

Conversations about Grief

Gina Kim | Senior Thesis | Fall 2019

Grief is normal but it's rarely talked about.

Interviews

~~Open views~~ conversations about grief

“My grandmother and I had mature conversations about death before she passed. I really appreciated those moments.”

“Grief is something you can talk out. You shouldn’t hold it in because it might build up. I don’t think it’s something that can actually heal; it’ll flare up once in a while.”

“It’s hard to talk about grief and loss when its immediate. You need to learn how to navigate the conversation to minimize the [negative] effects.”

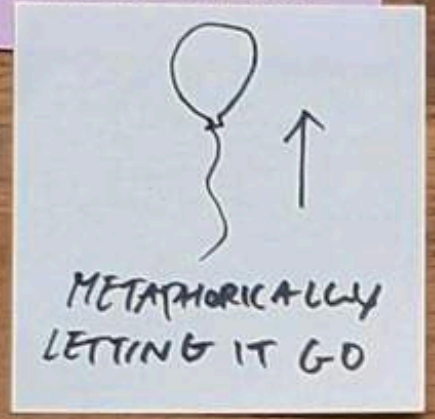
~~Is there a way to improve the grief experience?~~

Is there a way to encourage conversations around grief, loss, and emotions?



CARD
GAME/PROMPTS
TO START
CONVERSATIONS.

MAKE YOUR
OWN LANTERN
"LET GO"
* BIODEGRADABLE



moment
piggy
banks —
write down what you
want to say & store it
in a "bank"

Midnight
meditation
w/ prompts
← around
healing.

SERVICE
CREATE
RITUALS
FOR OTHERS

PERSONALIZED
RITUALS

Planting a
tree/plant
(make sure
they won't
be dead!)

CONVERSATION
STARTERS
↳ CAFE



BUILD A
GARDEN
↳ GROWTH
REBIRTH

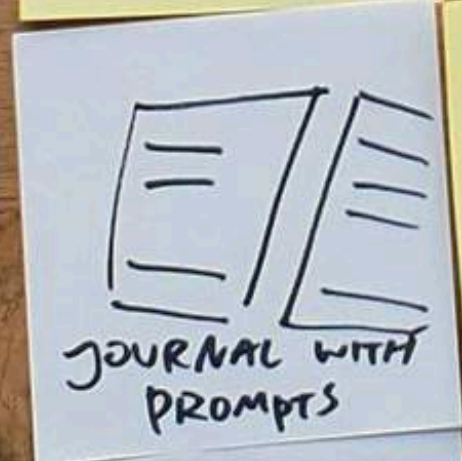
story/writing
sharing platform

healing
foods,
delivered
by friends.

Midnight
meditation

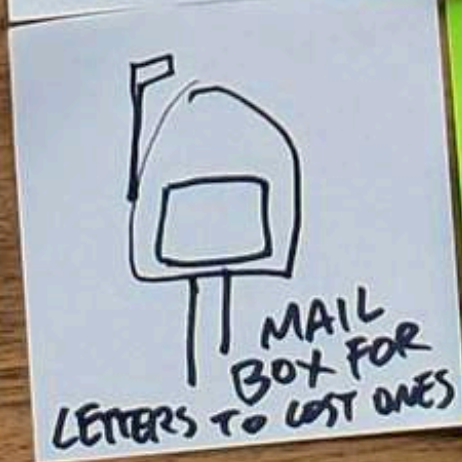
INCENSE
SMELLS RELATED
TO MEMORY

message
bottle by
the river



The making of
a photo/memory
album

PLATFORM
TO SHARE
STORIES
ABOUT LIVED
ONES

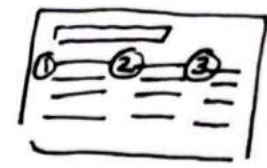


anonymous
letter writing
sent at random —
person can
respond.

ORIGAMI/

* CONVERSATIONS

- JOURNAL W/ PROMPTS
- CARD GAME
- PLANNED ACTIVITY/EXPERIENCE



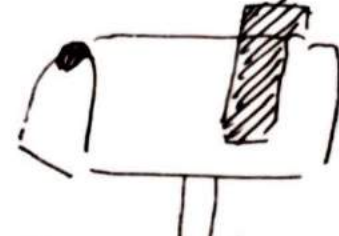
* PHYSICAL

- MOMENT BOX: "STORE" MEMORIES
- MAKE A (SUSTAINABLE) LANTERN TO LET GO
- MAILBOX TO LOVED ONES



* RITUALS

- GUIDED MEDITATION
- CREATE RITUALS FOR OTHERS/FRIENDS

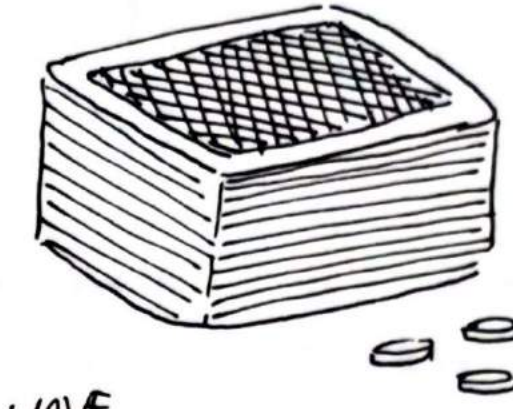


"DIFFICULT" CONVERSATIONS

HAVE YOU EXPERIENCED LOSS GRIEF DEATH?

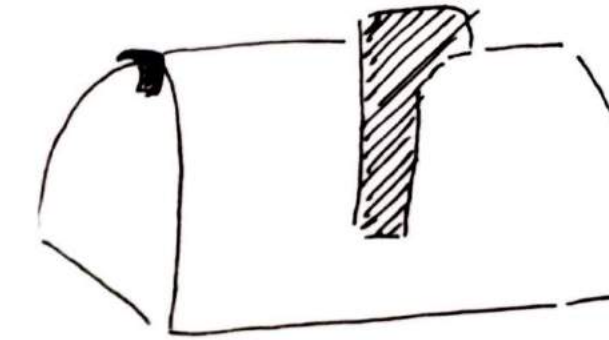
DO YOU HAVE REGRETS?

DO YOU HAVE STORIES THAT YOU HAVEN'T TOLD ANYONE?



CONVERSATIONS PEOPLE DON'T WANT TO HAVE BUT HAVE STORIES ABOUT.

- DIFFERENT EMOTIONS ON CHIPS ^{happy regret sad}
- AND PEOPLE RESPOND TO CARDS
- CONNECTING PEOPLE THROUGH TOPICS THAT MAKE US HUMAN.



SEND A MESSAGE

WRITE A LETTER TO SOMEONE YOU MISS, HAVE LOST, DON'T TALK TO ANYMORE.

- PEOPLE CAN LET GO OF SOME THOUGHTS
- ONCE THE LETTER GOES IN, IT DISAPPEARS OR WON'T LET THE SENDER TAKE BACK



PLANT + MEDITATION

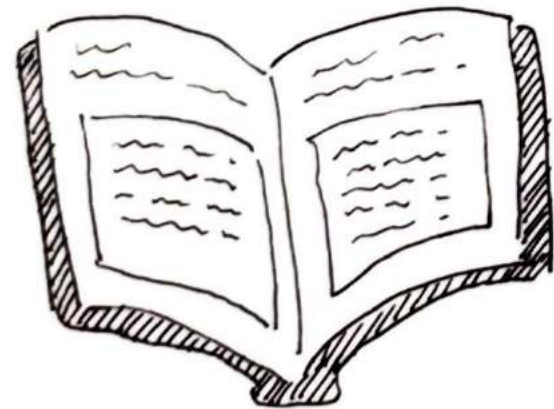
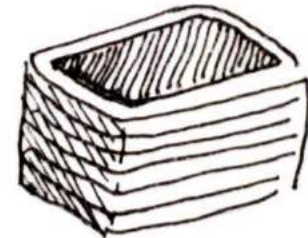
TAKE A COUPLE MINUTES OF YOUR DAY TO BE MINDFUL & MEDITATE. TO ENCOURAGE PEOPLE, THEY CAN TAKE CARE OF A PLANT.

- GIVE A BIT OF WATER TO YOUR PLANT AND MEDITATE
- FOCUS ON THE GROWTH OF YOUR PLANT AND YOURSELF

HAVE YOU EXPERIENCED LOSS?

TELL A STORY ABOUT

WHO DO YOU MISS?



WHAT IS LOSS TO YOU?

WRITE YOUR FAVORITE STORY ABOUT SOMETHING YOU LOST

WHAT DO YOU REGRET?

HEALING JOURNAL

ASK PEOPLE QUESTIONS AROUND TOPICS THEY MIGHT BE HOLDING ON TO.

- ALLOW THEM TO "LET GO" OF STORIES IN THEIR HEAD

Share one of your healing rituals

Let go of one of your regrets



Have you experienced loss before?

- Y Can you tell me a story about them?
- N Do you think you are prepared for loss?

Are you holding onto any regrets?

- Y Why?
- N How?

Have you thought about your own legacy?

- Y Physical or digital legacy? Both?
- N What do you think you'll leave behind in your own legacy?

Is it weird to talk about grief?

- Y Why?
- N Can you tell me about time you've talked about it?

Are you detached from loss?

- Y Why?
- N What caused the shift?

SAD
HAPPY
NEUTRAL

MONDAY
EVERY TURN: MOVE 1
DRAW 1 CARD

SAD
HAPPY
NEUTRAL

AT [★] ALL PLAYERS
NEED TO AGREE TO
PROCEED OR SHUFFLE

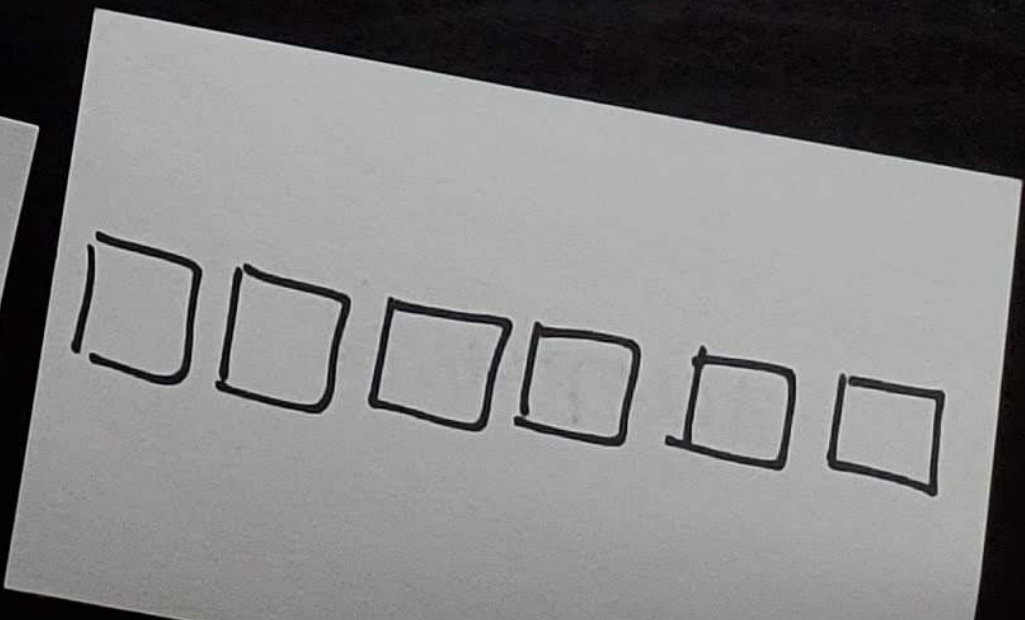
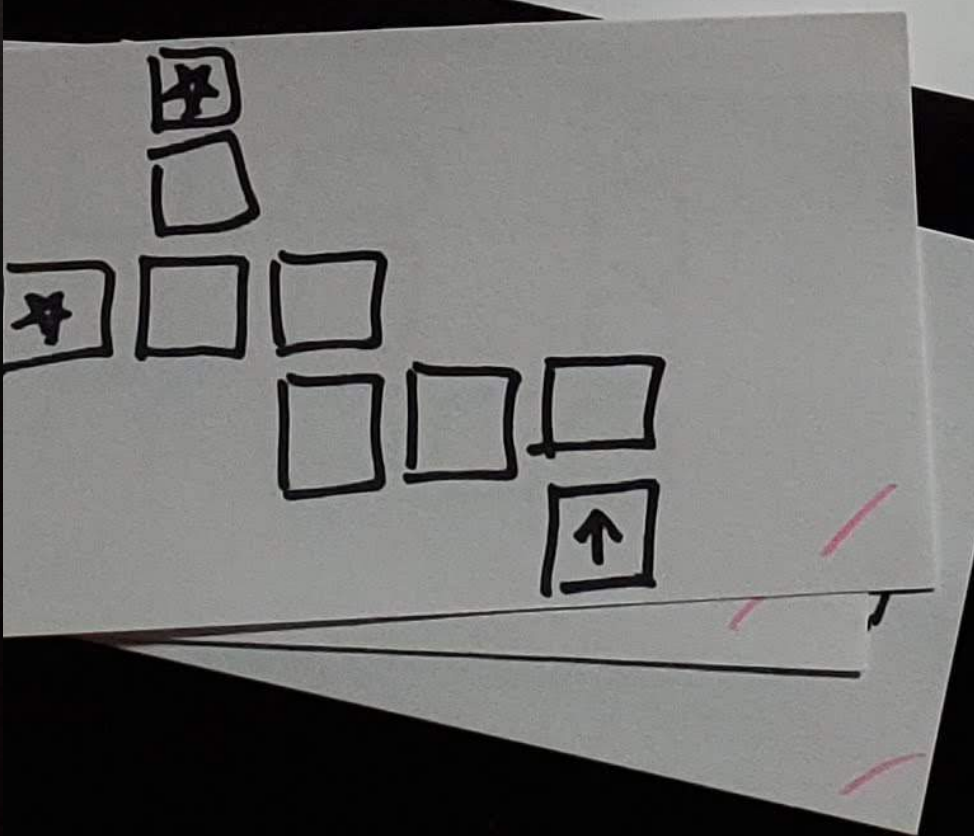
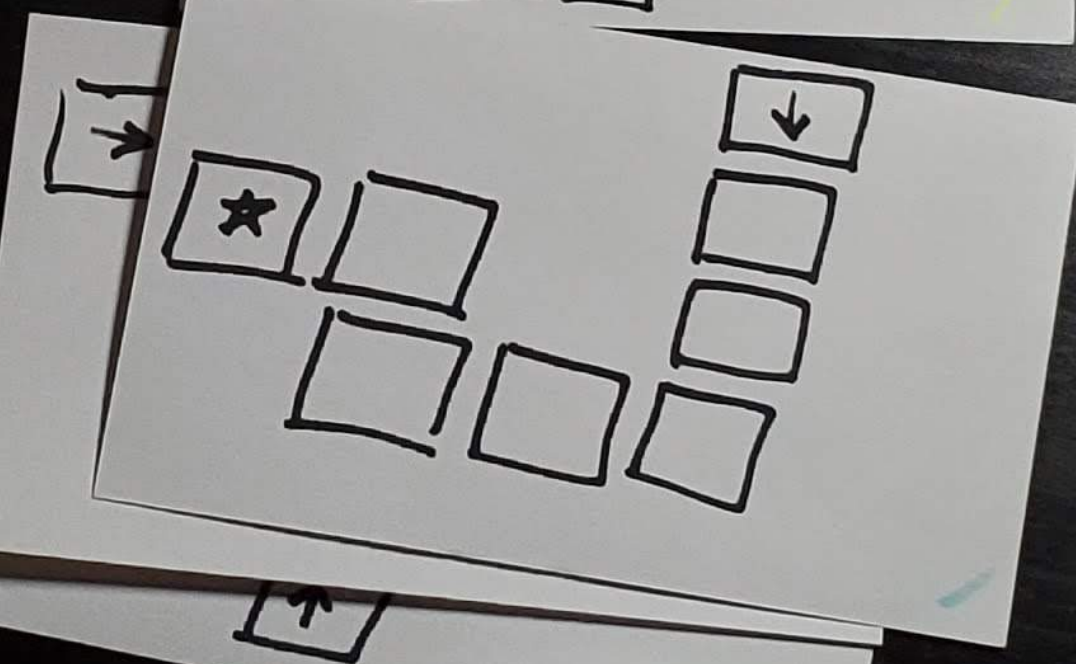
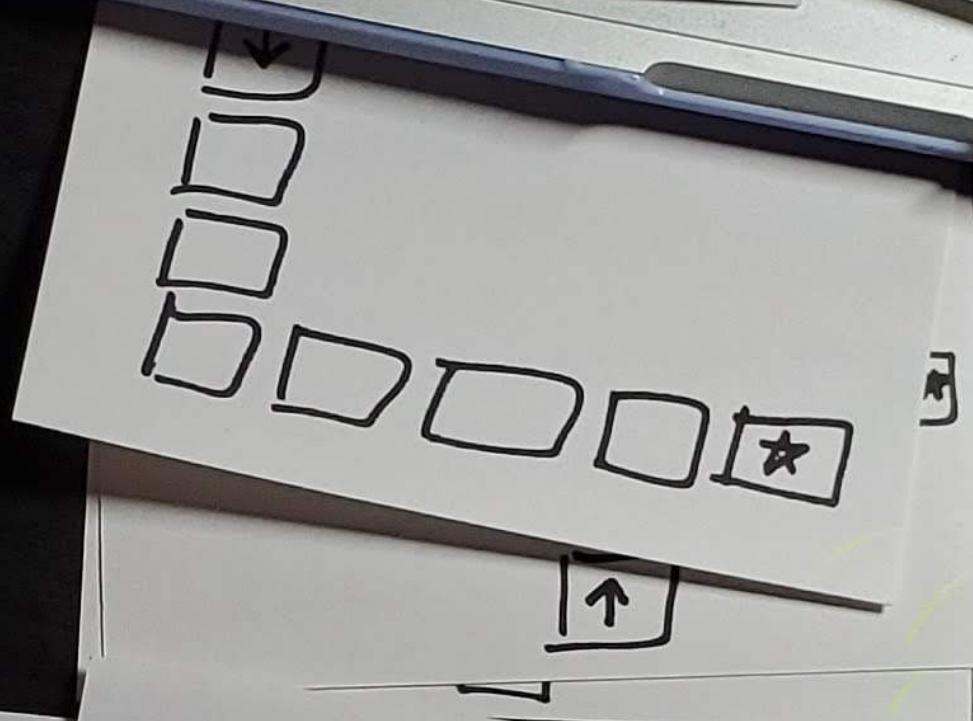
EVERY TURN: MOVE 1
DRAW 1 CARD

START W/ NEUTRAL
TILE

TO SHUFFLE, SOMEONE
NEEDS TO TRADE AN
EMOTION

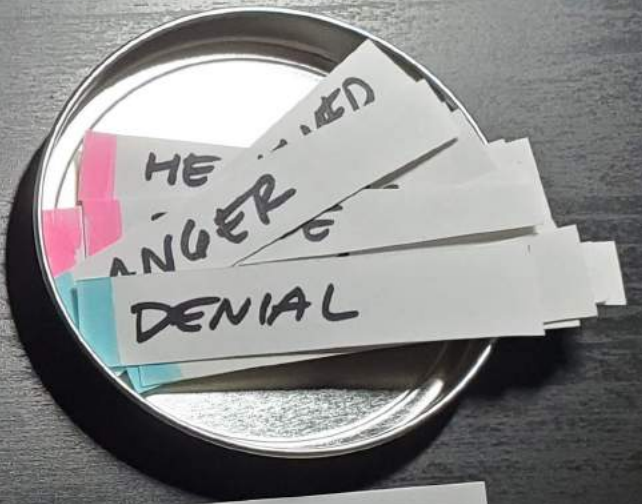
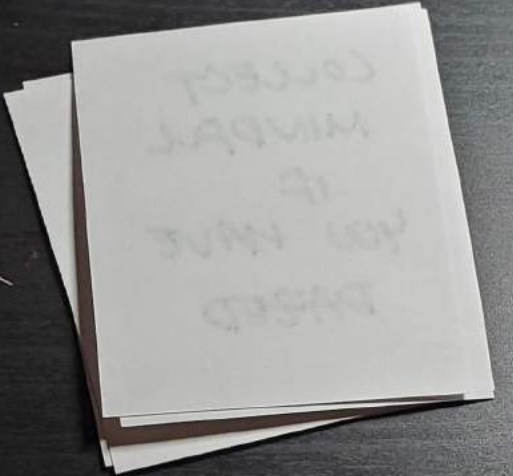
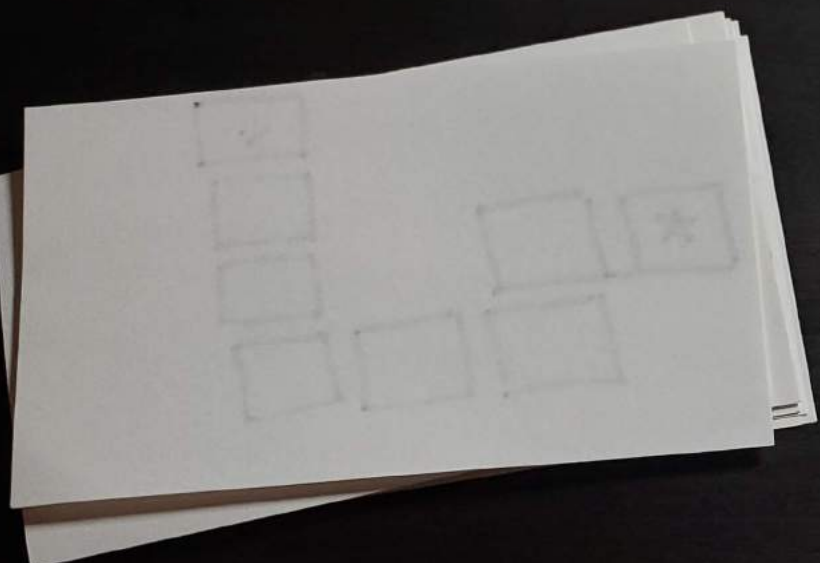
TO GAIN ACCEPTANCE
TILE

MONDAY
- BRIVE N
- PLURAL
- QUESTION
- WATCH
- ESSAY
TUESDAY
- BOB PRZ
FRIDAY
- THESIS
- DESIGN GA
- BLOG POST

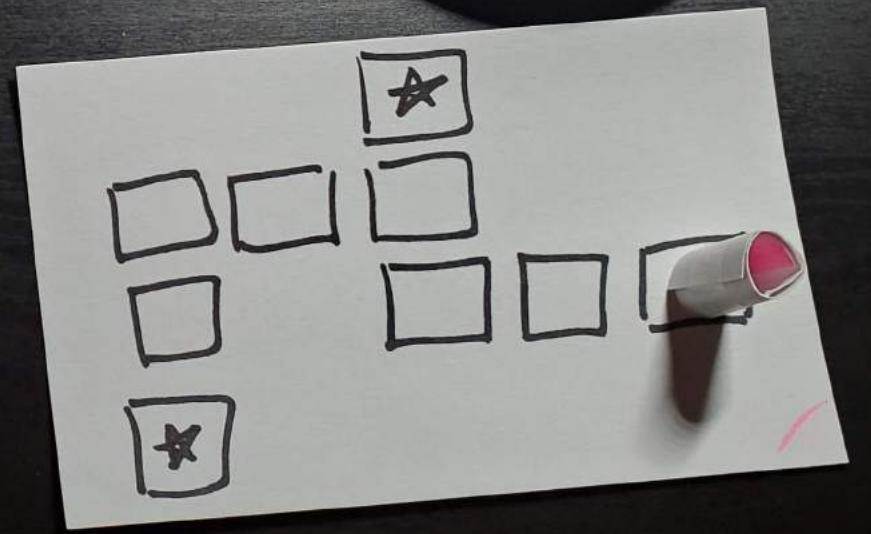


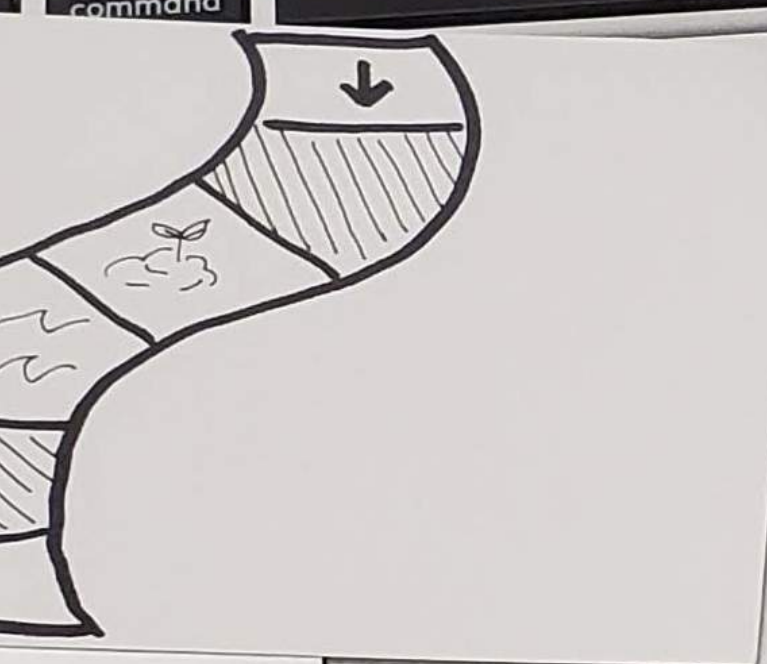
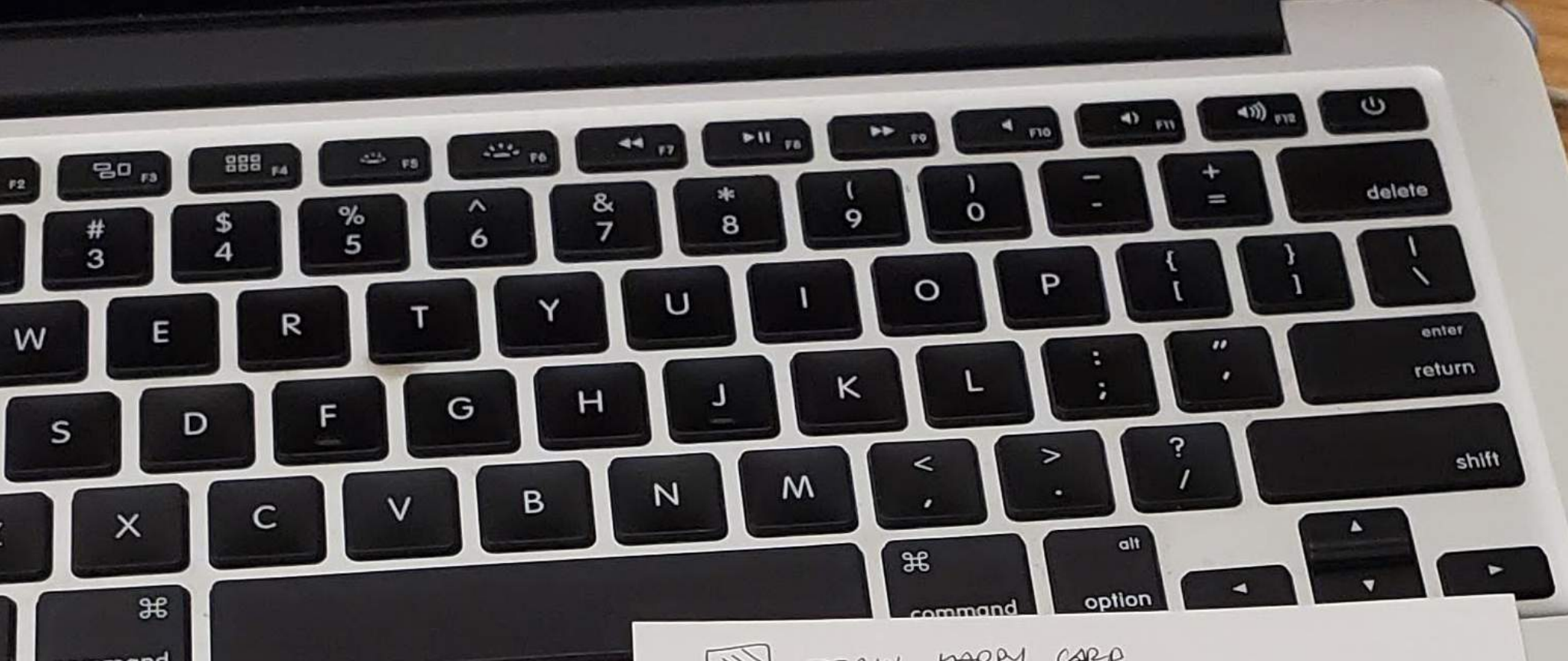
- ANGER
- SHOCK
- DAZED
- OVERWHELMED
- GRATEFUL
- CONNECTED
- PEACE
- THERAPEUTIC
- DENIAL
- SAD
- REGRET
- NUMB
- THANKFUL
- HEARD
- MINDFUL


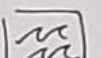

NEEDS
EMOTION



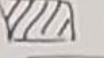
ACCEPTANCE

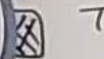





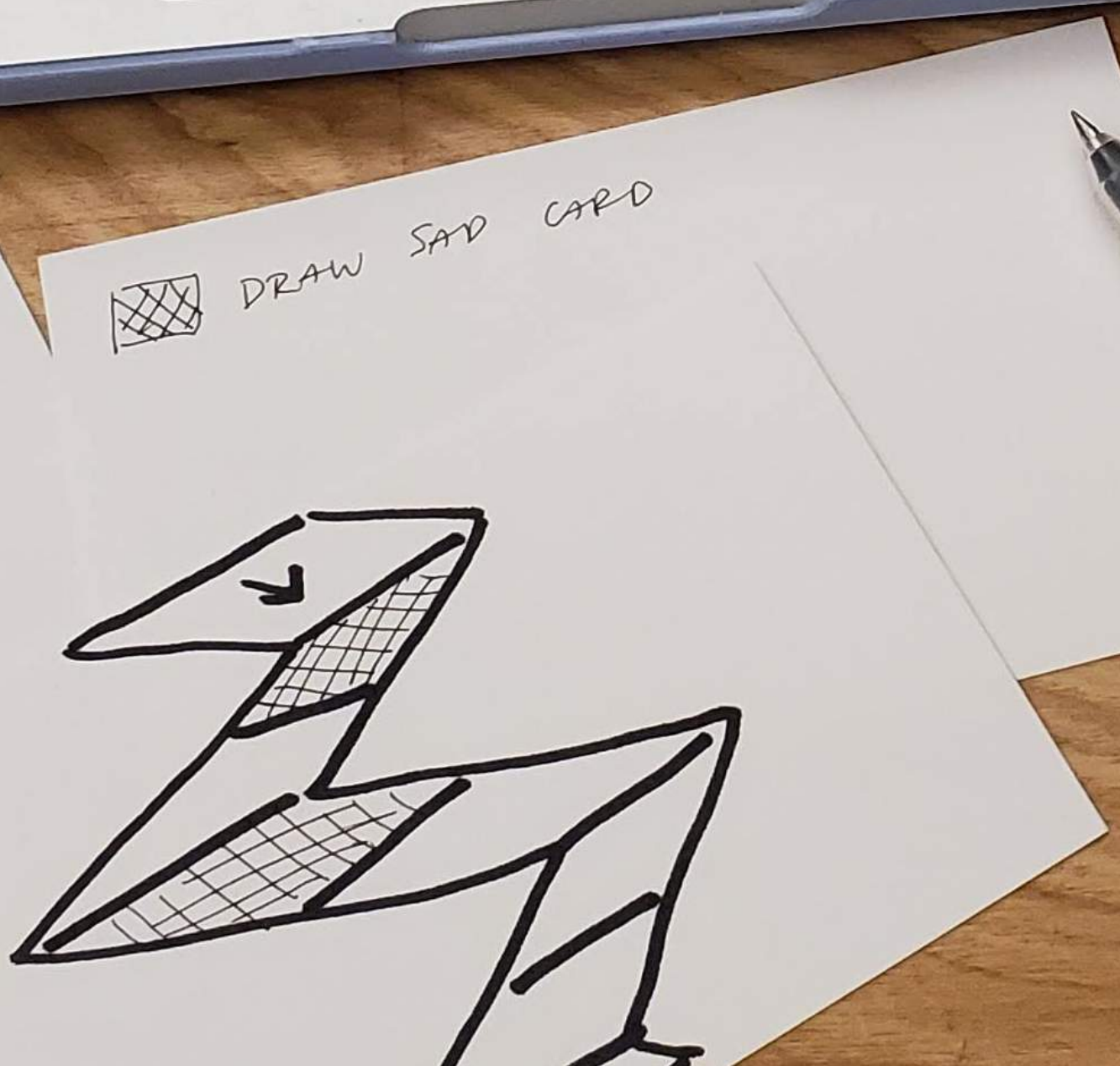
 DRAW HAPPY CARD
 OBTAIN WATER $\left\{ \begin{array}{l} \text{1 WATER} \\ \text{2 WATER} \end{array} \right.$
 CHANGE SOIL


CHANGE SOIL
 YOUR PERSPECTIVE IS SHIFTING & IS CHANGING HOW YOU VIEW THE WORLD
 CHANGE THE SOIL
 NOTHING YOU USE YOU CANT PUT BACK


 FERTILIZER
 USE FERTILIZER WHEN YOU ARE READY TO MAKE AN ACTIVE EFFORT
 ADD 2 UNITS TO THE GARDEN
 CAN ONLY USE 1 PER 4 ROUNDS


 TURNS OF ANGER

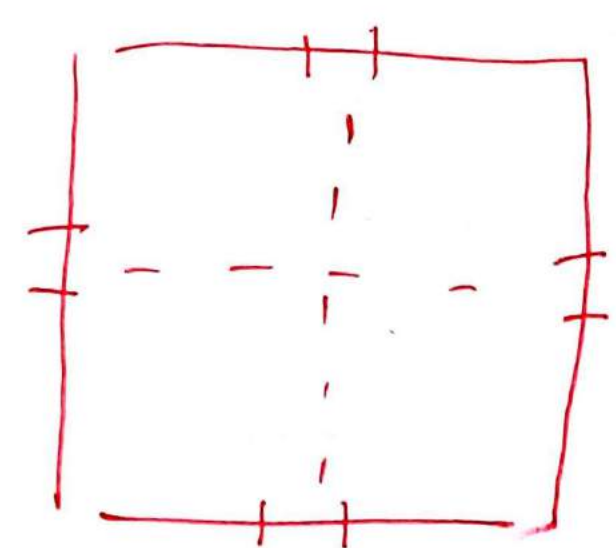
 FLOOD OF SADNESS



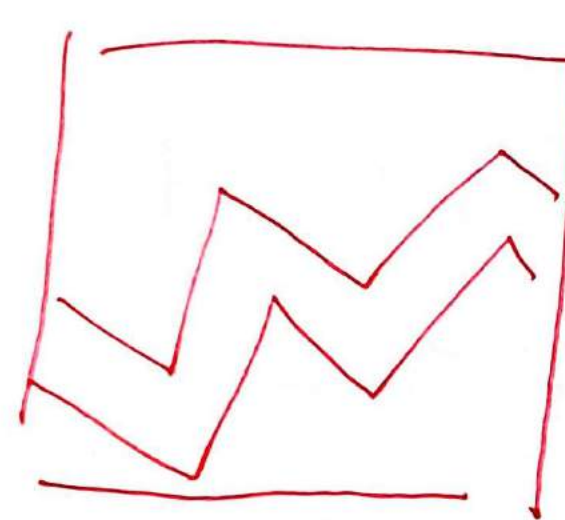
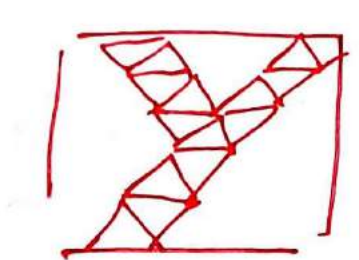
 DRAW SAD CARD

 SOCIAL STAMPEDE

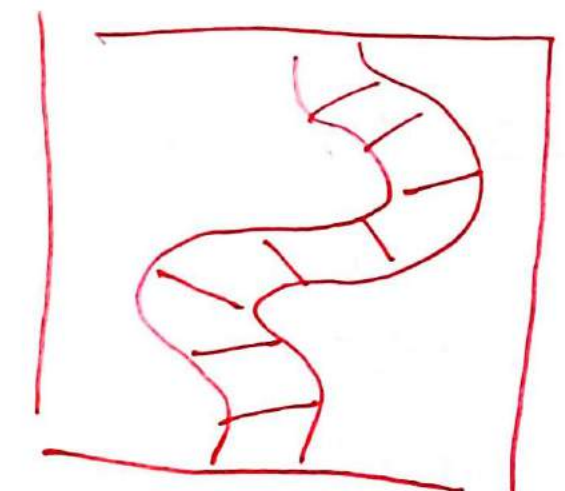
 WEEDS



KEEP PATHS IN THE MIDDLE TO MAKE SURE PATH ALWAYS LIVES UP



SAD PATHS = JAGGED / SHARP
 - COULD GET HURT
 - BE CAREFUL
 - COULD GET LOST



HAPPY PATHS = SMOOTH
 - EASY PATH

* MAYBE STILL 1-2 MOMENTS OF SAD (REALITY OF GRIEF)

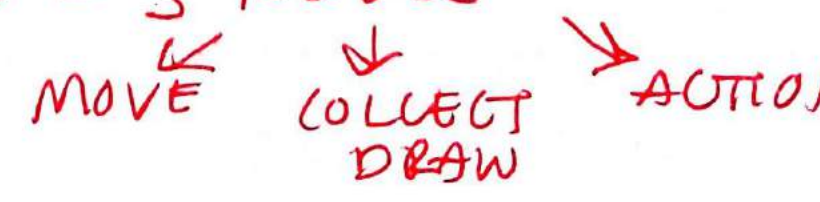
USE OF COLOR

BLUES / PURPLE - sad

~~DEEP~~ YELLOWS / ORANGE - happy

GAMEPLAY IDEAS

EVERY ROUND - 3 MOVES



GARDEN THEMED

COLLABORATIVE GAME

TEAM GOAL: ACCEPT & UNDERSTAMP GRIEF

TEND & MAKE ACTIVE EFFORT TOWARDS GRIEF

SHOULD IT BE TURN BASED?

HOW TO MAKE GAME LESS TURN BASED?

* STILL WANT TO INCLUDE DECISION POINTS WHERE PLAYERS NEED TO DISCUSS ABOUT DECISIONS.

DECISION POINT IDEAS

CONDITION: THEY LAND ON A CERTAIN SPACE ON BOARD
 → CHOOSE 2 PATH

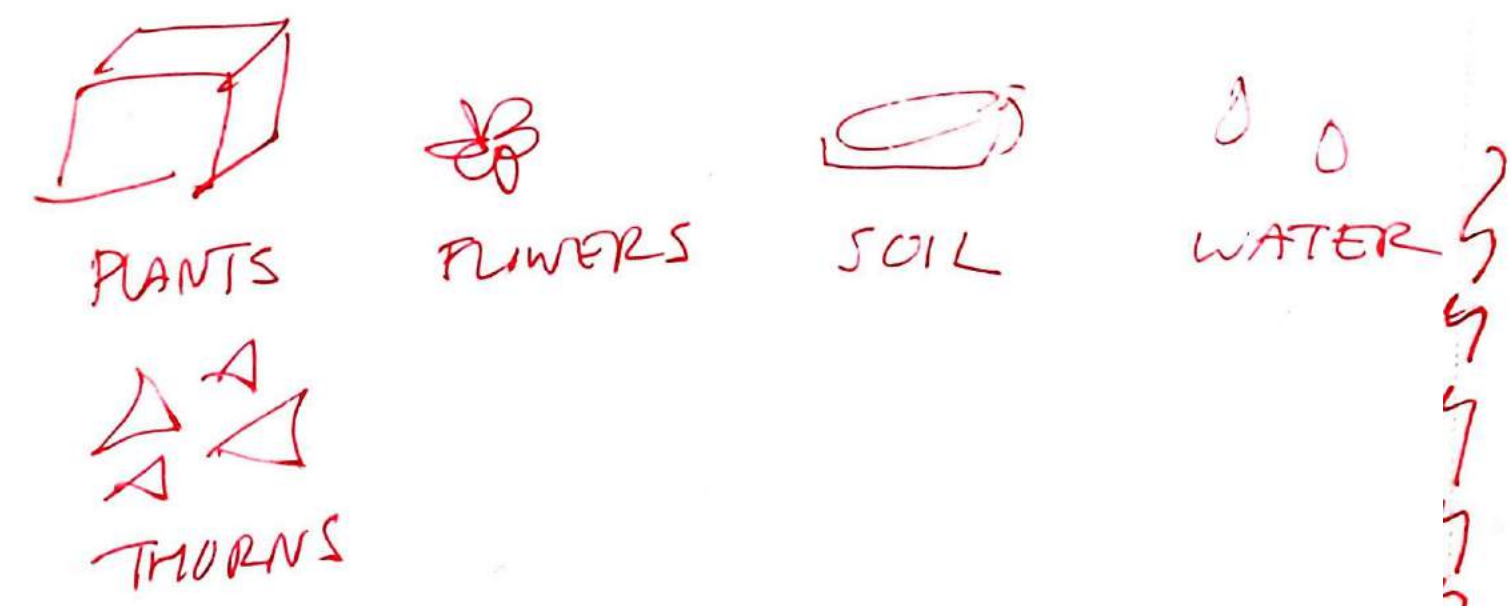
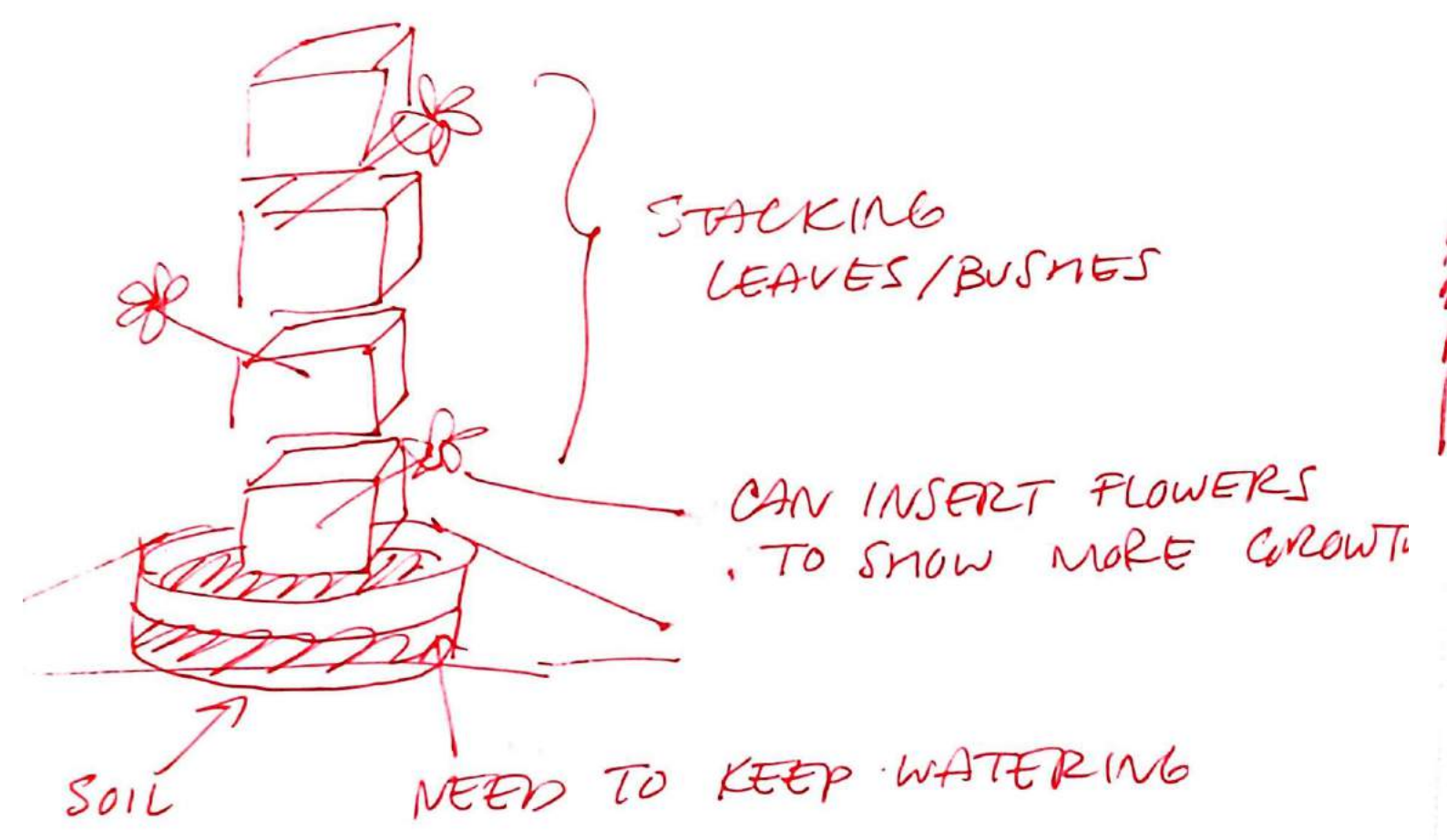
"FEELING A BIT LOW, HANG OUT WITH FRIENDS OR CHILL @ HOME?"
 → TALK W/ FR.
 DISCUSS WHAT WOULD BE AN APPROPRIATE WAY TO PROGRESS
 WHAT ARE THE PROS & CONS OF EACH DECISION?

JOURNAL OR MEDITATE?

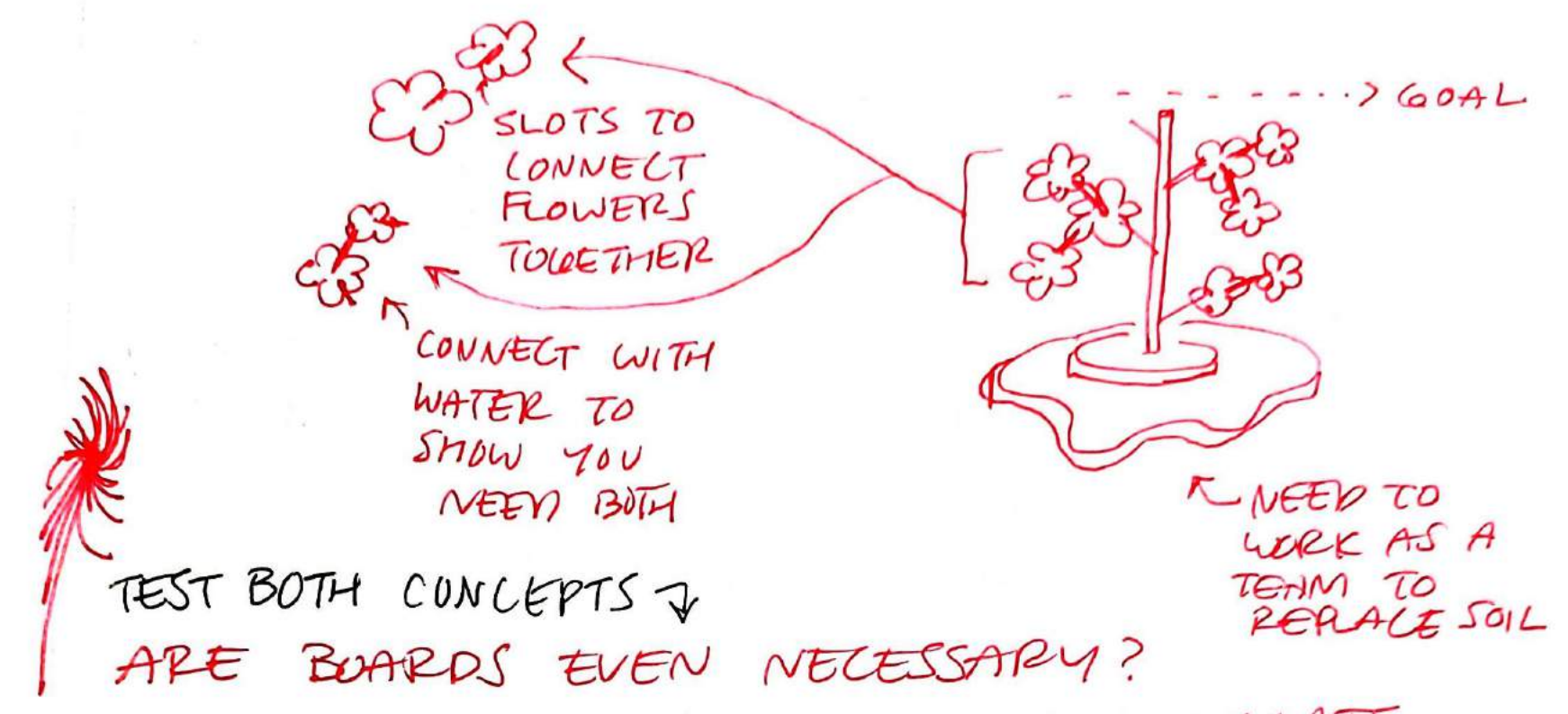
CRY OR DON'T CRY

ARE YOU SCARED OR ANGRY?

THANKFUL OR FEELING REGRET?

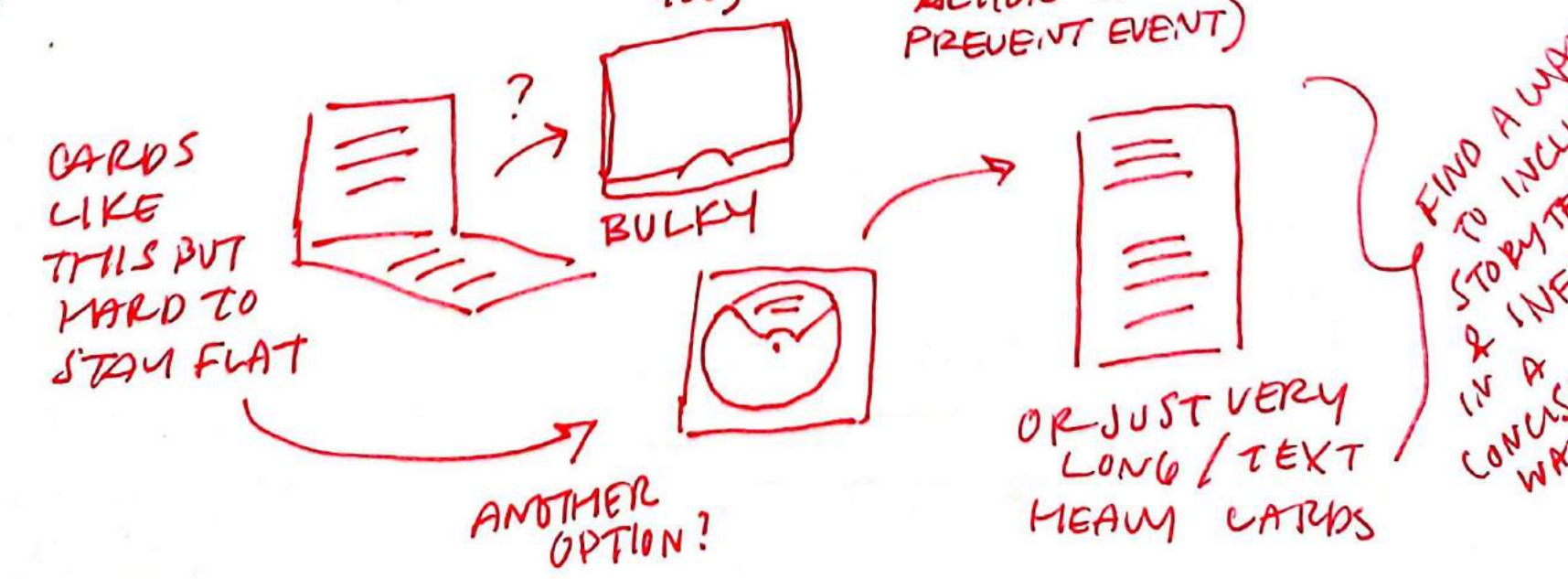
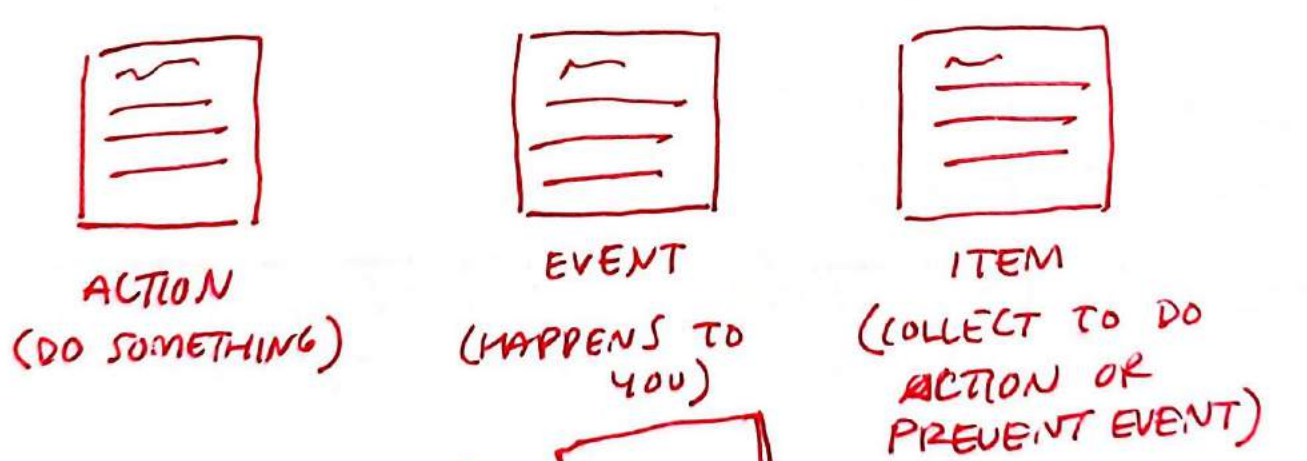
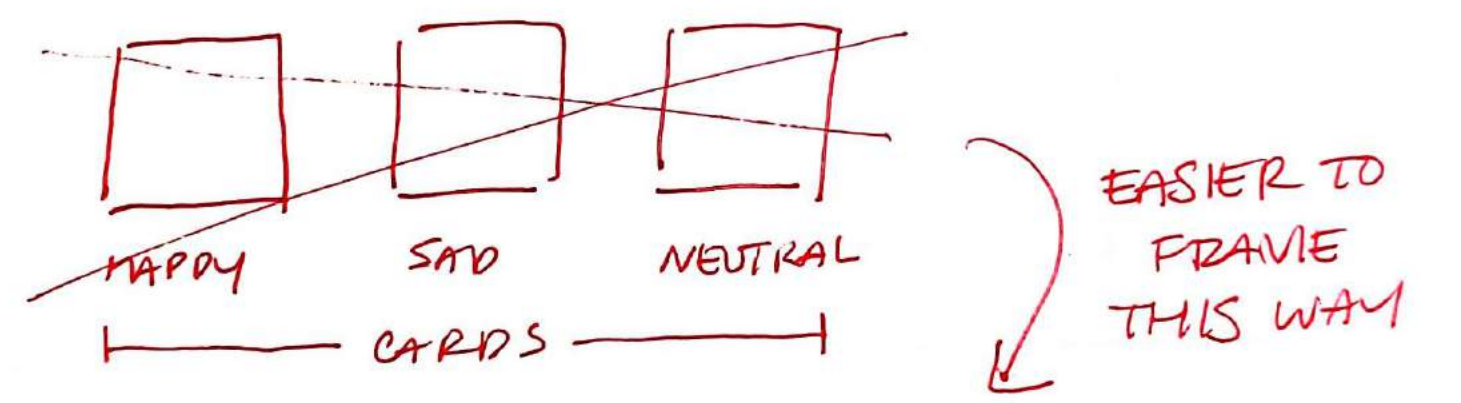


GOAL: GROW GARDEN TO FULL HEIGHT
 (NEED A POLE OR SMTH TO SHOW/SUPPORT AS REFERENCE)



TEST BOTH CONCEPTS
 ARE BOARDS EVEN NECESSARY?

RANDOMIZED CARDS ALSO EMULATE UNPREDICTABLE WAVES OF EMOTIONS



ADVENTURE/EXPLORING METAPHOR

→ FIND ACCEPTANCE // REACH THE END

→ NAVIGATE THROUGH DIFF. ENVIRONMENTS OF GRIEF

SWAMP - SLOW/PAINFUL
CORRESPONDING CREATURE
FRUITFUL - HEALING

→ MONSTERS/CREATURES
SAD → HAPPY
LOSE/FIGHT → GAIN/TRADE

→ PLAYERS

CHOOSE TRAIT
→ SPECIALTY
KIND → HEAL

→ ITEMS
→ LAMP
ROPE, ETC.

TRUTHFUL → CHECK THE CARDS

MEDKIT
MAP

ITEMS
ROPE
LAMP
WEAPON

→ EVENTS/STORY
→ GUST OFF WIND
BLOW LAMP OUT
SHARE A STORY ABT

* START W/ SET ITEMS
EVENTS AFFECT ITEMS
& PROMPT STORIES

EACH PLAYER FINISHES TILE TO GET NEW ONE

2 TRAIT EACH → 2 TRAIT EACH
2-4 PLAYERS

TEAM GAME (NO 1 WINNER)

EACH PLAYER HAS A BACKPACK

"FIND" ACCEPTANCE

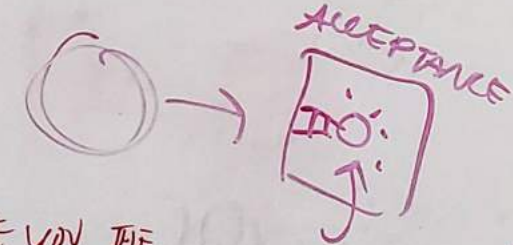
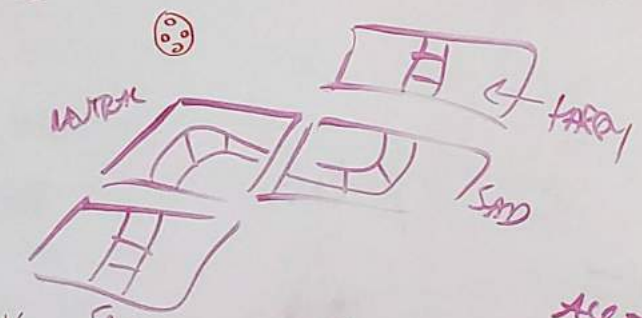
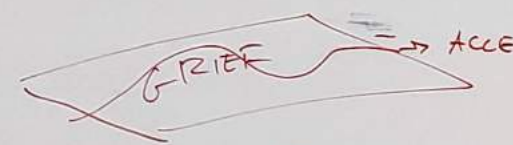
DIFF ENVIRONMENTS
3 ACTIONS

PLAY A CARD
DRAW A CARD
TRADE A CARD

GOAL: GARDEN AS TALL AS POSSIBLE
OR ALL PIECES
OR CERTAIN HEIGHT

- ACCEPTANCE + UNDERSTANDING

1. GRIEF ISN'T LINEAR
2. TALKING/ENGAGING



ARE YOU THE GARDEN OR THE GARDEN?

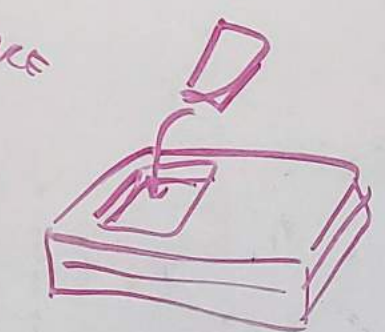
STORY CARDS
STORYTELLING?

POSITIVE CAN ONLY USE IF SHARED STY
SAY SOMETHING

EVENT CARDS (EMOTIONS)

ACTION CARDS

ITEM CARDS
(USED WITH OWN CARDS)



2-4 PLAYERS

30 MIN - 1 HR OR LESS

STORY TELLING

GRIEF

SPEAK UNTIL YOU'RE DONE

GRIEF IS PERSONAL

NUMB

LETTING GO

SOMETHING TO WORK TOWARDS

HARD TO VERBALIZE

WRITING STUFF DOWN

ABRUPT

"WASHING OVER YOU"

POURING OUT

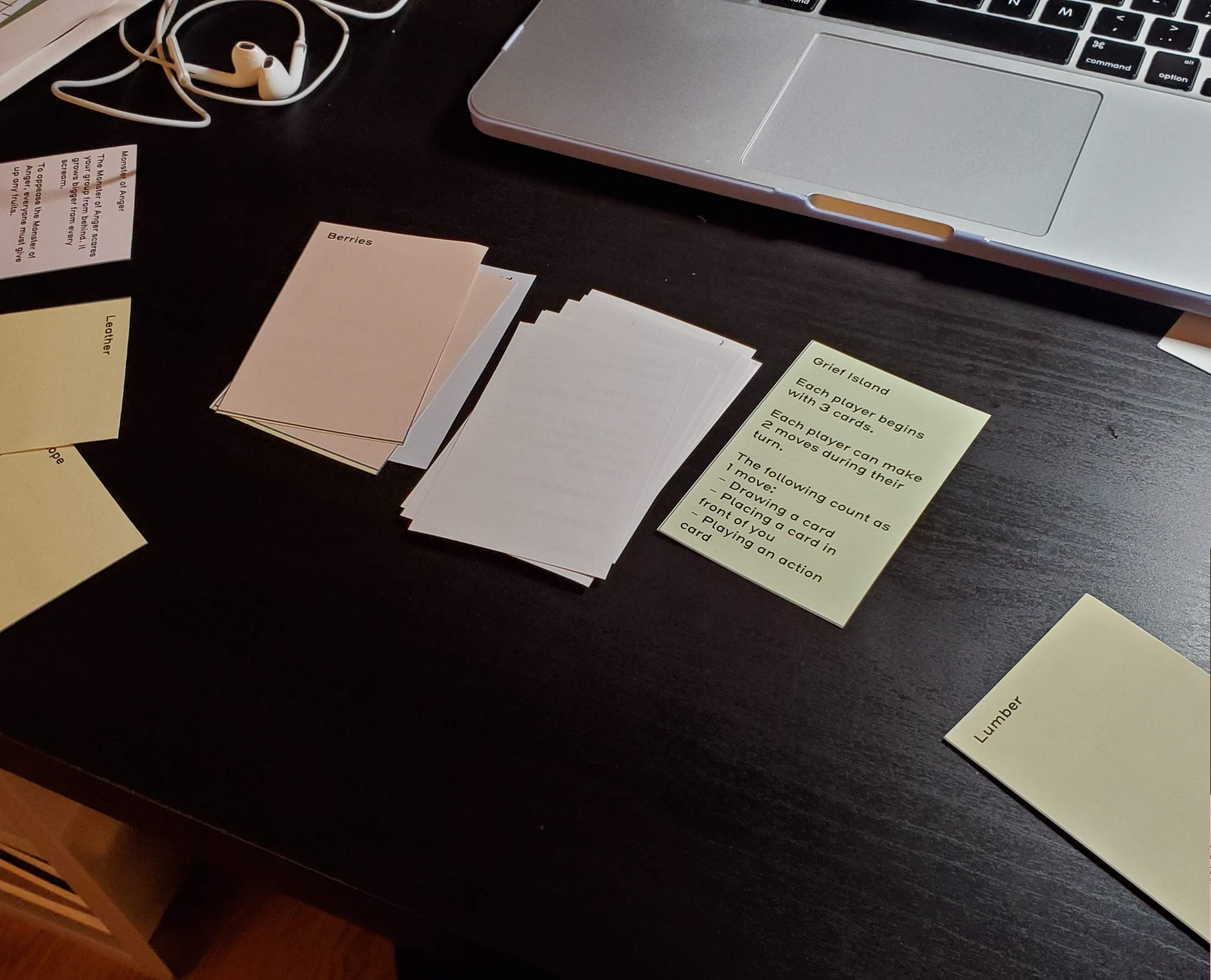
RELATABILITY

RELEASE

HEAVY



<p>Acceptance</p> <p>Acceptance will grant you a way to get of Grief Island if have the following items to offer her:</p> <p>10 Monster remains</p> <p>5 pieces of food</p> <p>3 tools</p>	<p>Acceptance</p> <p>Acceptance will grant you a way to get of Grief Island if have the following items to offer her:</p> <p>15 Monster remains</p> <p>5 tools</p>	<p>Acceptance</p> <p>Acceptance will grant you a way to get of Grief Island if have the following items to offer her:</p> <p>7 Monster remains</p> <p>10 supplies</p>	<p>Grief Island</p> <p>Each player begins with 3 cards.</p> <p>Each player can make 2 moves during their turn.</p> <p>The following count as 1 move:</p> <ul style="list-style-type: none"> - Drawing a card - Placing a card in front of you - Playing an action card 	<p>The Forest</p> <p>Each player can make 2 moves during their turn.</p>	<p>The Swamp</p> <p>Each player can make 3 moves during their turn.</p> <p>Each player can only have 2 food items placed in front of them. Discard any extras.</p>	<p>The Desert</p> <p>Each player can make 3 moves during their turn.</p> <p>Each player can only have 5 cards in the their hand. Discard any extras.</p>	<p>The Tundra</p> <p>Each player can make 1 move during their turn.</p> <p>Each player can only have 3 cards in the their hand. Discard any extras.</p>
<p>Monster of Guilt</p> <p>The Monster of Guilt tries to take everyone's items away. They claw at you and some members get scratched.</p> <p>To appease the Monster of Guilt, one player must give up all their items.</p> <p>In order to fully conquer the Monster of Guilt, ask a teammate the following question:</p> <p>What is your relationship to guilt and grief?</p>	<p>Monster of Regret</p> <p>The Monster of Regret reaches up from the ground and starts to reel you in. You're getting sucked into the ground.</p> <p>To appease the Monster of Regret, everyone must give up 1 supply item.</p> <p>In order to fully conquer the Monster of Regret, ask a teammate the following question:</p> <p>What is your relationship to regret and grief?</p>	<p>Monster of Anger</p> <p>The Monster of Anger scares your group from behind. It grows bigger from every scream.</p> <p>To appease the Monster of Anger, everyone must give up any fruits.</p> <p>In order to fully conquer the Monster of Regret, ask a teammate the following question:</p> <p>When have you felt anger from grief?</p>	<p>Rope</p>	<p>Compass</p>	<p>Leather</p>	<p>Lumber</p>	
<p>The team can't decide which direction to take.</p> <p>Shuffle the deck.</p>	<p>You get lost and can't find your way.</p> <p>Skip a turn.</p>	<p>You find travelers and they provide your team some supplies.</p> <p>Collect 3 cards.</p>	<p>You trip on a sharp rock.</p> <p>Discard 2 cards.</p>	<p>You hurt your hands while cooking for the group.</p> <p>Place all your item cards down.</p>	<p>Everyone is dehydrated.</p> <p>Everyone loses an item.</p>		



Monster of Anger
The Monster of Anger scores your group from behind. It grows bigger from every scream.
To appease the Monster of Anger, everyone must give up any fruits.

Leather

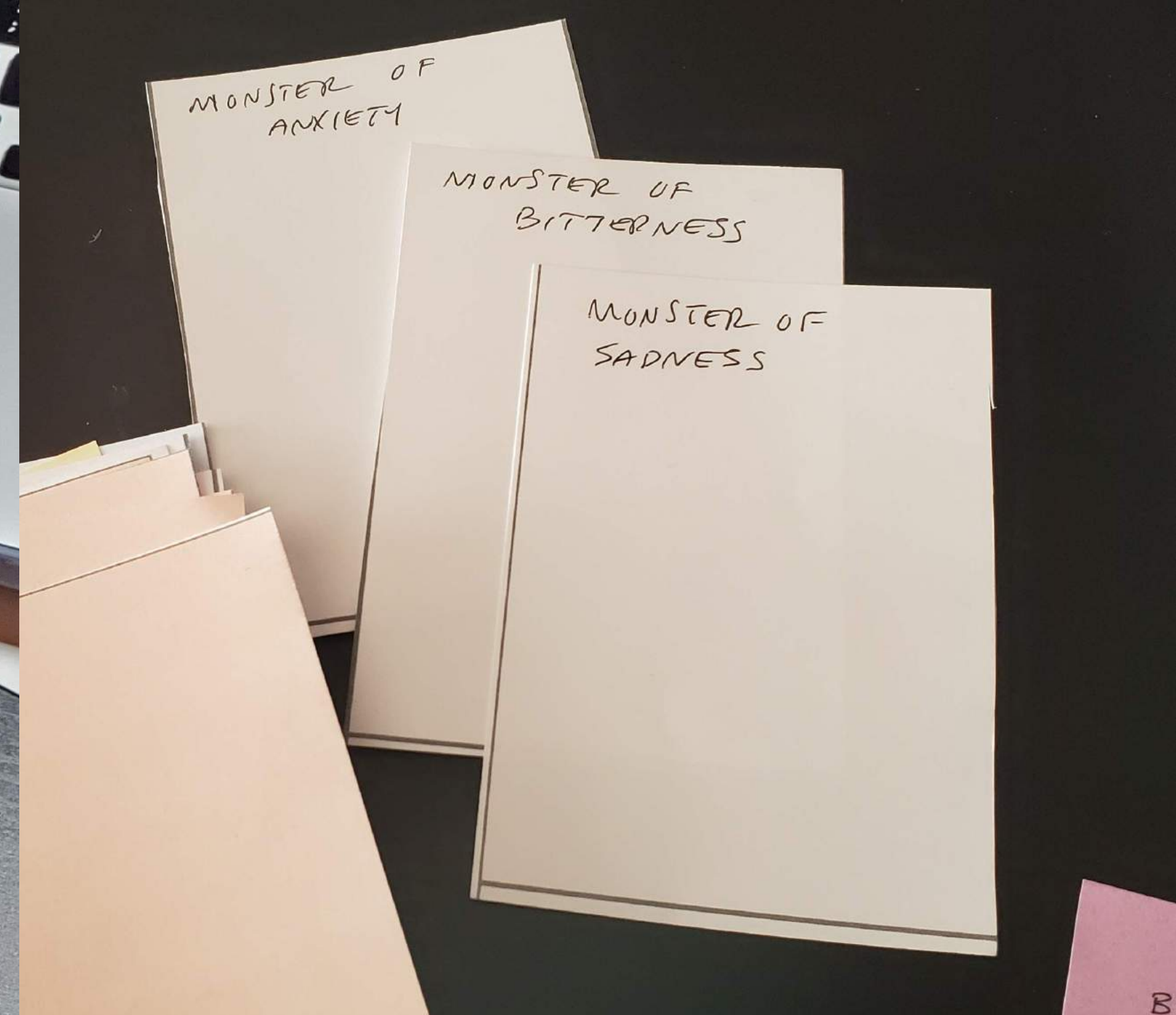
ops

Berries

[Blank cards]

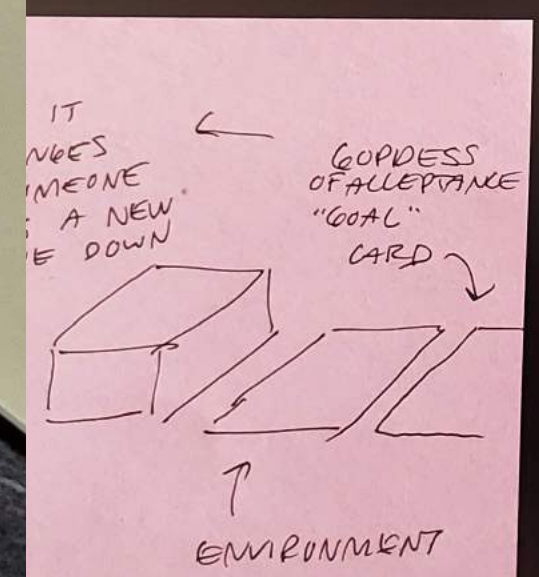
Grief Island
Each player begins with 3 cards.
Each player can make 2 moves during their turn.
The following count as 1 move:
- Drawing a card
- Placing a card in front of you
- Playing an action card

Lumber



WHY / HOW TO MAKE PPL USE "NEGATIVE" ACTIONS
↳ SOMETHING TO GAIN?

DONT START w/ CARDS
JUST START DRAWING CARDS



DIFF. LEVELS OF MONSTER DIFFICULTY

NO MORE HOLDING CARDS IN YOUR HAND
JUST KEEP DRAWING & PLAYING

Acceptance

Acceptance will grant you a way to get off Grief Island if have proven your travels through Grief.

Give her:
5 Monster remains
10 pieces of fruit
10 herbs
5 materials

The River

Each player can make 2 moves during their turn.

Players with fishing rods cannot lose food in this area.

Players can only hold onto 5 materials.

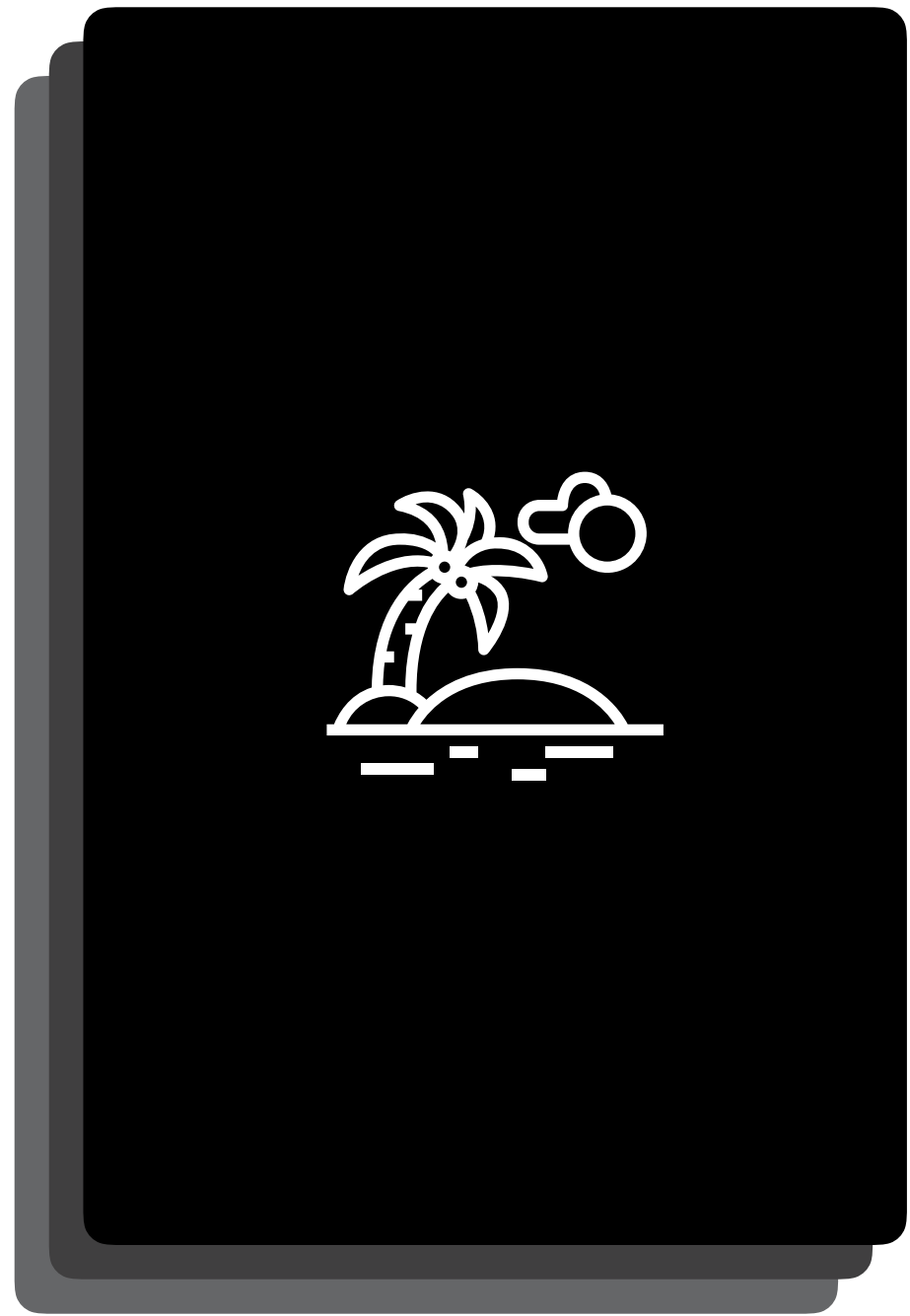
Creature of Hope

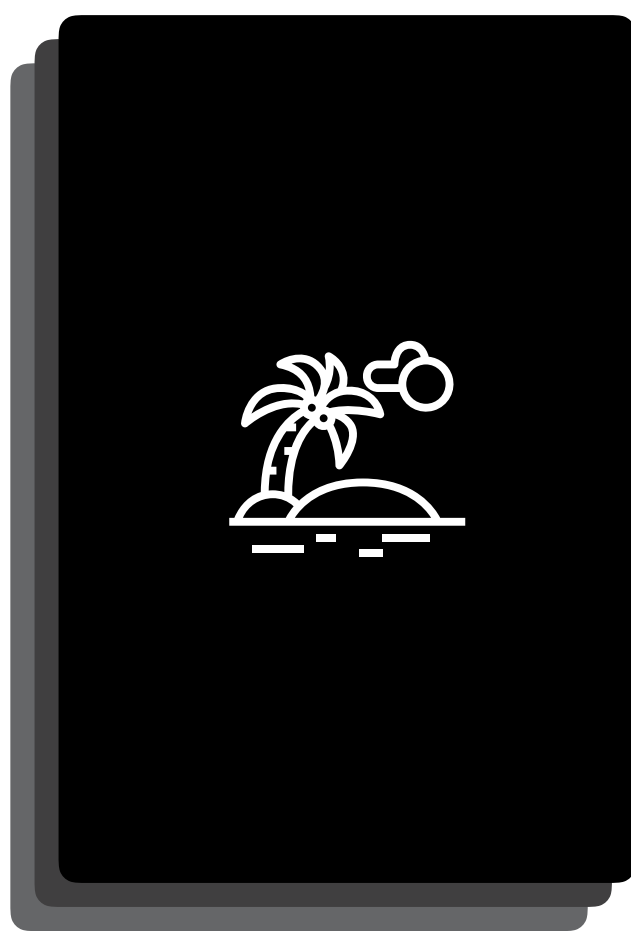
The Creature of Hope guides you in the direction to Acceptance.

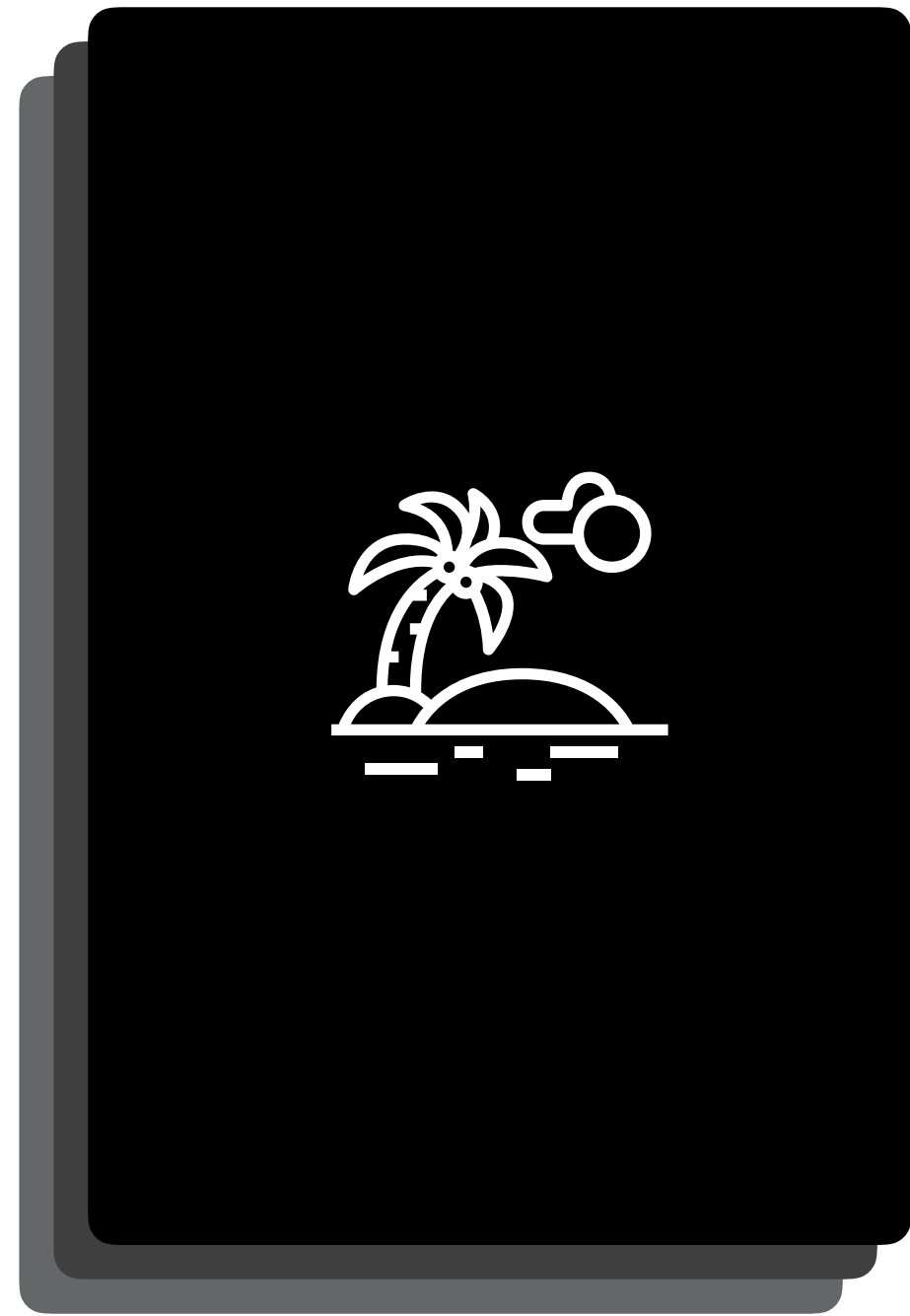
To acquire help from the Creature of Hope, ask a teammate the following question:

When do you feel moments of hope?

Only 1 player views the top 3 cards from the deck.
Discuss with your team whether to shuffle or not.







Player 1



Player 2

Player 1



Player 2



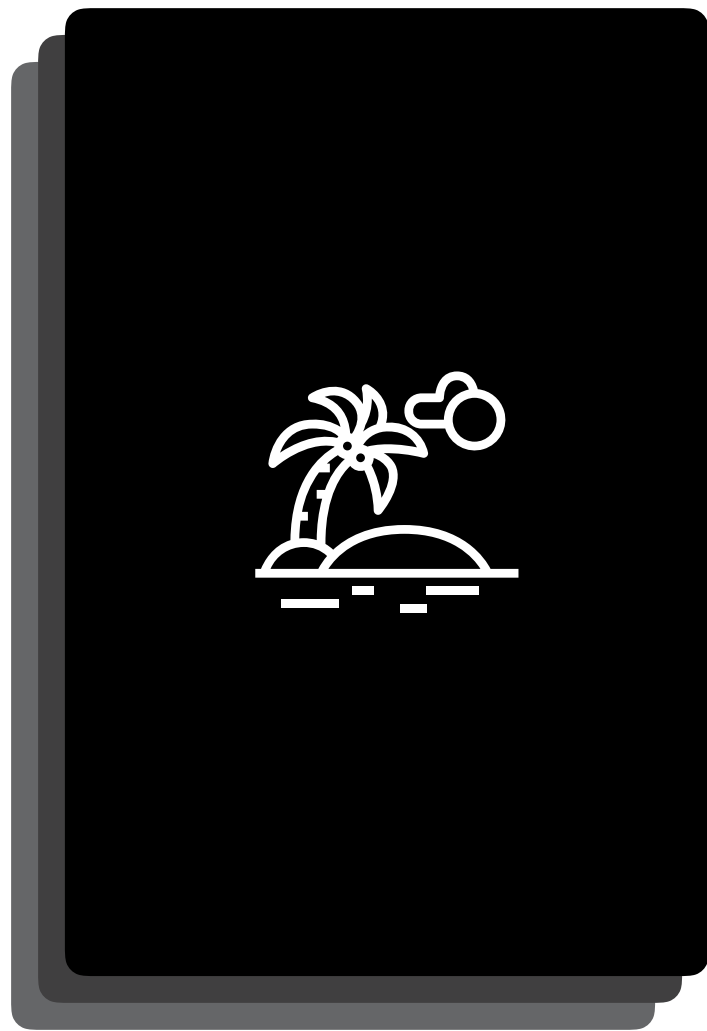
Player 1

Apple

Axe

Peach

3 moves left



Grief Island

Each player can make 3 moves during their turn.

Player 2

Stick

Knife

Plum

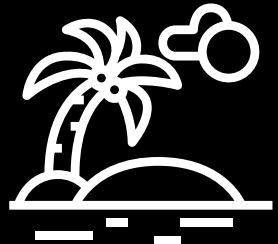
Player 1

Apple

Axe

Peach

2 moves left



Grief Island

Each player can make 3 moves during their turn.

Acceptance

10 Monsters
5 Food
3 Tools

Player 2

Stick

Knife

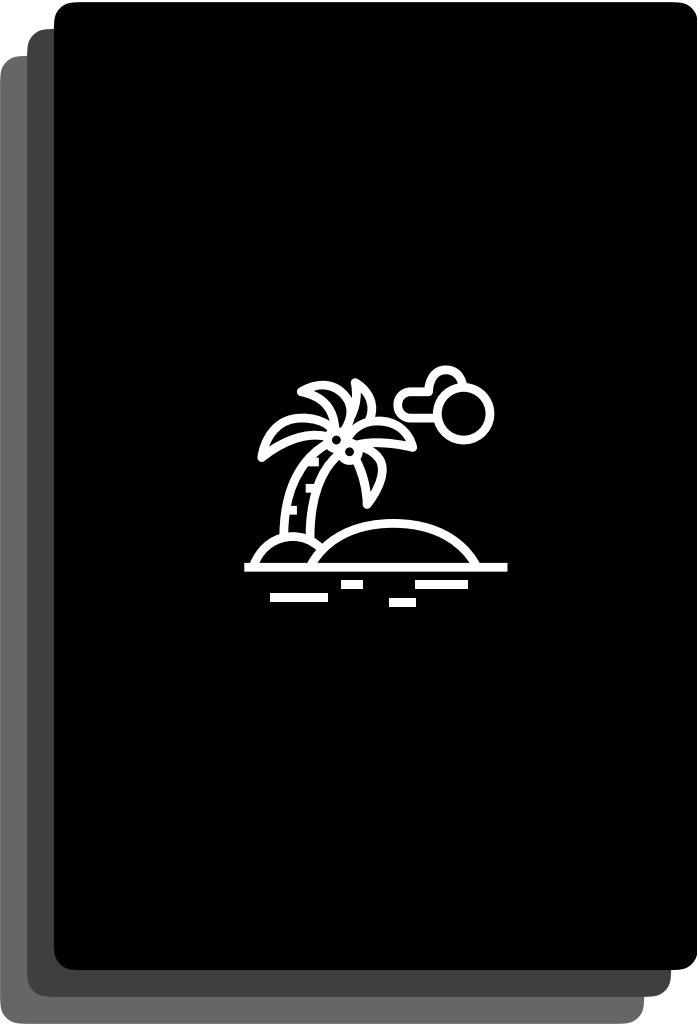
Plum

Player 1

Apple Axe Peach

1 move left

You trip on a sharp rock.
Discard 2 food items.



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Player 2

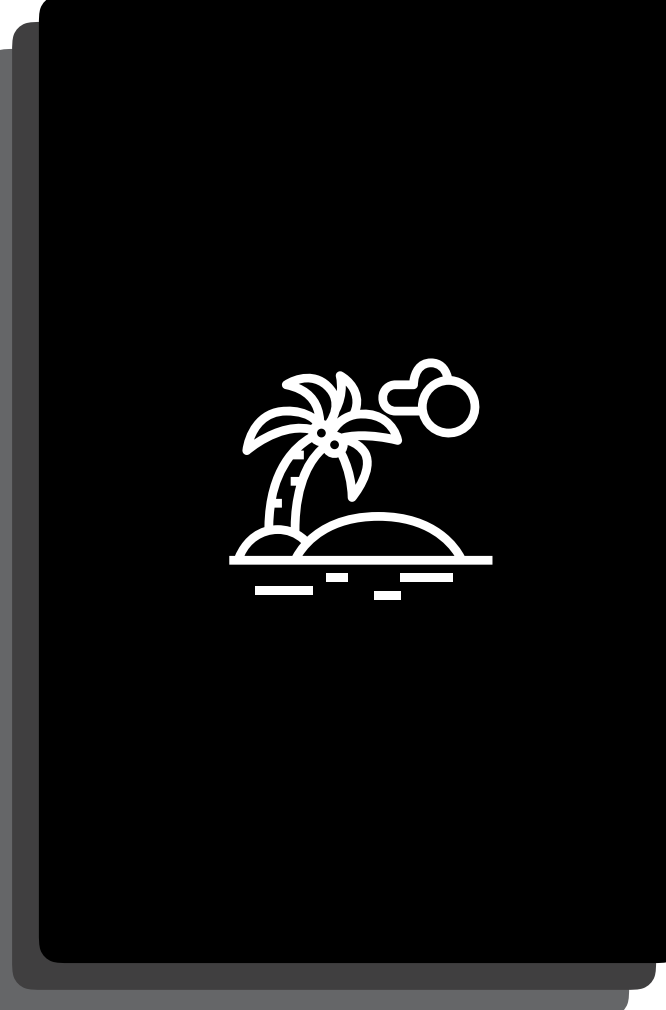
Stick Knife Plum

Player 1

1 move left

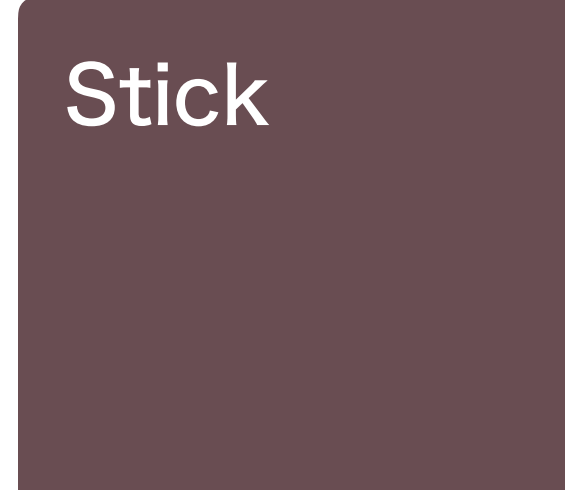


You trip on a sharp rock.
Discard 2 food items.



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools



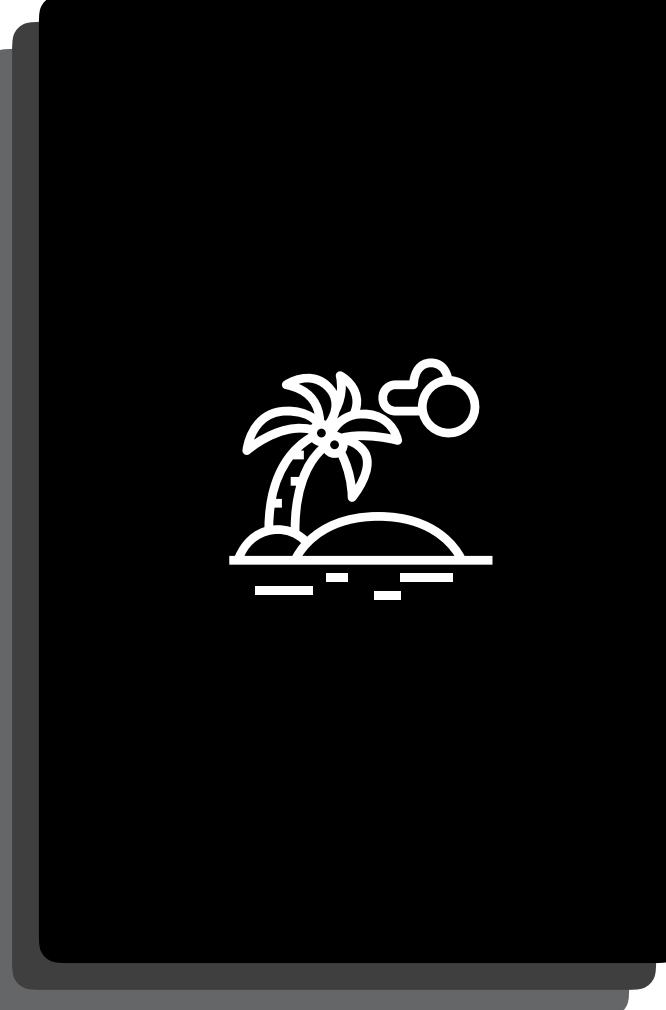
Player 2

Player 1

1 move left

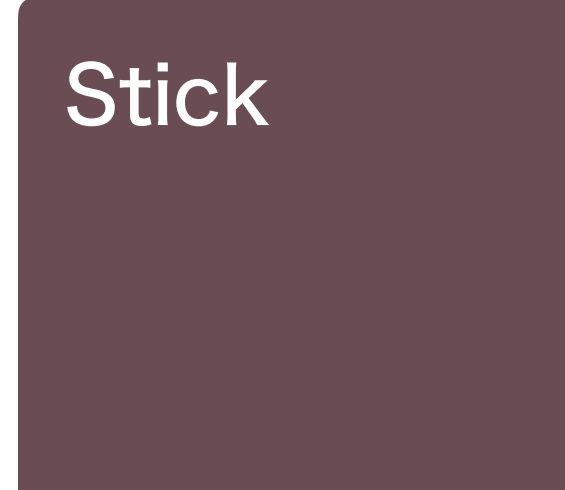


You trip on a sharp rock.
Discard 2 food items.



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools



Player 2

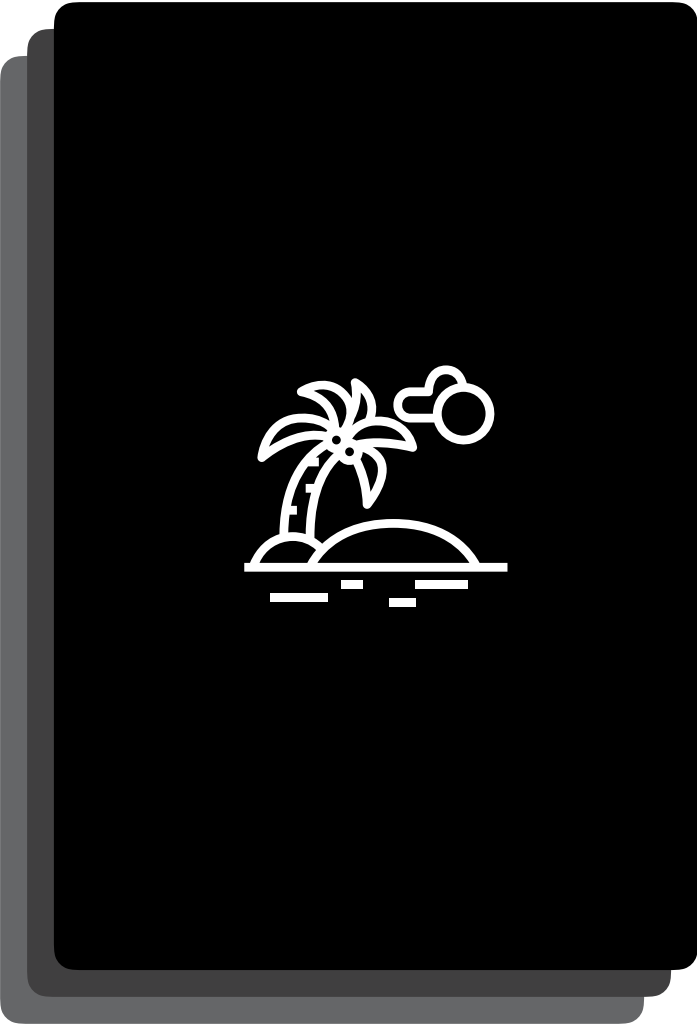
Player 1

0 moves left

Canteen

Axe

You trip on a sharp rock.
Discard 2 food items.



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Knife

Plum

Player 2

Player 1

Canteen

Axe

You trip on a sharp rock. Discard 2 food items.



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Knife

Plum

Player 2

3 moves left

Player 1

Canteen

Axe

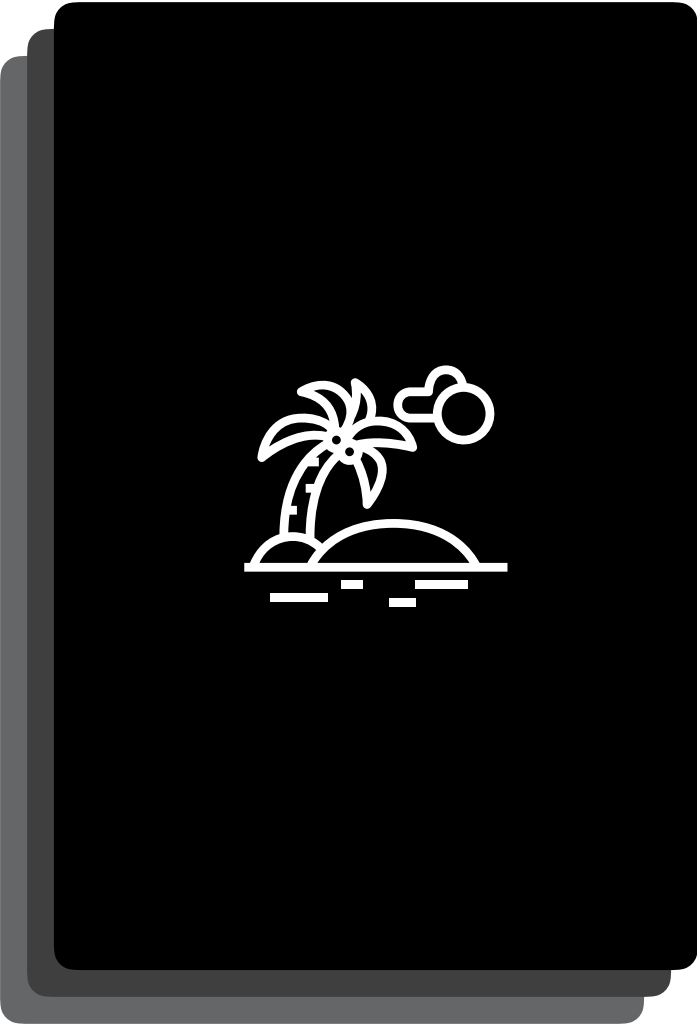
Monster of Stress

To appease the Monster of Stress, one player must give up 1 tool.

In order to fully conquer the Monster of Stress, ask a teammate the following question:

When you think back to grief, when have you felt stressed?

You trip on a sharp rock.
Discard 2 food items.



Grief Island

Each player can make 3 moves during their turn.

Acceptance

10 Monsters
5 Food
3 Tools

Stick

Knife

Plum

Player 2

2 moves left

Player 1

Canteen

Axe

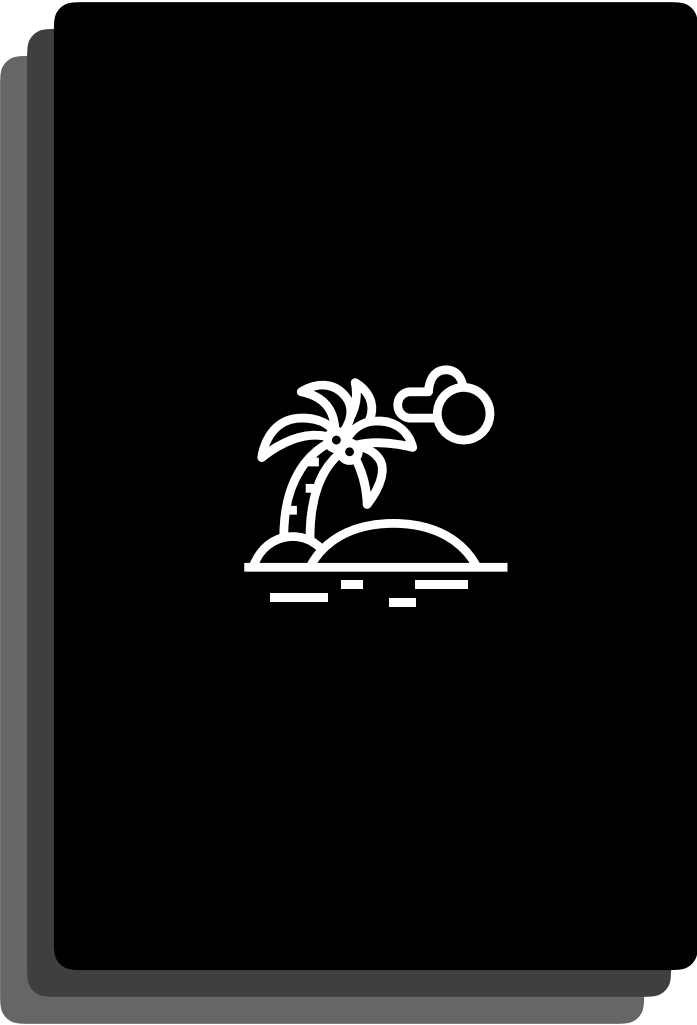
Monster of Stress

To appease the Monster of Stress, one player must give up 1 tool.

In order to fully conquer the Monster of Stress, ask a teammate the following question:

When you think back to grief, when have you felt stressed?

Knife



Grief Island

Each player can make 3 moves during their turn.

Acceptance

10 Monsters
5 Food
3 Tools

When you think back to grief, when have you felt stressed?

Stick

Plum

Player 2

2 moves left

Player 1

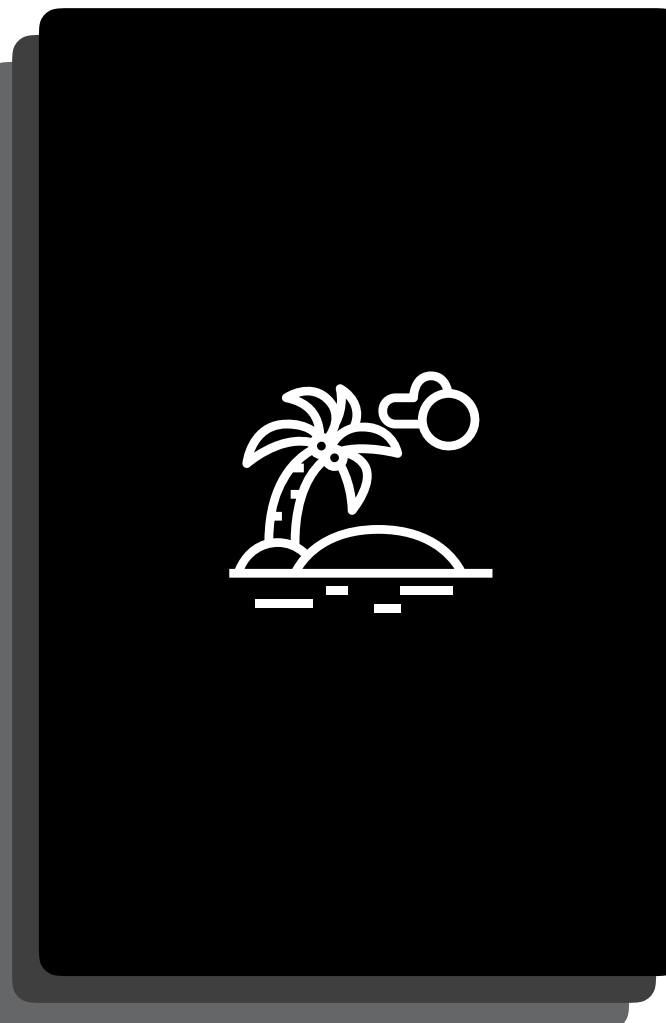
When I felt heard about what happened, it felt like everything was happening at once. Everything was out of control.

Canteen

Axe

Monster of Stress
To appease the Monster of Stress, one player must give up 1 tool.
In order to fully conquer the Monster of Stress, ask a teammate the following question:
When you think back to grief, when have you felt stressed?

Knife



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Plum

Player 2

2 moves left

Player 1

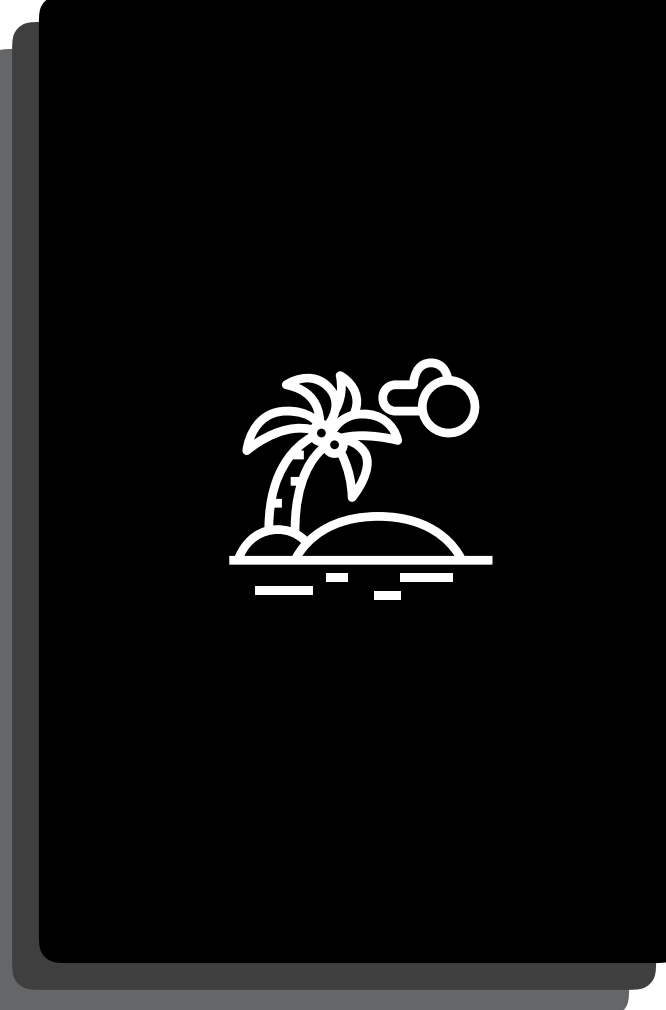
When I felt heard about what happened, it felt like everything was happening at once. Everything was out of control.

Canteen

Axe

Monster of Stress
To appease the Monster of Stress, one player must give up 1 tool.
In order to fully conquer the Monster of Stress, ask a teammate the following question:
When you think back to grief, when have you felt stressed?

Knife



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

It was also stressful having to know that everyone around you knew what happened.

Stick

Plum

Player 2

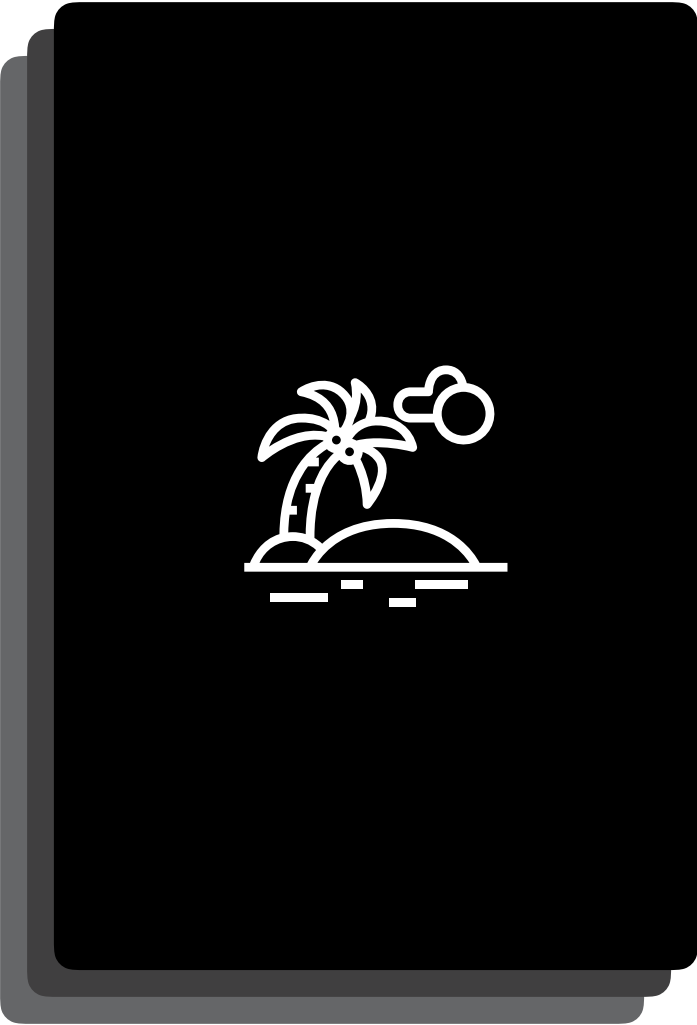
2 moves left

Player 1

Canteen

Axe

Knife



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Monster of Stress

Plum

Player 2

2 moves left

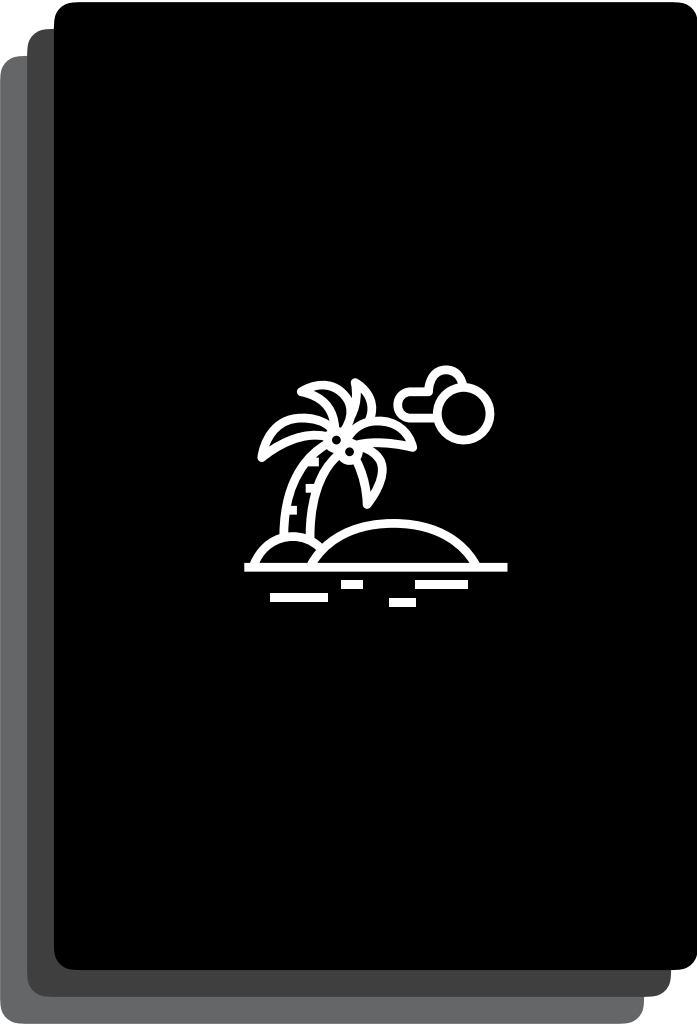
Player 1

Canteen

Axe

Everyone is dehydrated. Everyone loses 1 item unless someone has a canteen

Knife



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Monster of Stress

Plum

Player 2

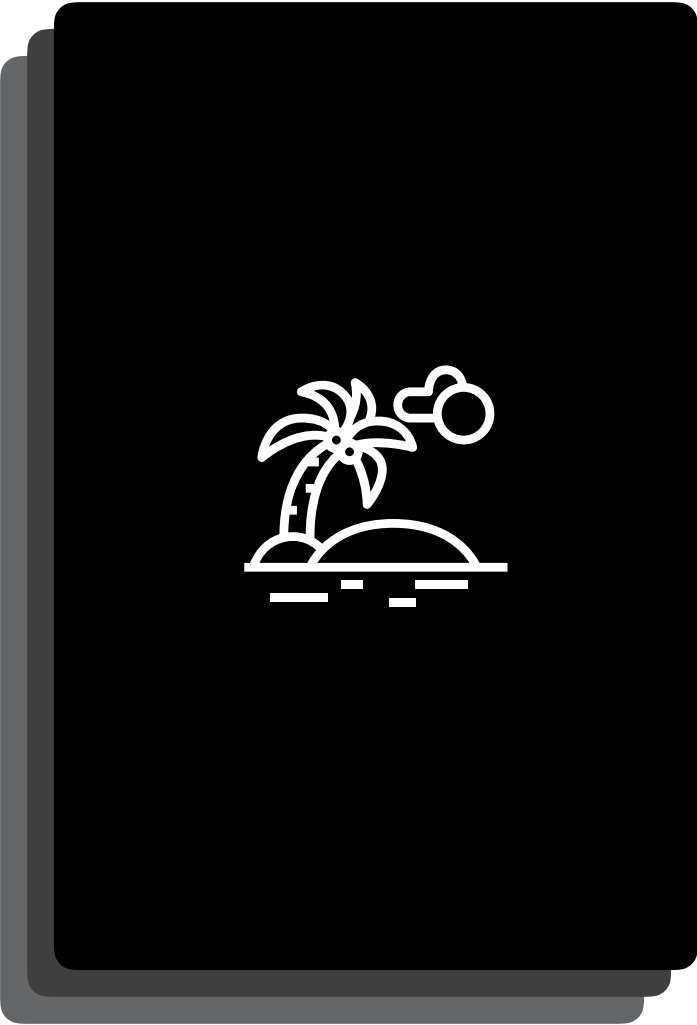
1 move left

Player 1

Canteen

Axe

Everyone is dehydrated. Everyone loses 1 item unless someone has a canteen



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Monster of Stress

Plum

Player 2

1 move left

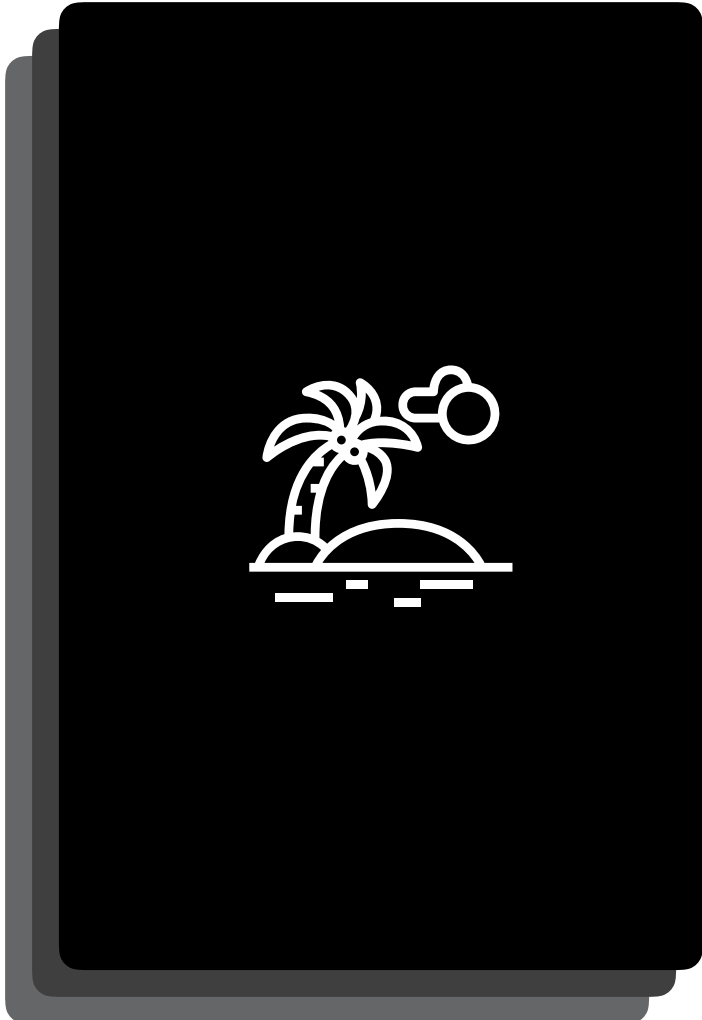
Player 1

Canteen

Axe

The Swamp
Each player can make 2 moves.
Players can only hold onto 3 tools.

Everyone is dehydrated. Everyone loses 1 item unless someone has a canteen



Grief Island
Each player can make 3 moves during their turn.

Acceptance
10 Monsters
5 Food
3 Tools

Stick

Monster of Stress

Plum

Player 2

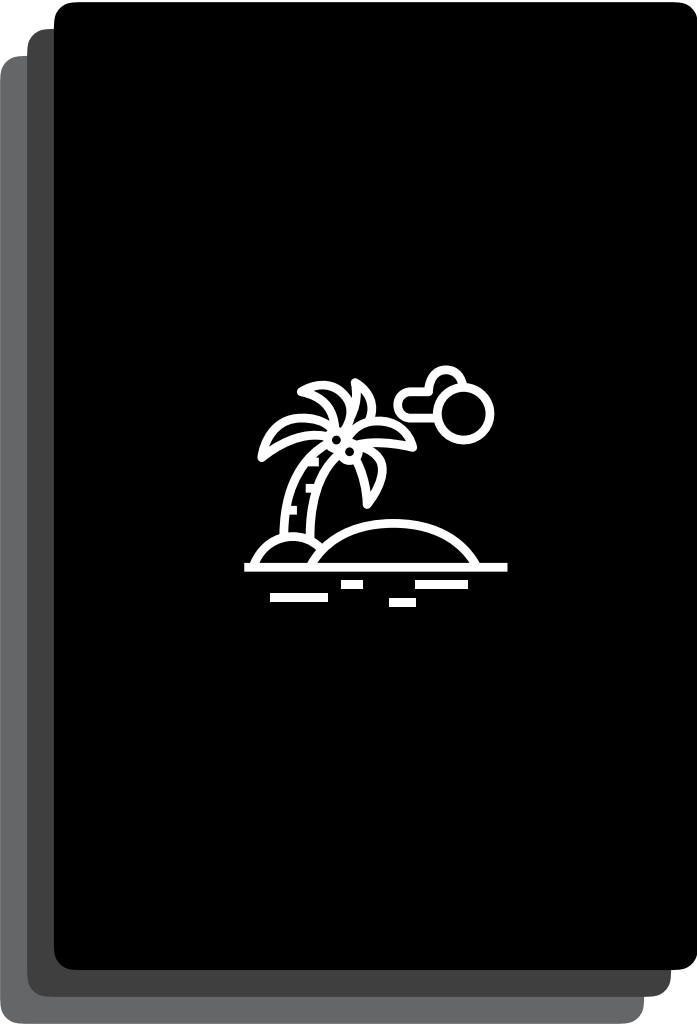
0 moves left

Player 1

Canteen

Axe

Everyone is dehydrated. Everyone loses 1 item unless someone has a canteen



The Swamp
Each player can make 2 moves.
Players can only hold onto 3 tools.

Acceptance

10 Monsters
5 Food
3 Tools

Stick

Monster of Stress

Plum

Player 2

0 moves left

String

Axe

Monster of
Regret

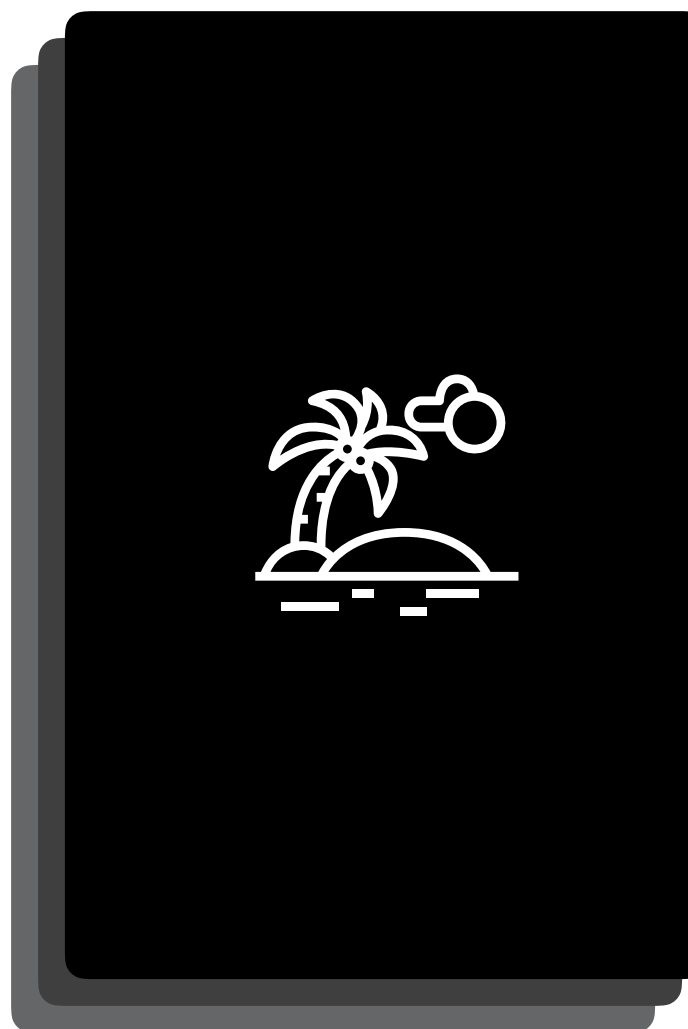
Monster of
Doubt

Monster of
Anxiety

Orange

Banana

Canteen



The Swamp
Each player
can make 2
moves.

Players can
only hold onto
3 tools.

Acceptance

5 Monsters
5 Food
3 Materials

Cloth

Stick

Monster of
Anger

Monster of
Stress

Apple

Plum

Thyme

Next steps

Thank you!

Gina Kim | Senior Thesis | Fall 2019