

# How my heart feels

## Directions:

- Sit down with your child and talk about the different feelings someone can experience during grief.
- Have your child choose 5 feelings they've had during their grief and assign a color to each one.
- Ask your child how strong each feeling is using the following scale:
  - Light
  - Medium
  - Strong
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- Based on the intensity of each feeling, fill in the heart with the corresponding amount of color (more color for stronger feelings).
- Encourage your child to share memories and stories related to each feeling, providing space for them to process and validate their emotions.
- This activity is even more meaningful when done together, as it highlights how each person's heart may look different—because grief is unique for everyone.

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