

What Is Happening in My Heart?

When you are grieving for someone who has passed away it can be overwhelming. You may feel angry, sad, guilty, worried or lost. You may feel all of these emotions at some stage or some more than others. There isn't a list of feelings that you will or should feel.

How you feel during this time is personal to you. Everyone grieves differently and in their own time.

It can be very hard to deal with all of these emotions and find a way to manage with what has happened.

Sometimes, writing the main feeling or thought down may help.

Try and think about the one main feeling or thought you have in your heart at the moment.

Below is a big heart – please write or draw that one thought or feeling inside the heart.

You can fold the heart and keep it, or share it with the adult you are with. It might help to talk about this feeling with an adult.

Looking at the heart can help you to organise the different emotions you feel and focus on coping with the main feeling.

Often, when you are grieving your emotions change. You may feel something different another day that then becomes the main feeling. When you think this feeling or thought has changed, you can come back and complete this activity again.

It would be a good idea to keep the hearts as you will be able to see how your feelings and thoughts are changing.

Cut out the template. Write or draw what the main thought or feeling you have in your heart is at the moment.

