

DRAW YOUR GRIEF MONSTER

To create your own grief monster, start by getting a piece of paper and some coloring materials.

1. **Draw your grief monster:** What does your grief monster look like? Does it have big or small eyes, horns, fur, or scales? Draw it using any colors you like.
2. **Name your grief monster:** Give your monster a name, it could be anything that comes to mind like "Sorrow" or "Sadie".
3. **Describe your grief monster:** Think about how your grief monster behaves. Does it make you feel angry, frustrated, or scared? Write down or draw these emotions next to your monster.
4. **Talk to your grief monster:** Once you have created your grief monster, talk to it. Tell it how you're feeling and what you need from it. You could ask it to go away or ask it for help.

Remember, it's okay to feel sad and it's important to talk about your emotions. Creating a grief monster can be a fun and creative way for children to explore and express their feelings of grief.

GRIEF MONSTER