p> 	 <p>What is something you do well?</p> 	 <p>What is your favorite time of day and why?</p> 	 <p>What is your favorite board game?</p> 
 <p>What is your favorite place that you've been to?</p> 	 <p>What is your favorite holiday?</p> 	 <p>What is the strangest thing you've ever eaten?</p> 	 <p>If you could meet any famous person, alive or dead, who would it be?</p> 	 <p>If you could delete any part of your daily routine, what would it be?</p> 
 <p>Who is your best friend and what do you like about them?</p> 	 <p>Who is your favorite teacher?</p> 	 <p>What is your favorite book?</p> 	 <p>Who is your favorite villain?</p> 	 <p>Would you rather be able to swim like a fish or fly like a bird?</p> 

## STAR QUESTION CARDS

 <p>If you could be in any movie, what movie would it be?</p> 	 <p>What is something about yourself that makes you proud?</p> 	 <p>What makes you feel loved?</p> 	 <p>If you could be any animal, what would you be?</p> 	 <p>If you could plan a family trip, where would you go, what would you do?</p> 
 <p>If you could only take 3 things to a deserted island, what would you take?</p> 	 <p>What is something nice someone has said to you lately?</p> 	 <p>Where would you fly if you had wings?</p> 	 <p>Say one nice thing about someone playing this game with you.</p> 	 <p>What is your favorite chore?</p> 
 <p>What is your favorite season and why?</p> 	 <p>If you could only eat one thing for the rest of your life, what would it be?</p> 	 <p>What is your favorite song right now?</p> 	 <p>What was your favorite toy when you were younger?</p> 	 <p>What was the first thing you thought of when you woke up this morning?</p> 
 <p>If you could have any super power, what would it be?</p> 	 <p>Describe yourself in three words.</p> 	 <p>If you could time travel, what time would you go back to?</p> 	 <p>What is your favorite sport?</p> 	 <p>If you could be any fictional character, who would it be?</p> 
 <p>What is your least favorite color?</p> 	 <p>What is your favorite family tradition?</p> 	 <p>If you could be president for a day, what would you do?</p> 	 <p>What is something you like about yourself?</p> 	 <p>What is/was your favorite subject in school?</p> 

# REWARD CARDS

Andy  
the Inquisitive Alien  
{KEEP}

Spaceship Training  
Wheels  
{KEEP}

Susan  
The Sightseeing Alien  
{KEEP}

Cloaking Device  
{KEEP}

Whenever you answer a  
Star question you can  
make another player  
answer that same  
question

If you roll a 1 you  
can choose to ignore  
it and roll again

You have to stop at the  
next site you pass. You  
can chose to answer two  
questions and if you do  
you get to draw 2 re-  
wards. Discard after  
use

You can pass on  
answering one  
question. Discard  
after use

Dark Matter Fuel  
{USE}

Space Banana Peel  
{USE}

Rex  
The Space Dog  
{KEEP}

Klargruuurg  
The Kindly Tentacle  
Monster  
{USE}

Move forward 4 spaces

Move any player back  
one space.  
They receive any rewards or  
penalties for landing on  
their new space

Rex runs to help  
whoever is in last  
place. They get to add  
2 to all future rolls.  
Rex changes players at  
the end of every turn  
if necessary.

Every player gets to  
say something nice  
about you.

Broken Translator  
{KEEP}

Right Booster Engine  
{KEEP}

Left Booster Engine  
{KEEP}

Space Boom Box  
{USE}

Give to another player,  
they can only talk in a  
made up alien language  
until the start of  
their next turn. At the  
start of their turn  
they can choose to  
discard the translator  
or give it to a

Add 1 to all future  
even rolls (2, 4, 6)

Add 1 to all future  
odd rolls (1, 3, 5)

Choose the next song  
to listen to while  
playing this game

Space Boom Box  
{USE}

Rocket-in Theatre  
{USE}

Time Traveler  
{KEEP}

WARP SPEED  
{USE}

Choose the next song  
to listen to while  
playing this game

Choose a family movie  
or show to watch af-  
ter this game

Guess a number be-  
tween 1 and 6 before  
you roll. If you roll  
that number you get  
to take another turn.  
Discard after a suc-  
cessful use

Double your next  
roll. If you roll a 6  
move 12 spaces but  
lose your next turn  
while your engines  
recharge.

# REWARD CARDS

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Move forward 1 space.  
Discard after use

Move forward 1 space.  
Discard after use

Move forward 2  
spaces. Discard after  
use

Move forward 2  
spaces. Discard after  
use

Little Boost  
{USE}

Little Boost  
{USE}

Little Boost  
{USE}

Medium Boost  
{USE}

Move forward 1 space.

Move forward 1 space.

Move forward 1 space.

Move forward 2  
spaces.

Medium Boost  
{USE}

Big Boost  
{USE}

Short Circuit  
{USE}

Gravity Well  
{USE}

Move forward 2  
spaces.

Move forward 3  
spaces.

Move half as far on  
your next roll.  
(Rounded up)

Move backward 1  
space. Discard after  
use

Gravity Well  
{USE}

Big Gravity Well  
{USE}

Space Banana Peel  
{USE}

Space Banana Peel  
{USE}

Move backward 1  
space.

Move backward 2  
space.

Move any player back  
one space.  
They receive any rewards or  
penalties for landing on  
their new space

Move any player back  
one space.  
They receive any rewards or  
penalties for landing on  
their new space

# REWARD CARDS

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Spare Fuel  
{KEEP}

Move forward 1 space.  
Discard after use

Move forward 1 space.  
Discard after use

Move forward 2  
spaces. Discard after  
use

Move forward 2  
spaces. Discard after  
use

Little Boost  
{USE}

Little Boost  
{USE}

Little Boost  
{USE}

Medium Boost  
{USE}

Move forward 1 space.

Move forward 1 space.

Move forward 1 space.

Move forward 2  
spaces.

Medium Boost  
{USE}

Big Boost  
{USE}

Short Circuit  
{USE}

Gravity Well  
{USE}

Move forward 2  
spaces.

Move forward 3  
spaces.

Move half as far on  
your next roll.  
(Rounded up)

Move backward 1  
space. Discard after  
use

Gravity Well  
{USE}

Big Gravity Well  
{USE}

Space Banana Peel  
{USE}

Space Banana Peel  
{USE}

Move backward 1  
space.

Move backward 2  
space.

Move any player back  
one space.  
They receive any rewards or  
penalties for landing on  
their new space

Move any player back  
one space.  
They receive any rewards or  
penalties for landing on  
their new space