

Butterfly Feelings Exercise

Goal:

To identify and validate feelings related to grief and loss

Supplies Needed:

Markers, coloring pencils, and/or crayons
Butterfly coloring sheet and Emotions Legend (adjoining page)
Photocopy machine

Directions:

Step 1: *Copy Butterfly Coloring Sheet*

Make a copy of the butterfly drawing on the opposite page. You can enlarge or shrink the size of the drawing as needed.

Step 2: *Identify Your Feelings*

With the butterfly coloring sheet in front of you, take a minute to think about how the Butterfly family was feeling throughout Grandma Olivia's illness before and after her death. Have you had a similar experience? If so, focus on a meaningful time or event during that experience. How did you feel?

Step 3: *Color Your Feelings*

Choose the appropriate color from the Emotions Legend to represent how you are feeling and then color sections of the butterfly. Since you may have many different feelings you can use lots of colors on the butterfly. For example, if you felt very sad, color the majority of your butterfly blue, but leave room for some orange if you felt lonely or leave room for pink if you felt afraid.

Step 4: *Discuss Butterfly Colors*

Talk about your color choices. Why did you choose purple? Why didn't you choose green? Why did you color more of one color than another? Would you add an additional color choice? What color/feeling would you add and why?



Emotions Legend

	Worried		Guilty		Angry		Happy		Peaceful
	Lonely		Afraid		Sad		Confused		_____ Your choice