**Playbook to Heal the Undercurrent of Unresolved Grief and Loss**

*Unhealed Wound Seed*

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**Healing the Family’s Land and the Family’s Heart**

**Who:**​

* Mom, Stephanie, Dad & Grandpa

**What:**​

* Mom and Stephanie will plant flowers in grandma’s garden, and will plant the apple tree grandma always wanted.
* Dad and Grandpa will fix grandma’s swing.​

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**When:**​

* Every Saturday from 9 a.m. to noon for 3 weeks.
* Stephanie will tend to grandma’s garden once a week from then on, with her parent’s permission so they are aware that she is there.​

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**Where:**​

* Grandpa’s Yard​

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**How:**​

* Mom and Stephanie will look at old pictures of grandma’s garden to get ideas to restore her garden to its former glory.​
* Grandpa will go with mom and Stephanie to buy the flowers and an apple tree. Grandpa will pay for all of the supplies.​
* Grandpa and dad will prepare lunch for mom and Stephanie at noon for each Saturday for the duration of the 3 weeks project and after lunch, everyone will review the progress of restoring grandma’s garden to its former glory.​

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