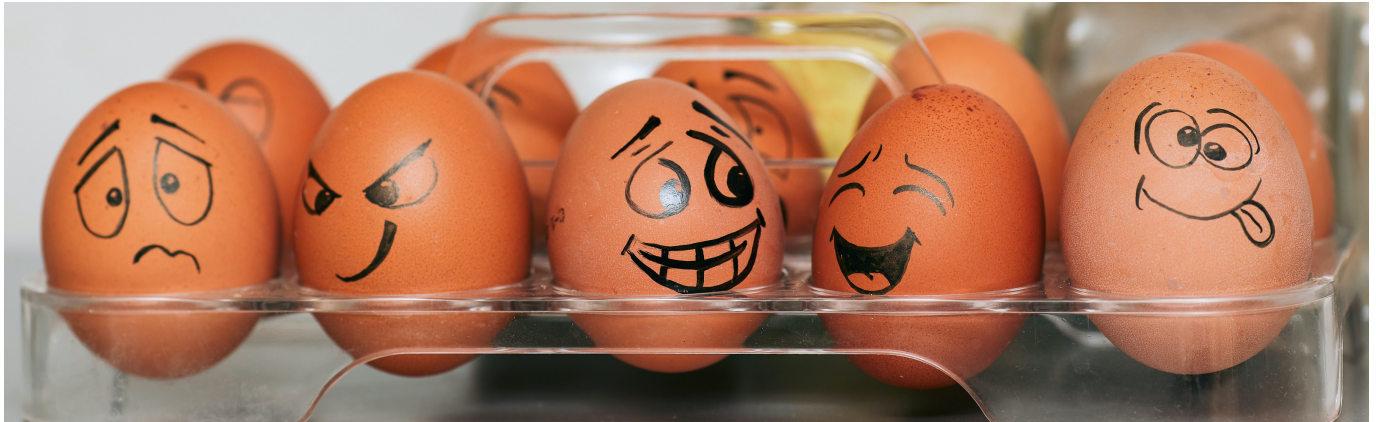


GRIEF AT HOME

FAMILY ACTIVITY SHEET #5

FOUR SQUARE FEELINGS



Break out the magazines and pictures, it's time for a collage!



For this activity, break out your collage skills. We'll be using words, pictures and other images to express ourselves. As we've talked about before, we may all feel different after a loss. Sometimes these feelings arise when we think about our loss, sometimes these feelings arise when something else happens to us. The first step in working toward our healing is identifying our emotions and talking about them.

Materials and Things You'll Need

- Construction paper (one for each person)
- Writing tools (pens, markers, pencils, etc.)
- Magazines (that you are OK cutting up)
- Emotion list
- Scissors
- Glue sticks

Estimated time: 30-45 minutes

Set up:

- Find a time to work together as a family

Suggested Guidelines

- Talking about the activity:
 - This activity that we'll be working on is called "Four Square Feelings,"
 - Let's start by talking about what emotions can you think of when you think about grief or loss?
 - What about your emotions when you think about your grief or your loss?
 - It may be hard to name the feelings and talk about our feelings out loud so today we'll be working on it without having to talk about it
- Things to keep in mind
 - Be in tune with your feelings this week and notice each other's emotions
 - Try to help your children recognize these emotions and validate them
 - "Oh no! You're throwing all your toys, it seems like you are so angry!"
 - Name your own feelings aloud with your children or family present and find healthy ways to express yourself or release those emotions
 - Example: "I'm so frustrated right now. My head is spinning and I'm going to go for walk to clear my head!"

Activity Steps

Everyone gets one page of construction paper
Gather your supplies and find a place to work together and share supplies

Step 1: Assign Feelings: select feelings that you would like to focus on during the activity and write them down on a separate sheet of construction paper

Step 2: Fold your construction paper into 4 squares (first hotdog fold, then again hamburger fold)

Step 3: Top Left Square: write down as many emotions that they recognize in themselves

Step 4: Top Right Square: let's take a few minutes to look through our magazines and cut out words or pictures from magazines that represent their feeling they selected. Glue the pictures and words on your top right square

Adjustments for Young children: find pictures that make them feel like the words they identified

Step 5: Bottom Left Square: Write down (or look through the magazines) at least three things that might cause someone to experience their selected emotions

Adjustments for Young children: what makes you feel this way? What times do you feel this way? Draw or write it

Step 6: Bottom Right Square: Think of at least five movies, t.v shows, or songs that have their selected feeling in the title and then write the titles in the fourth quadrant.

You might need access to computers or their smart phones to complete this assignment.

Adjustment for Younger children: talk about TV shows, movies, songs that make them feel happy, sad, etc.

Processing

- It's okay to decline and skip
- Validate sharing and braveness
- Does anyone want to share about their pages?
- What emotions did you identify in Square 1?
 - What did you put in Square 2? Etc.
- What are times that make you feel this way?
- What do you feel when you think about your grief?
- What do you do to not feel that way? To feel better?

