

Things to Do

Using art to get your feelings out

Sometimes it helps to draw or paint when you have strong feelings. Someone important to you has died and you have different feelings bottled up. They may feel like waves that come and go.

- Find a place on your own.
- Choose some materials like pencils, markers, paints, pastels or anything else you have nearby.
- Take a moment or two to think about the person who died.
- Now let yourself draw or colour whatever image comes to mind. There is no right or wrong. It's not about being a good artist.

Take the time you need. Do more than one sheet if you feel like it. After you are done, you may want to share it with an adult you trust.

