

FEELING FLOWER

Multiple emotions at the same time

Materials: Worksheet copies, template copies, pens or pencils, crayons, scissors, glue

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

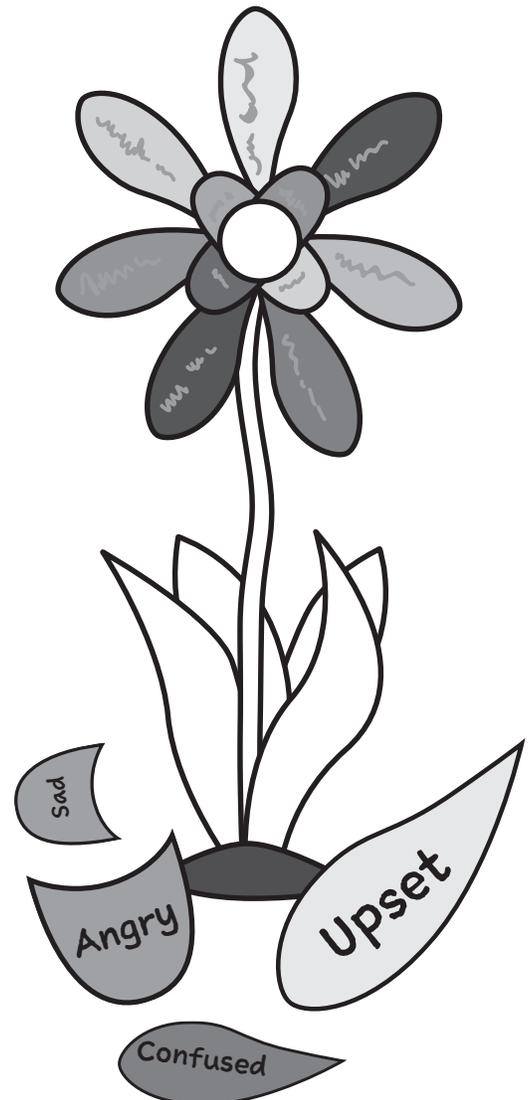
The death of a loved one generates many feelings, often simultaneously. We can be angry one minute, and sobbing the next.

Grief affects how quickly our feelings develop and change.

Let's take time to identify our emotional states using a flower.

ACTIVITY INSTRUCTIONS

- 1 On the template under "My different feelings," write down emotions you've experienced since the death of your loved one or pet.
- 2 Assign each feeling a color. For example, if you wrote "anger," you might assign it red. If you wrote "loneliness," you might assign it yellow. Write the color next to each feeling.
- 3 Write your feelings on the petals. Using crayons, color each petal its assigned color. Use as many petals and colors as you need to match the range of feelings you've experienced.
- 4 Cut out the colored petals and glue them onto the stem template. As you're gluing the petals, let's discuss the following questions:
 - What feelings did you identify?
 - What are safe ways to release your feelings?
 - What's it like to experience multiple emotions at the same time?
 - Who can you talk to about your feelings?



Source: San Diego Hospice and Institute for Palliative Medicine Intern Training Program

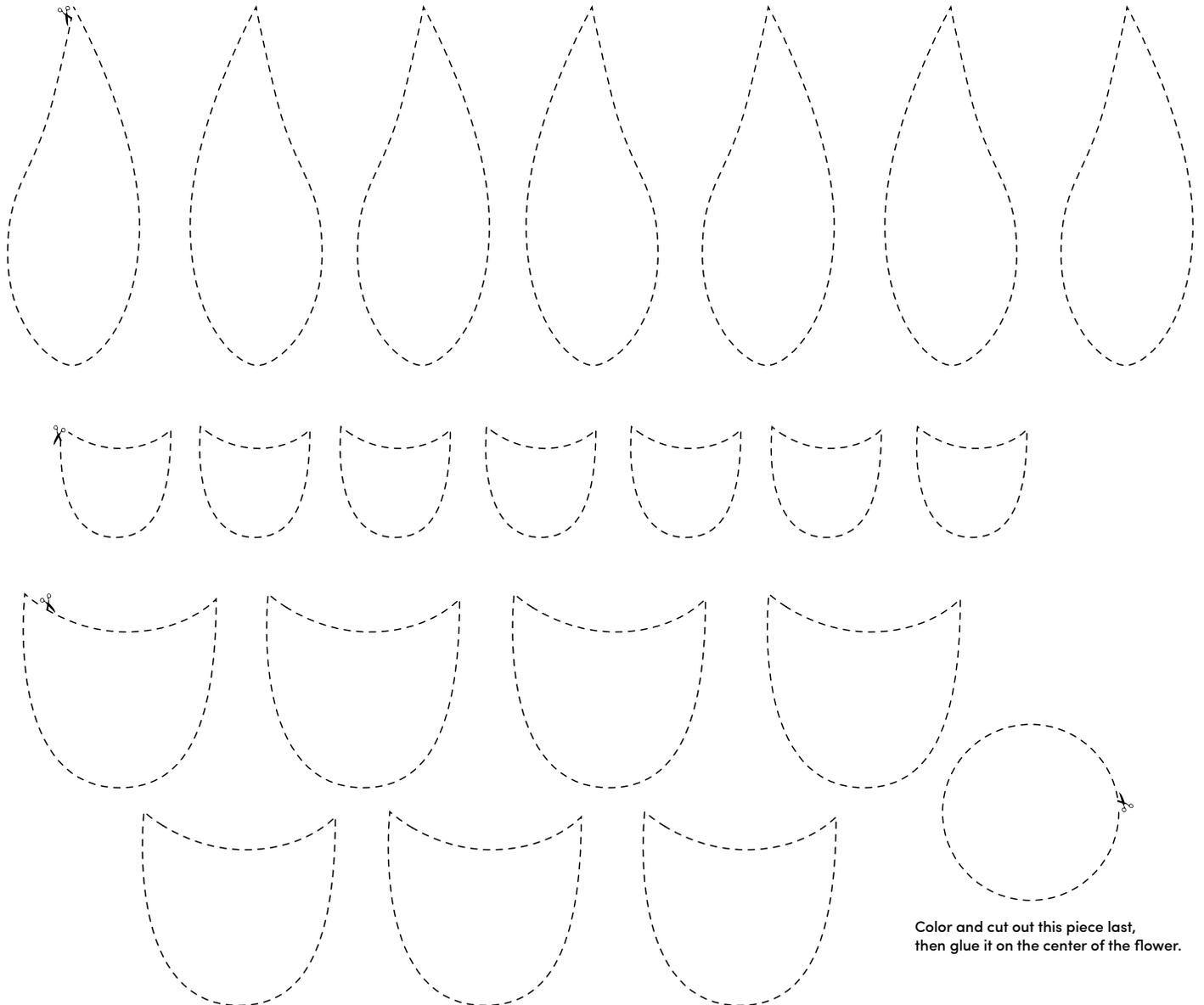
Note: A qualified adult will facilitate all Grief activities.



MY DIFFERENT FEELINGS

Feeling	Color	Feeling	Color
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.....		
.....		
.....		
.....		
.....		

PETALS FOR MY FEELINGS



Color and cut out this piece last, then glue it on the center of the flower.



