

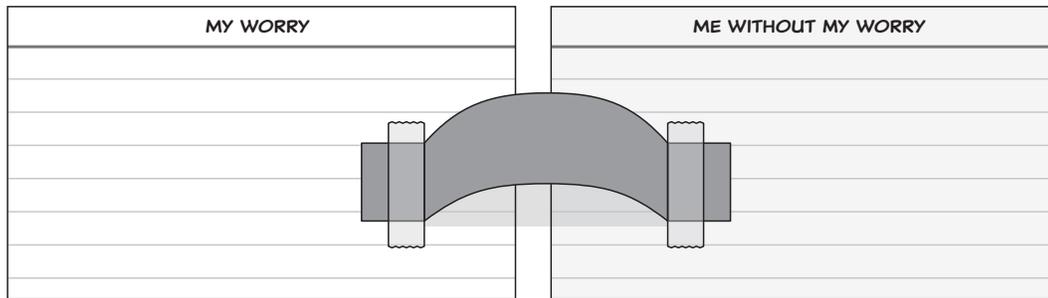
**DRAW IT OUT**

# Color your worries away

**Materials:** Worksheets, two plain index cards per youth, easily removable tape, markers, crayons, construction paper, scissors

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

**After a loved one dies, we often have concerns and worries. This activity will help you identify your concerns and decrease your worries.**



**STEP ONE**

Write "My worry" at the top of one index card. Next, think about something that makes you worry. Draw that worry on the index card titled, "My worry."

**STEP TWO**

Write "Me without my worry" at the top of the other index card. Next, think about how you would feel and what you would look like if that worry went away. Draw a picture of yourself without the worry on the index card titled, "Me without my worry."

**STEP THREE**

Using construction paper and scissors, create a little bridge to connect the two index cards. Tape the bridge to both of the index cards.

Let's use the bridge to think about life skills that can help us work through and decrease our worries. Write the life skills you'll use on the bridge.

**Discussion questions**

- ▶ What was your worry?
- ▶ What do you look like when your worry is gone?
- ▶ How can a bridge help you get past your worry?
- ▶ Name some different ways to work through and decrease your worries.

