

Mimi's Note Activity

Grief can be a difficult subject to address with children. After reading the story, use the discussion questions below to start a conversation and make room for God to move and stir in their hearts.

Why was Ella sad?

Have you even felt sad or missed someone?

How did Ella's teacher and friends comfort her?

How can you comfort someone who is sad?

How do you think God meets us in our sadness?

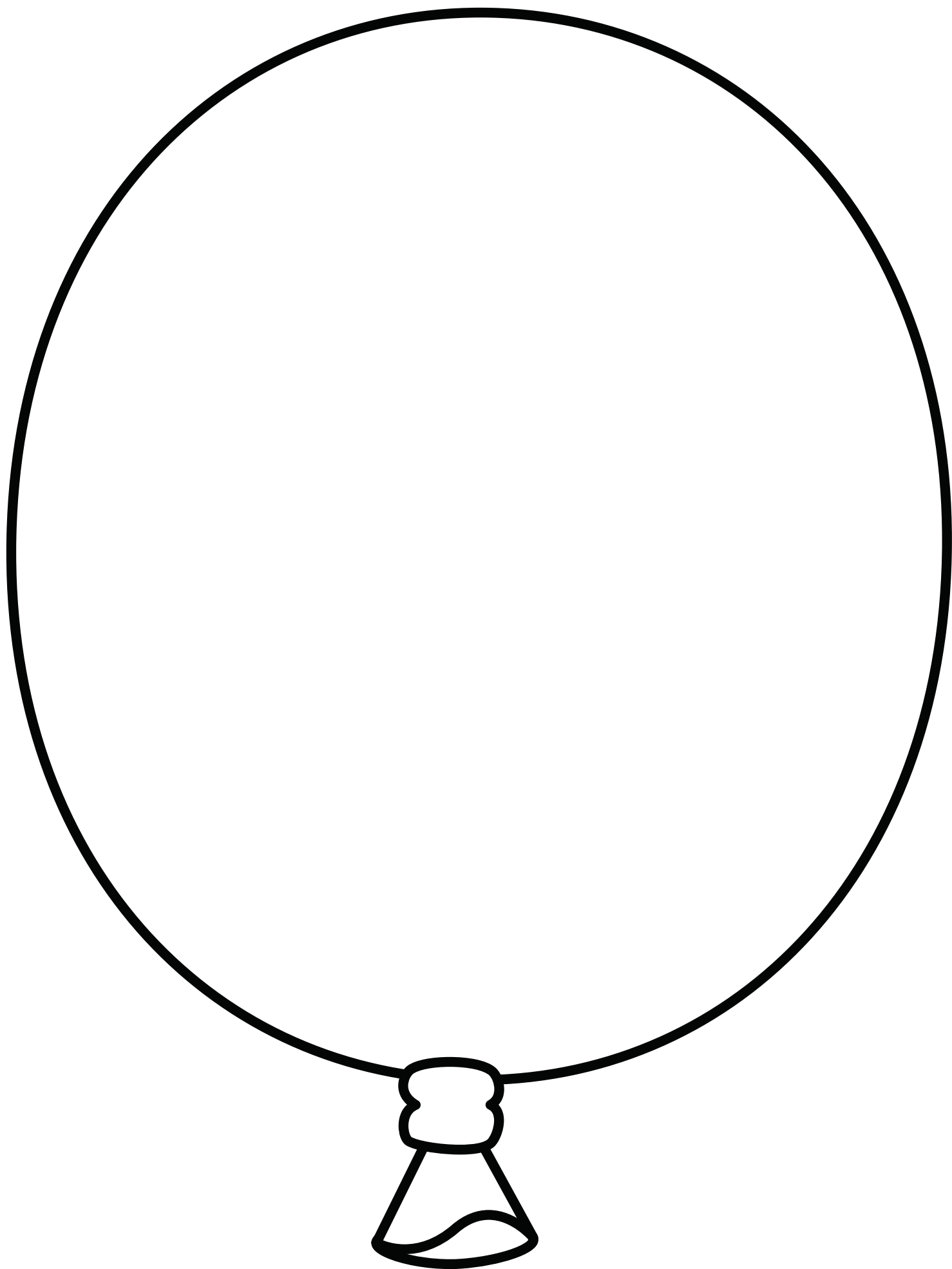
Matthew 5:4 says God comforts those who mourn. What does mourn mean?

Do you want to pray for those that are sad?

Are you sad? May I pray for you?

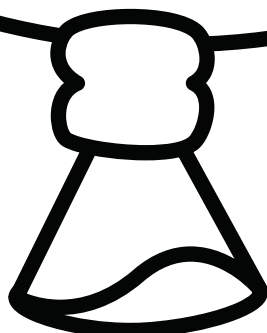
Tell me more about your loved one.





Dear _____,

Love _____



Ways to “Release the Balloons”

Depending on the child’s age and learning style, allow them time to color, paint, or decorate the plain balloon or write a note on the balloon with lines to a loved one.

(Side note: Printing these balloon print outs on cardstock may help with durability)

Display these balloons on a bulletin board with stings attached, send them home, or read them aloud and pray together as a class.

You can also write personal notes or names of loved ones in heaven on a single balloon and release it to “heaven.” This visual can be a beautiful representation for children to grasp and understand.

Find more about the Balloon Release Project at:
<https://www.aliciasearl.com/balloonrelease>

My heart and prayers are with you!


Alicia

