

ACT OUT

# Realize

## you are not alone

**Materials:** Worksheet copies, index cards (three per youth), pens or pencils, bag

**Directions:** Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

Divorce creates conflicting emotions. We can feel sadness, anger, confusion, even guilt.

How can we cope with all that we feel?

**Sharing our emotions says we're not alone, because others are experiencing similar emotions. Others may even offer ideas to help us handle our own feelings.**

Today we're going to play charades by acting out our feelings. Let's get started!

### ACTIVITY INSTRUCTIONS

- 1 On each of your three index cards, write down one feeling you've had since learning about the divorce. You'll have 3 minutes to write.  
*(Set the timer for 3 minutes.)*
- 2 When the timer sounds, fold each of your index cards in half and drop it in the bag. Then, we'll each pick a card out of the bag.
- 3 We'll take turns acting out the feeling on the card. If you need help, call on someone in the group. Continue to provide clues until someone correctly identifies the feeling.
- 4 As each feeling is identified, share how you handle the feeling. If you handle it in a positive way, explain how others can do the same. If you handle the feeling negatively, explain how you could deal with it more positively.

At the end of the activity, we'll have plenty of ideas on how to cope with our feelings. Put them to work the next time you're facing a difficult time.

