

# Identifying & Letting Go of Feelings



When we are grieving we often feel big feelings like anger, guilt, fear, and regret. It can be helpful to use chalk and draw pictures or write words that describe our feelings and experiences, and then wash away the pictures and words.

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## Supplies:

- Chalk
- Water (can be water ballons, a hose, a bowl/pitcher of water, etc.)

## Instructions:

1. Talk with each other about the big feelings you may each feel as part of your grief story. These could include anger, guilt, fear, regret, shame, anxiety, etc.
2. Find a place outside where you can draw with chalk.
3. Use the chalk to draw pictures or write words about those feelings
4. Give each person the opportunity to wash away their own pictures/words using water.
5. Talk about how it felt to “hit” or “erase” those feelings or experiences with the water.

## As you do this activity with your child, here are some things you can discuss.

“Anger is a typical response to grief because our loved one was taken away from us and we feel it isn’t fair. You might be angry about what happened, angry at what others have or have not said or done, or angry about all of the changes that have happened. Every person gets angry in a different way because we all have different personalities and different things upset us. It helps to identify what makes us feel mad about our person dying and for us to talk about how to handle the angry feelings. Can you think of some things that have made you feel angry about the death of your loved one? What other big feelings have you felt?”

“What helps you calm down when you feel angry?” Help your child list the tools he/she uses to calm down. Ex: Calming Glitter Bottle, taking deep breaths and counting backwards from 10.

Thank your child for being brave and sharing their uncomfortable feelings with you.