

Family Emotion Ocean Activity

This week's activity, **Emotion Ocean**, is an activity designed to help family members to acknowledge that experiencing a death can be like a turbulent ocean, and there are things and people around that can help them stay afloat during this difficult time. Especially with added changes to daily living, it can be important to continue identifying coping skills and places to find support.

This activity can be done several different ways. Inside, this can be done as a family collage if you have a large piece of paper or poster board, or each family member can make their own ocean on a standard size piece of paper. If you are looking for ways to get outside together, this could be done outside if you have access to a driveway or sidewalk and some sidewalk chalk.

Materials:

(Inside Version)

A large piece of paper or poster board

OR a smaller piece of paper for each family member

Markers/crayons

Boat coloring page (or you can draw or cut out your own boat/raft)

(Outside Version)

A large area of driveway pavement or sidewalk where all family members have space to work

Sidewalk chalk

Boat Coloring Page (or you can draw or cut out your own boat/raft)

Activity:

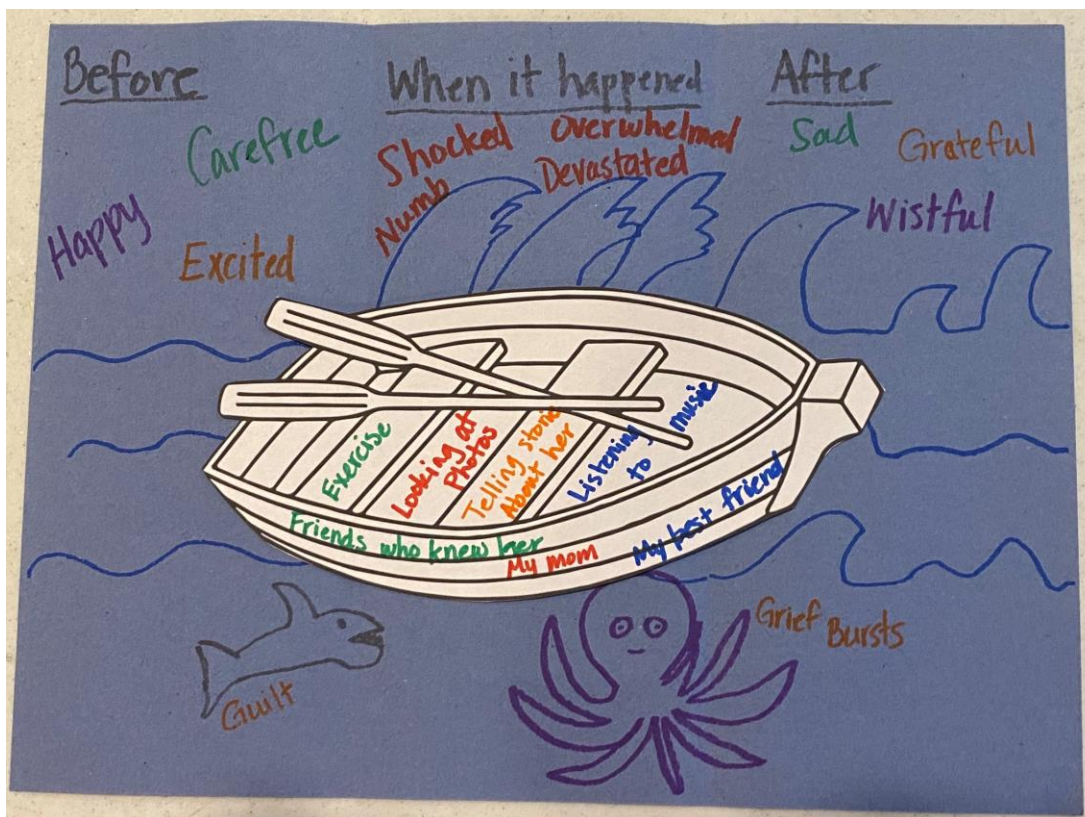
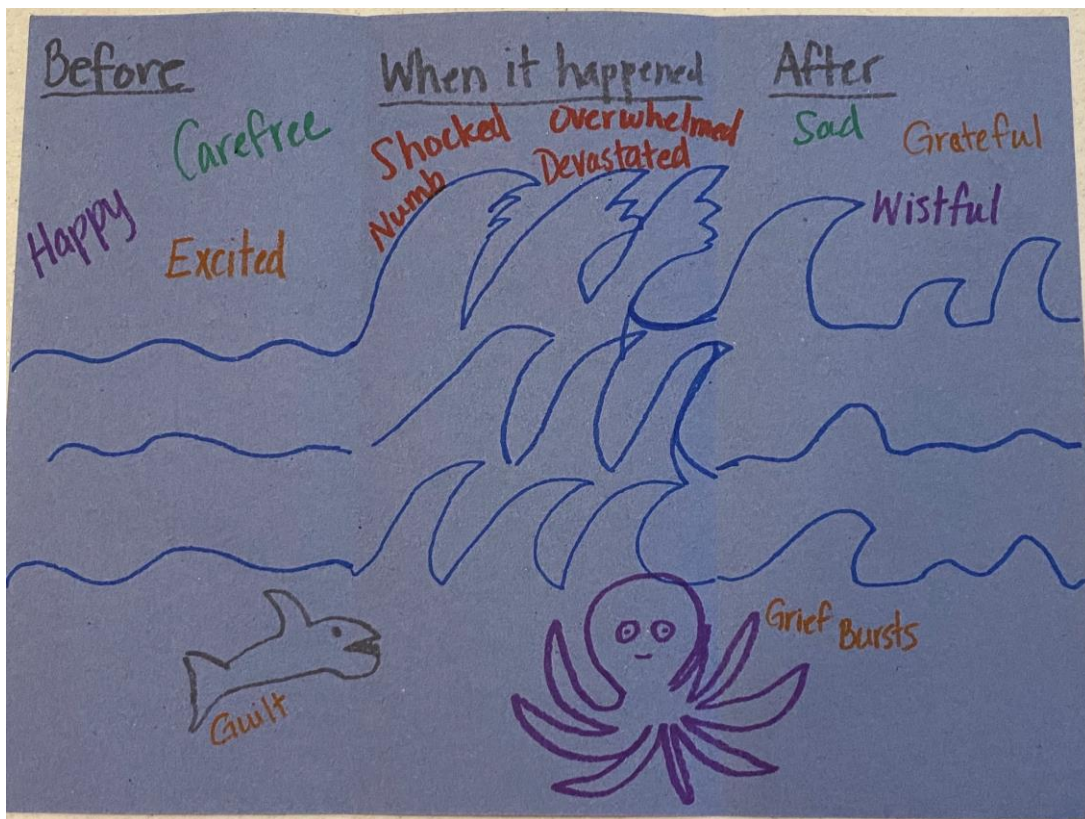
Start by discussing how grief can feel like riding waves in the ocean. Sometimes, it's easy to ride the small waves, and other times, we get knocked over by big waves. Using three large areas to draw on, have your family think about their life in 3 specific phases 1) before the death, 2) when the death occurred, and 3) now or since the death. As you each create and add to your oceans, discuss the size of the waves you "rode" before the death, at the time of the death, and now. Do waves get bigger, smaller, stay the same?

Once the waves are completed, have each person identify one feeling they had during each period of time (before, at the time, now). Have everyone write those feelings near or in the respective areas of the ocean. (It may be helpful to use different colors for each person so you can identify similar or different feelings.)

Next, think about the things that lurk in the bottom of your ocean and cause you worry or anxiety. These could be feelings like guilt or anger, life changes like changing schools or moving, or worries about the future. Draw pictures or words to represent these things.

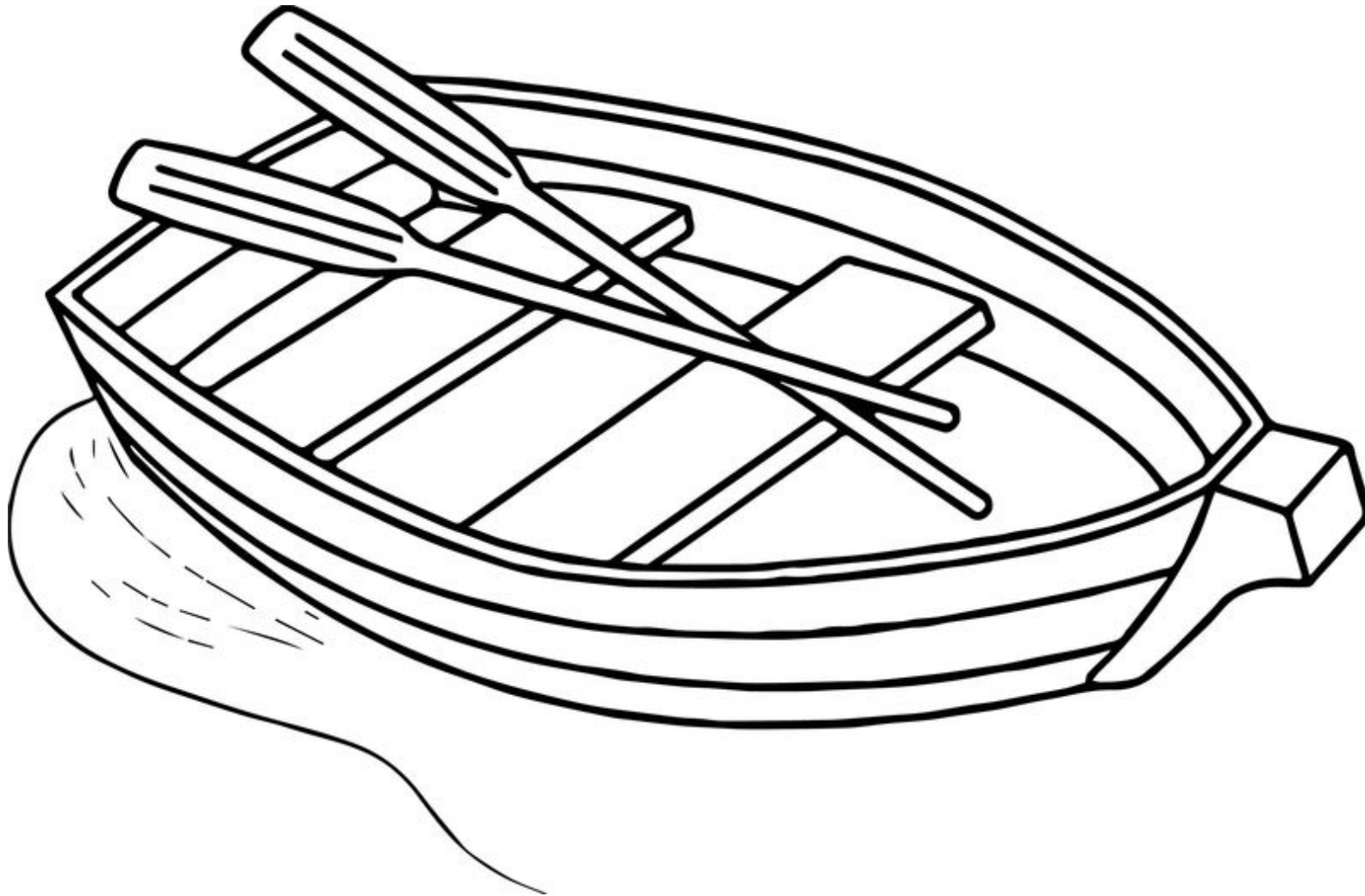
Then, ask each family member to talk about ideas that help them to cope when things are tough. What do they do when feeling sad? Who are the people that support them? Have each family member write on their boat the things that help them "stay afloat". This can be things like hugging their stuffed animals, dinner with a parent, talking to their teacher or best friend, listening to music. Have everyone identify three support people and three coping skills. Talk about how these supports keep them afloat and help them over the turbulent emotions and feelings they may have. Invite family members to add to their oceans and boats as you talk and new ideas come up. Notice the similarities and differences in how family members feel and cope with those feelings.

Activity Example:



Any Boat Free Coloring Page

Posted By [familyfriendlywork](#) On April 25, 2019 @ 3:51 am



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