



Make A Feelings Chart

What You Need:

- Paper, post-it notes, or a stick-on white board
- Blank wall in a room
- Colored pencils, crayons, markers
- Tape

Directions:

- Find a blank wall to use: living room, bedroom, etc.
- Ask the child(ren) to draw or write their feelings on a piece of paper, post-it note, or white board and post it on the wall
- Have each child to continue drawing or writing until they have expressed all their feelings
- Discuss the feelings or emotions that the child has displayed on the wall

Tips:

- There is no age limit for this activity
- This provides the opportunity to have discussions that are child focused
- This provides a view into the child's emotional experience over time
- This can be completed as is or adapted into the form of a wordle or journal entry for adolescents

This activity can be done individually or with someone else. A Feelings Chart allows children to express their emotions creatively through writing or drawing. Feelings Charts can be completed multiple times after the death of a sibling. For example, doing this activity three times during the first year could show where the child is in their grieving process and understand how their emotions change over time. Feelings Charts can also help professionals or parents understand where the child is emotionally and provide the child the chance to express themselves in both non-verbal and verbal ways.

Disclaimer: These activities may bring about intense feelings. It is okay to express and discuss your feelings with your children. If you feel that this activity is too difficult for you to participate, please reach out to your support system (i.e., family friend, counselor, another adult, etc.) to interact with your child(ren) for this activity.

