

SEASONS OF FEELINGS

JUST AS THE SEASONS OF THE YEAR CHANGE OVER TIME, SO DO OUR FEELINGS. WHEN WE ARE GRIEVING, IT CAN BE HARD TO BELIEVE THAT OUR PAIN AND DIFFICULT FEELINGS WILL EVER CHANGE, OR GET BETTER. TAKING THE TIME TO THINK ABOUT HOW OUR FEELINGS HAVE CHANGED THROUGHOUT OUR LIFE CAN HELP US TO SEE THAT OUR GRIEF WILL GET BETTER OVER TIME. CREATE YOUR OWN TREE TO SHOW WHAT FEELINGS YOU HAVE HAD DURING DIFFERENT SEASONS OF YOUR LIFE. TAKE TIME AS A FAMILY TO DISCUSS WHAT SEASONS, OR FEELINGS, YOU HAVE EACH EXPERIENCED WHILE GRIEVING.

INSTRUCTIONS

As a family, start by making a list of feeling words to get yourselves thinking about the range of emotions we all experience. (Happy, mad, shocked, excited, guilty, playful, anxious, sad, etc.) After you've had time to discuss, give each family member a piece of paper. Draw a tree trunk and its branches; make sure there is space to put at least 9 leaves on your tree. Then draw **yellow**, **red**, and **green** leaves on your tree, and add at least 3 leaves of each color. The different colors will represent feelings you have felt most throughout different seasons of your life: **before the death**, **at the time of death**, and **now**. Think about the 3 feelings that you felt the most during each season of your life and place them inside your leaves. After all family members have had the chance to make their trees, talk about the seasons of change you have each experienced. Acknowledge that every person might be in a different place, and feeling differently than each other; this is okay! Talking about your unique experiences helps you to understand your family members better, and support each other through grief.

SUPPLIES NEEDED

Paper
Markers/Pens

TIME NEEDED

30-45
Minutes