

# 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>