

# THE feelings map

*Usually grief affects the way our body feels. Having a child color in a "feelings map" can help everyone understand more about how emotions affect different parts of the body. Being able to name and describe emotions is an important step in coping with death.*

Have your child color the person with emotion, matching the area of the body where they feel each emotion. The emotions are color-coded to help guide the child. Not every emotion will be felt, so not every color will be used. Only map the emotions you feel.

If there are other emotions not listed, have your child write the emotion word in a new color and color where they feel it in their body.

**LONELY**

**SAD**

**RELIEF**

**MAD**

**SCARED**

**HAPPY**

**ANXIOUS**

**ANNOYED**

**STRANGE**

**PEACEFUL**

