ACTIVITIES FOR CHILDREN TO EXPRESS FEELINGS

Activity 1: finish the sentences

Finish the following sentences.

The thing that makes me feel the saddest is .....  

If I could talk to the person who died I would ask.... 

Since the death my family doesn't....  

My worst memory is....  

If I could change things I would....  

One thing that I liked to do with the person who died was...  

When the person died I....  

Since the death my friends....  

After the death, school....  

When I am alone....  

Is there anyone you want to share this with?

Activity 2: drawing

Find a piece of paper and fold it in half. On one side, draw a picture of your family before the death. On the other side, draw a picture of your family after the death. You might want to share your picture with someone who would understand.

http://www.dougy.org/grief-resources/activities