

FEELING FLOWER

Multiple emotions

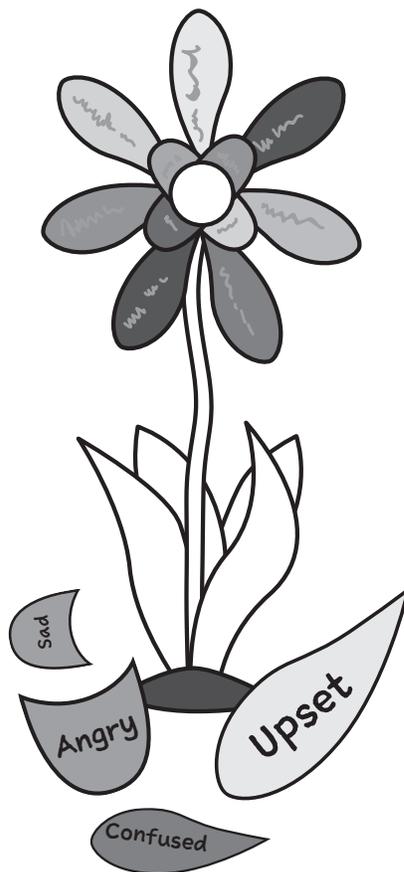
at the same time

Materials: Worksheets, feelings/flower stem templates, pencils, markers, crayons, scissors, flower templates, glue

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

When someone or a pet close to us dies, we can experience a lot of feelings at the same time that are hard to separate.

Our feelings can change often and new feelings can develop. Let's take time to identify different feelings using a flower.



ACTIVITY INSTRUCTIONS

- 1 Write down as many feelings as we can brainstorm on the template under "Feeling".
- 2 Look at all the feelings you've written down. Which of those feelings have you felt since the death of your loved one or pet? Check each feeling you've experienced.
- 3 Assign each feeling you've checked a color and write it under "Color." For example, if you checked "angry," you might assign it the color red. If you checked "lonely," you might assign it the color yellow. Write down the color you choose next to each checked feeling.
- 4 On the petals, write down each feeling you've felt. Using crayons, color each petal its assigned color. Use as many petals and different colors as you need, to match how deeply you're experiencing each feeling.
- 5 Cut out your colored petals and glue them onto the flower template. While you're gluing the different-colored petals onto the flower template, let's discuss the feeling associated with each petal.

Discussion questions

- ▶ What feelings did you identify?
- ▶ What are safe ways to get your feelings out?
- ▶ What is it like to have more than one feeling at the same time?
- ▶ Who can you talk to about your feelings?

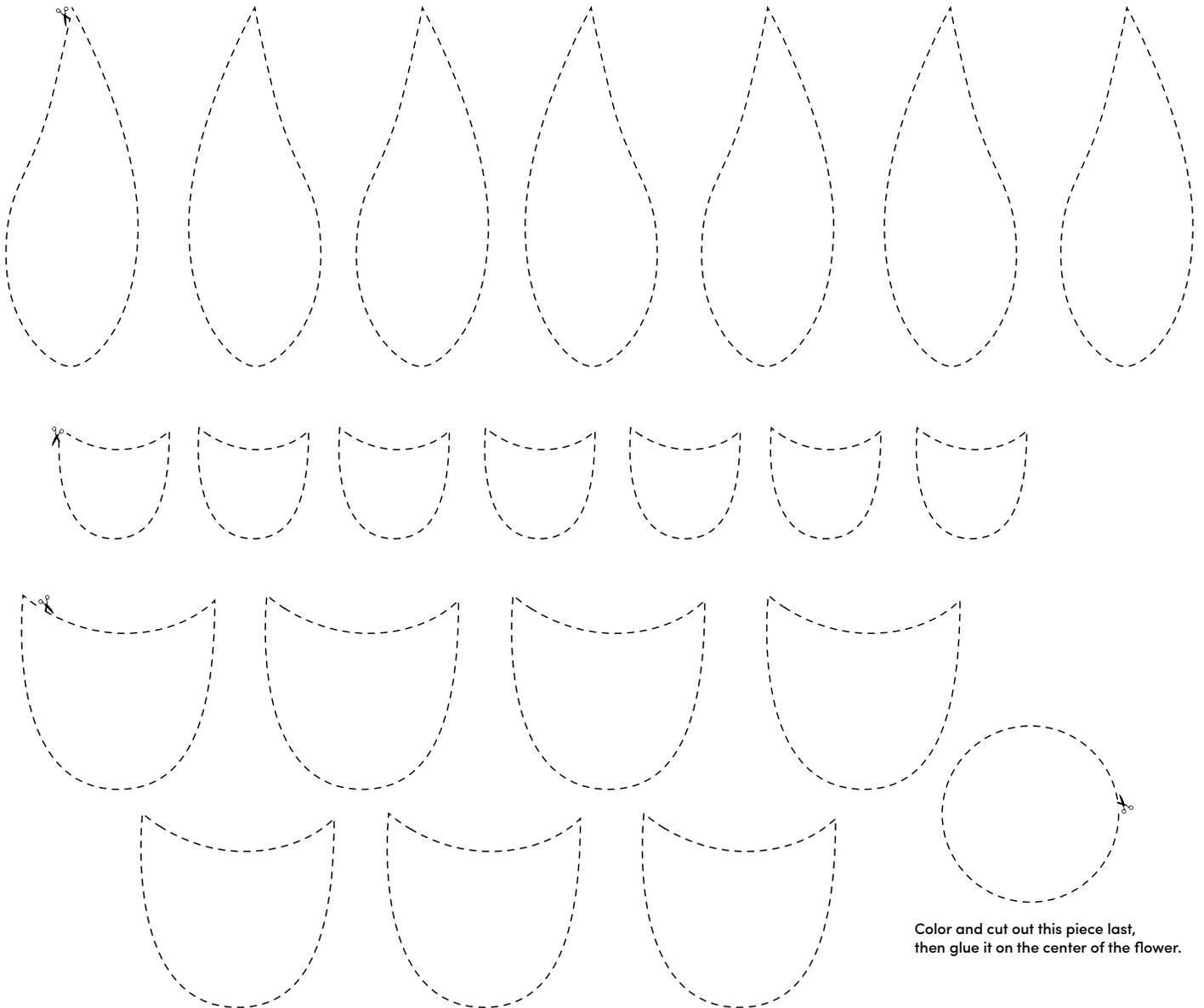
When you're finished gluing all your different feelings in all the different colors onto the template, the feeling flower will represent everything you can feel at the same time. And like a flower, you are still a beautiful person!



DIFFERENT FEELINGS I HAVE

Feeling	Color	Feeling	Color
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

PETALS FOR MY FEELINGS



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

