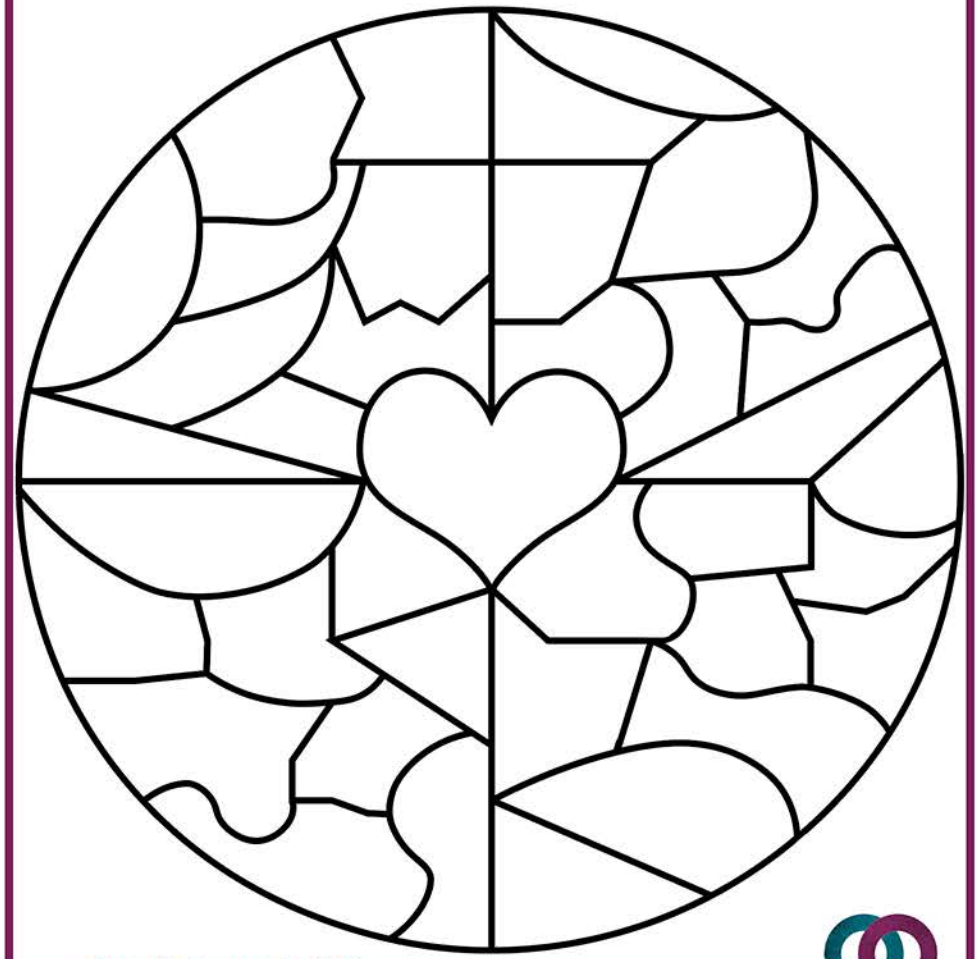


A GRIEF MOSAIC

COLORING THE EMOTIONS OF LOSS

A Grief Mosaic is a creative way to express sadness and pain, using color instead of words. Each day, choose a space and fill it with a color that represents how you're feeling. The colors and emotions listed below are a starting point. Make the mosaic your own by pairing the colors and emotions that speak to you.

Blue - Sadness
Brown - Loneliness
Green - Calmness
Grey - Numbness
Orange - Anxiety
Purple - Confusion
Red - Anger
White - Feeling Safe
Yellow - Happiness



A HEART MAP

Illness and pain can cause us to feel sad, lonely, and sometimes angry. We might: miss an activity we were really looking forward to, get benched for missing practice, miss a field trip because we're in the hospital, or have to face the death of a pet, friend, or loved one while already hurting. Loss is hard, and it happens for many different reasons.

A Heart Map can help us identify how loss and pain are affecting us. Each day, choose one space and write what is on your heart: a special memory, something you're afraid of, what makes you happy, what makes you feel safe, or how loss and pain are affecting you. Then decorate the space with color and a design.

