

# What does it feel like...

A worksheet to use with children and young people who have been bereaved

It can often be easier for children and young people to express how they are feeling in a non-verbal way than verbally.

This worksheet may be helpful in them beginning to verbally describe the emotions and feelings they are experiencing.

Common physical symptoms of grief following the death of a loved one are feeling tired, dizzy, tense, having headaches.

## **Activity**

1. It might be helpful to start by explaining that each person may experience a different range of physical and mental symptoms.
2. Describe a few common symptoms such as tiredness and put into a 'I feel as if I...' sentence:

'I feel as if I am moving through thick mud. It's really hard going.'

Add the thick mud to your picture.

3. Ask the child/young person to add their own images and sentences to the worksheet
4. Also talk about how we might feel in our heads. One of the common themes for young children is guilt: 'I feel like I made this happen, it's my fault.'

You of course don't need to use this worksheet. You can use a blank piece of paper that allows the child or young person to draw themselves and the emotions and feelings they are experiencing.



What does it feel like?