

# Color Your Heart

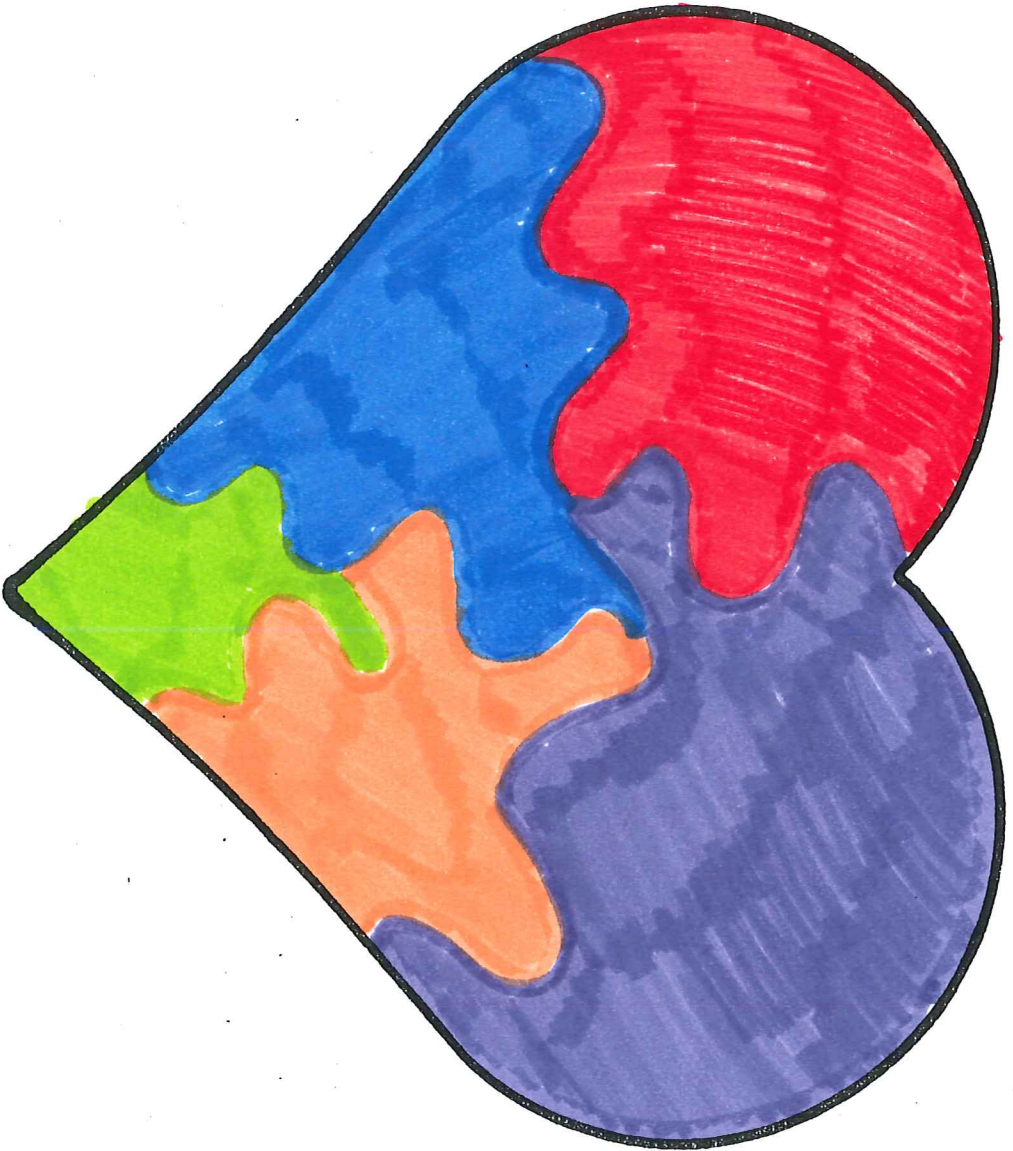
**Goal:** Develop self-awareness of feelings related to grief






**Age Groups:** All

**Materials needed:** Heart sheet and Crayons/Markers

## How the Activity Works:

- Begin by explaining that people can have many feelings at the same time, and give everyone a heart sheet with the color code boxes.
- Help the group conceptualize how different colors might reflect different feelings. You might ask if anyone has ever heard the expression “feeling blue.” What feeling do they think this is referencing? You might explain that while blue might mean sad to one person, a different color might seem sad to another.
- Give everyone some time to make their own color/feeling key – you might ask them to think of some feelings they’ve had lately or feelings related to the death.
- Ask everyone to fill in their own heart with the feelings included in the key. The amount of space that each feeling/color takes up in the heart should be proportionate to how much her or she feels that feeling.



-  = Worried
-  = Hopeful
-  = Angry
-  = Sad
-  = Happy

