

The background is a light beige color. It is decorated with several blue five-pointed stars and orange five-pointed stars of varying sizes. There are also illustrations of art supplies: a large orange crayon with a white circle and a small orange smudge below it in the top left; four colored pencils (blue, red, green, yellow) in the top right; a paintbrush with a blue handle and an orange tip in the middle right; a pair of scissors with blue handles and white blades in the bottom left; and two orange books in the bottom center.

ACTIVITY SHEETS AND COLORING PAGES



For more information visit our website at
www.katesheart.org
<https://www.facebook.com/KatesHeartOrg>
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Feeling Alone

SUPPLIES NEEDED

Depending on the age of the child:

- This page, paper or canvas
- Colored pencils, pens, crayons, markers, paints

TIPS

Some ideas of what you can do when you feel alone. You might want to hug a favorite stuffed animal, look at photos, listen to a song, take a walk, talk to a friend.

INSTRUCTIONS

How do you feel when you are alone? On this page, draw a picture, write a poem or song, paint a picture that shows how you feel. Then share your ideas on what you can do when you are feeling alone. Do at least one of your ideas.

Keeping Calm

SUPPLIES

A quiet space

TIPS

Sitting quietly, breathing slowly and becoming aware of all five senses can help calm and ground us.

INSTRUCTIONS

Find a relaxing place and sit in a comfortable position with your legs folded or straight. Close your eyes. Think of one of your favorite places to play or visit and pretend to take a picture in your mind. Like a picture, it is all still and not moving.

Start breathing deeply in and slowly out. Notice how your breath feels as it moves in and out of your body. Notice any feeling you have on your skin, any sounds you hear or smells in the air.

Take another slow deep breath and then pretend you are blowing up a balloon or blowing bubbles letting your air out slowly. Do this one more time.

If you find yourself thinking of things other than your breathing, try and imagine your thoughts in a white, puffy cloud and then push the cloud out of your way.

Notice how you feel. Are you more calm? Feeling less afraid?





Memory Bingo

SUPPLIES

- This page or make your own chart with your own questions.
- Choose an item age appropriate (dice, spinner, button).

TIPS

Take turns tossing the item or spinning the spinner and choose a question to answer. Play until you have answered all the questions.

**Tell your favorite
memory of your
special person
who died**

**Tell about a
holiday you spent
with your special
person who died**

**Tell about a photo
you have of your
special person**

**Tell about a gift
you gave your
special person**

**Tell something
funny about a
time you had with
your special
person**

**Tell about a trip
you took with
your special
person**

**Describe a
favorite food of
your special
person**

**Tell about a gift
you received from
your special
person**

**Tell about
something your
special person
liked to wear**

A decorative border at the top of the page featuring stylized, light blue leaves and vines.

Feeling Hearts

SUPPLIES

- This page or paper
- Markers, crayons, pens, colored pencils



TIPS

Draw all different sizes and colors of hearts. Then in each heart write or draw the different things you love about the person who died.

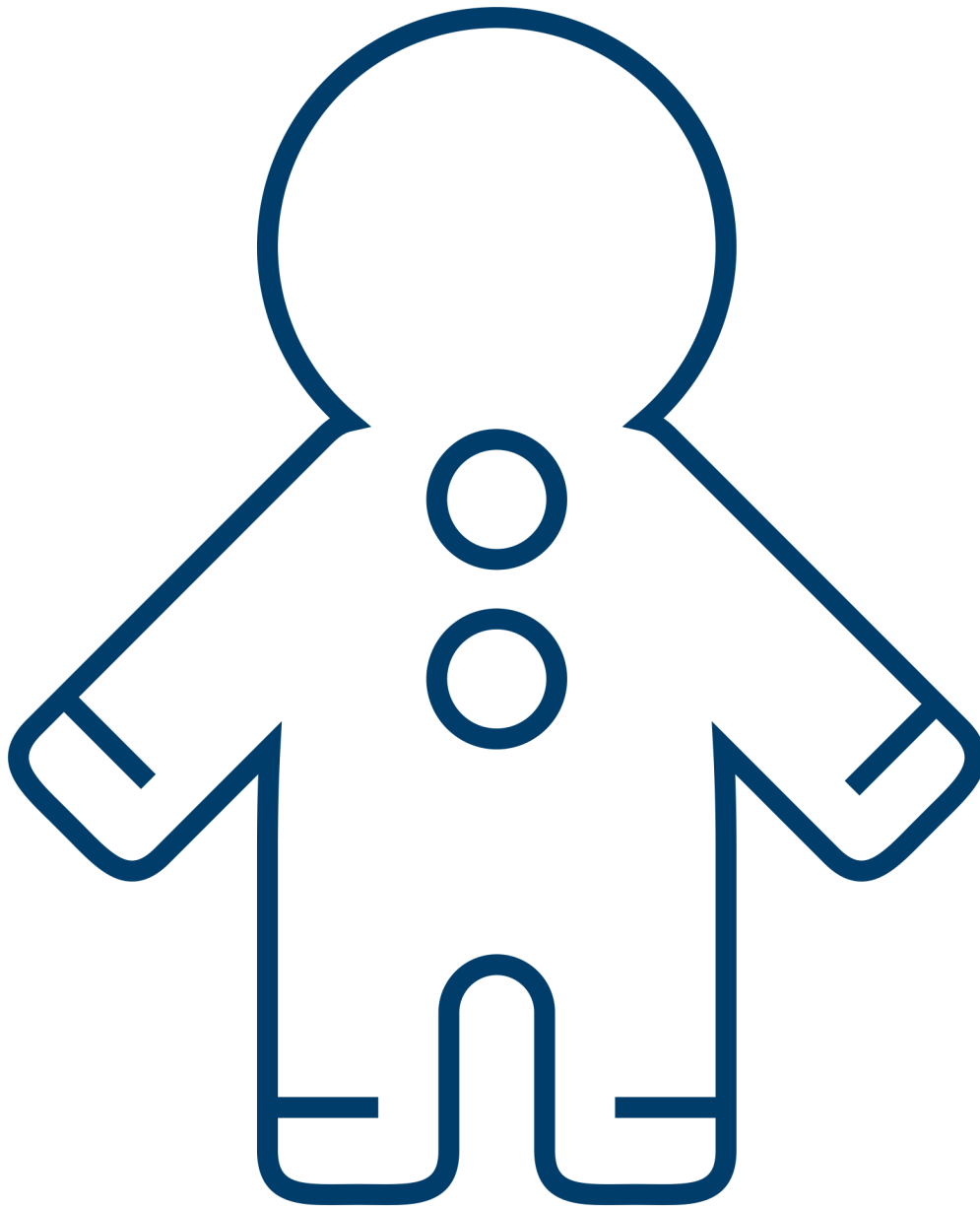
Feeling Sad, Mad, Glad

SUPPLIES

- This page or paper
- Markers, crayons, pens, colored pencils
- Age appropriate scissors or adult helper

TIPS

Emotions and feelings are not good or bad. Our bodies react to feelings in different ways. Sometimes we cry, our tummy hurts, or we feel happy too. Use the outline below and show how you feel today.



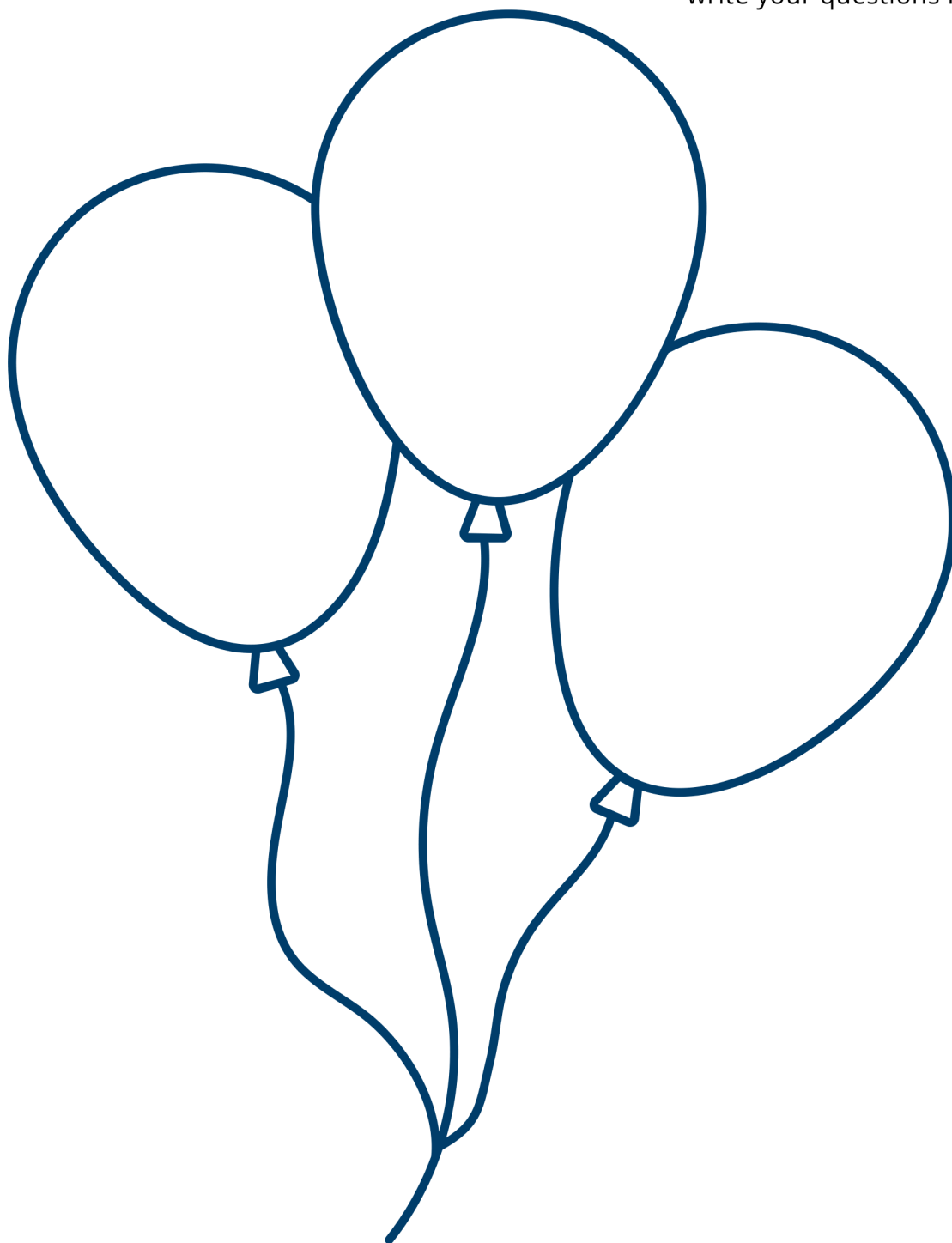
Questions, questions

SUPPLIES

- This page or paper
- Markers, crayons, pens, colored pencils

TIPS

You might have a lot of questions about grief, how you are feeling, or your loved one who died. Draw or write your questions in the balloons.



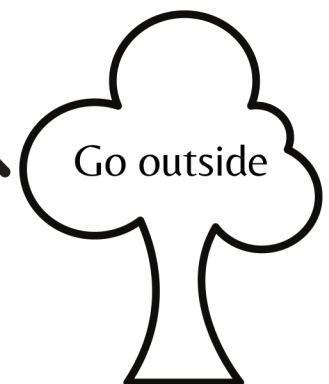
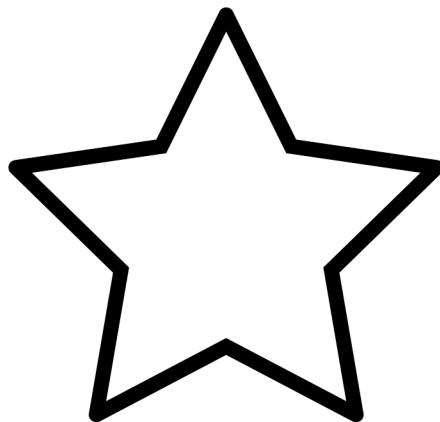
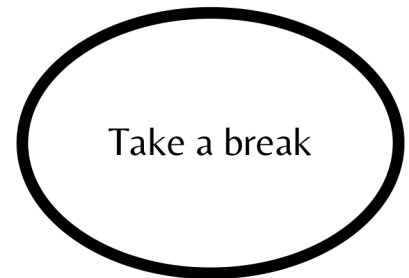
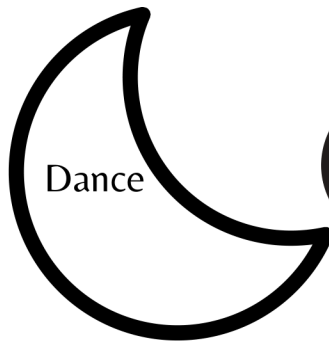
When I get upset

SUPPLIES

- This page or paper
- Markers, crayons, colored pencils

TIPS

Here are some ways you can feel better when you are upset. Color those that you like to do. Write or draw your own ideas in the shapes.



COLOR YOUR WORLD WITH ART BY KIDS

Thank you to

OUR ARTISTS

Ella

Ellie

Evelyn

Jocelyn

Josie

Luke T.

Luke S.

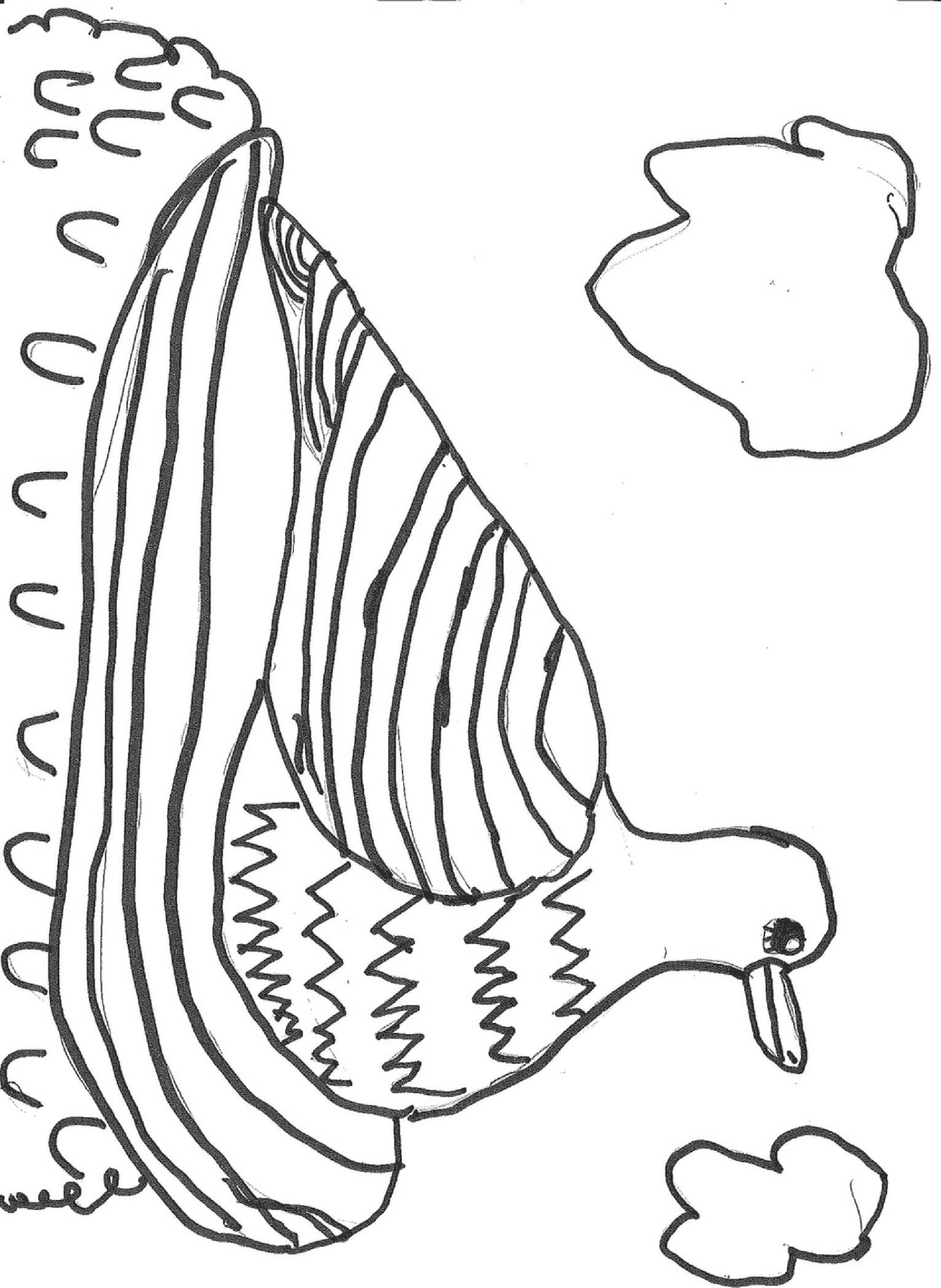
Sam

Sammy

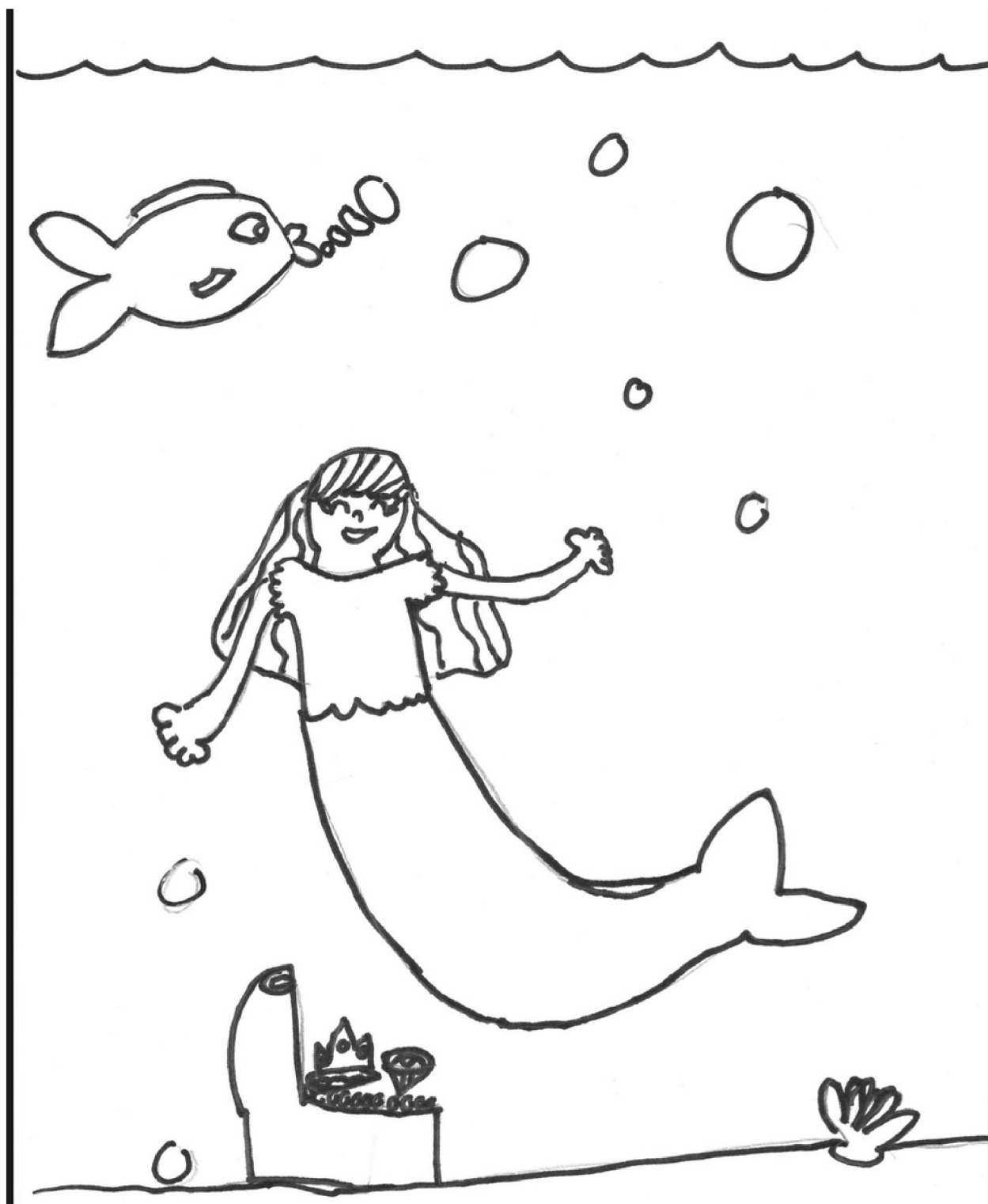
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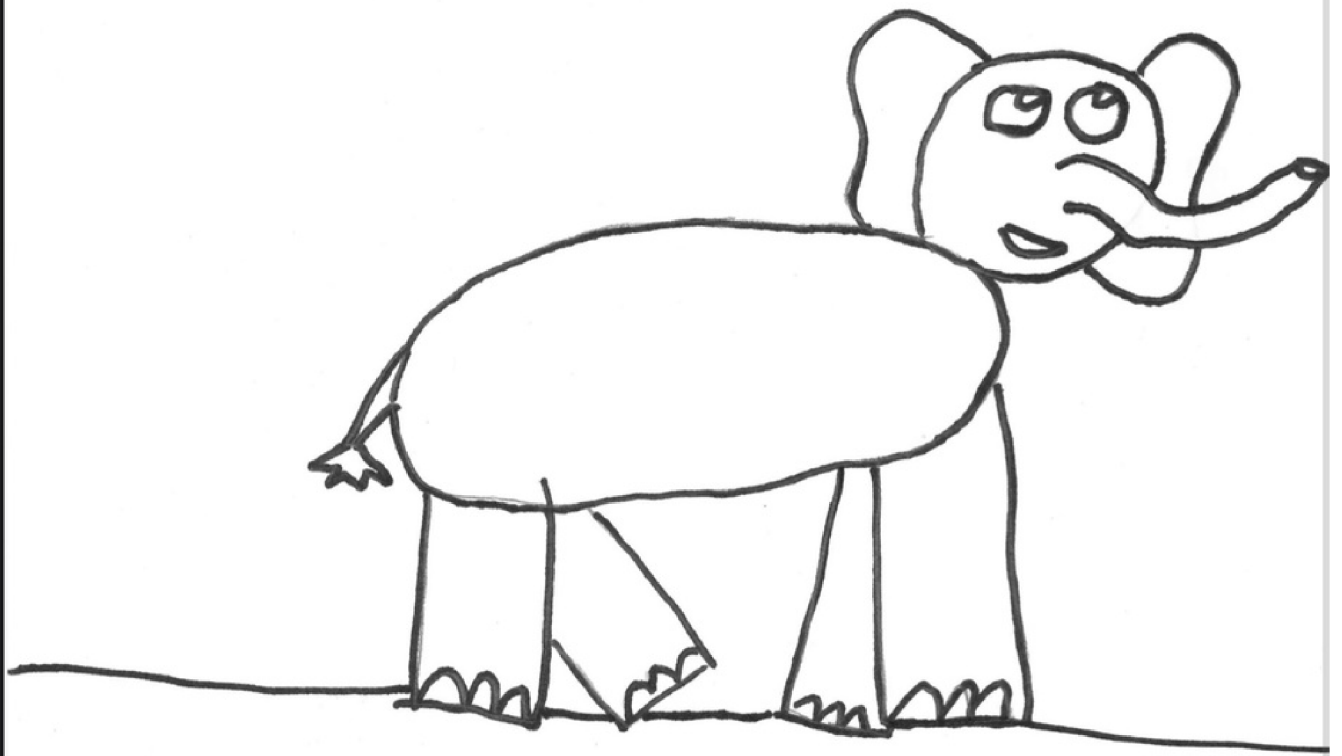










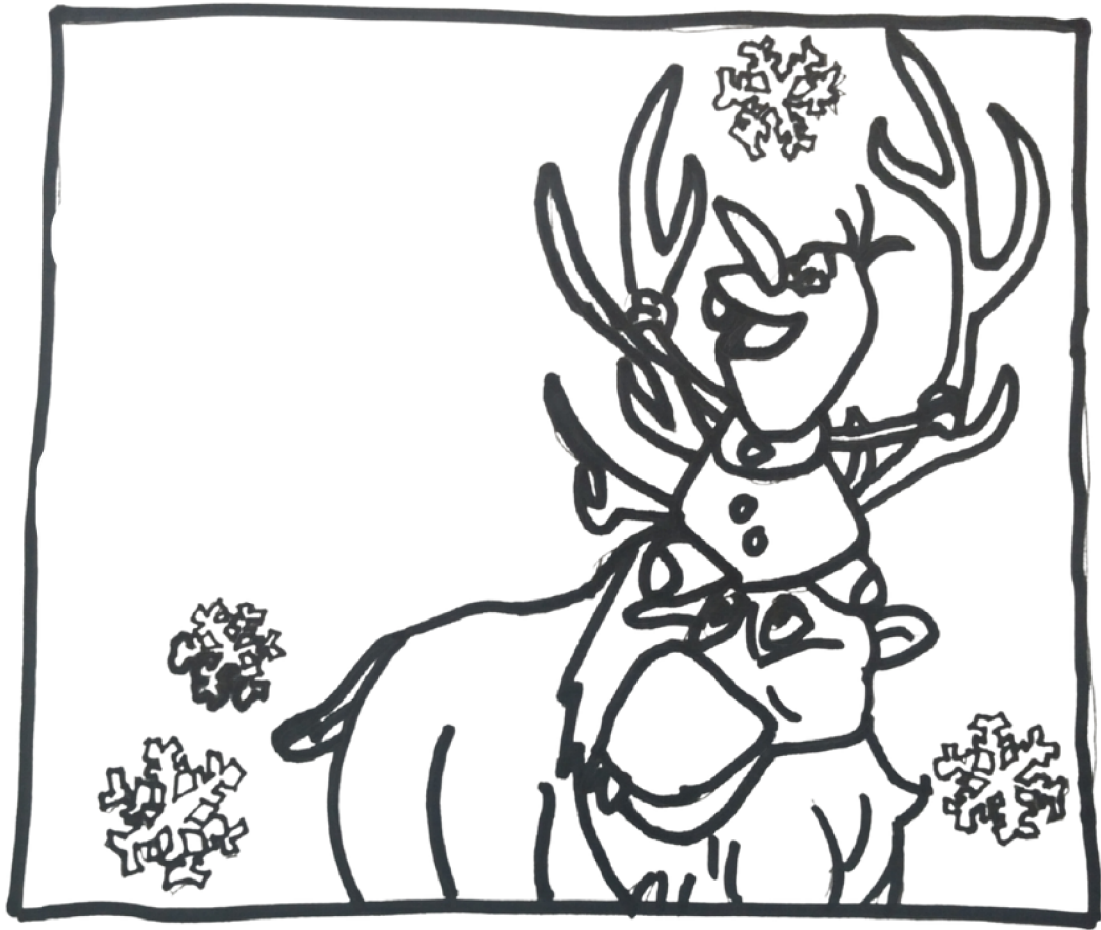


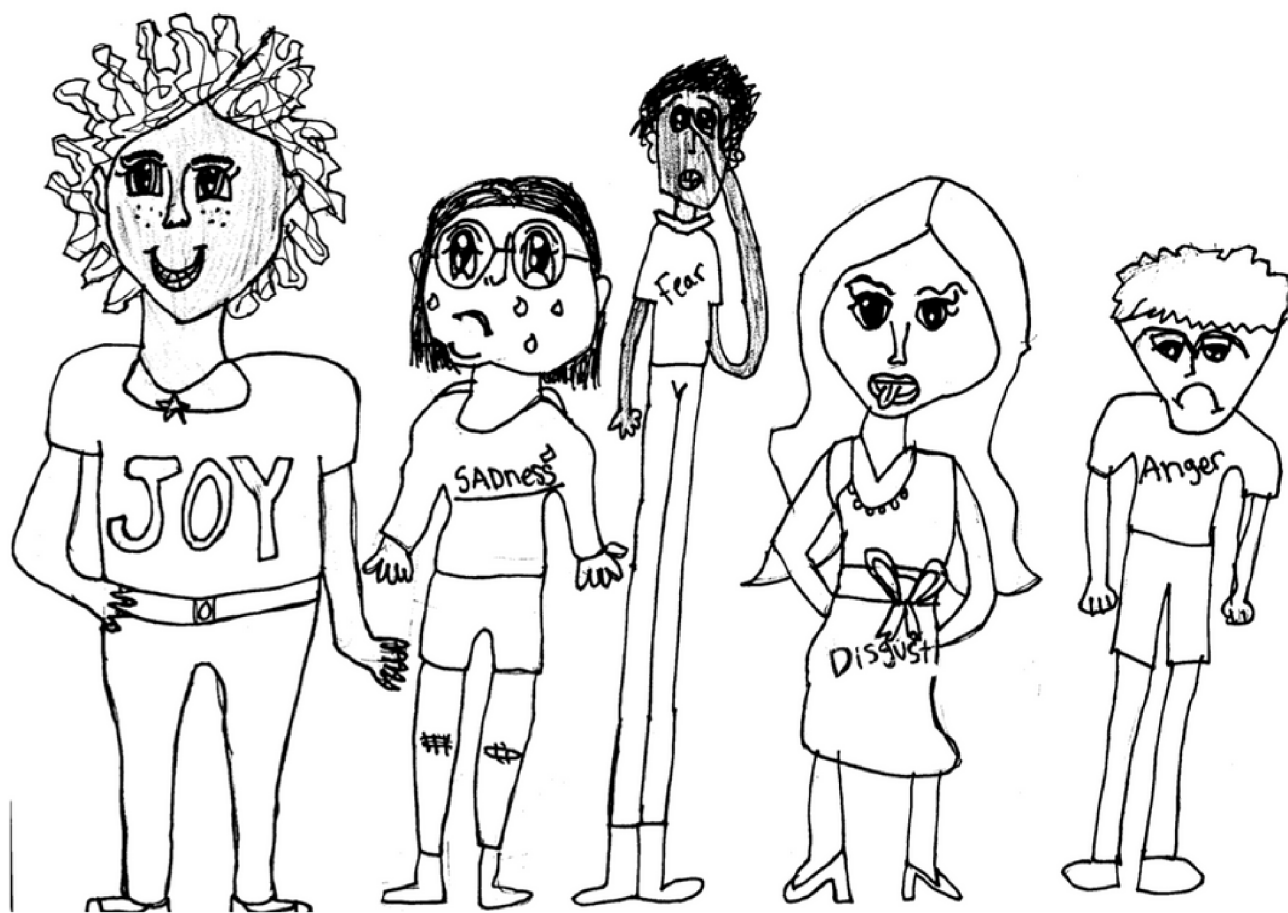






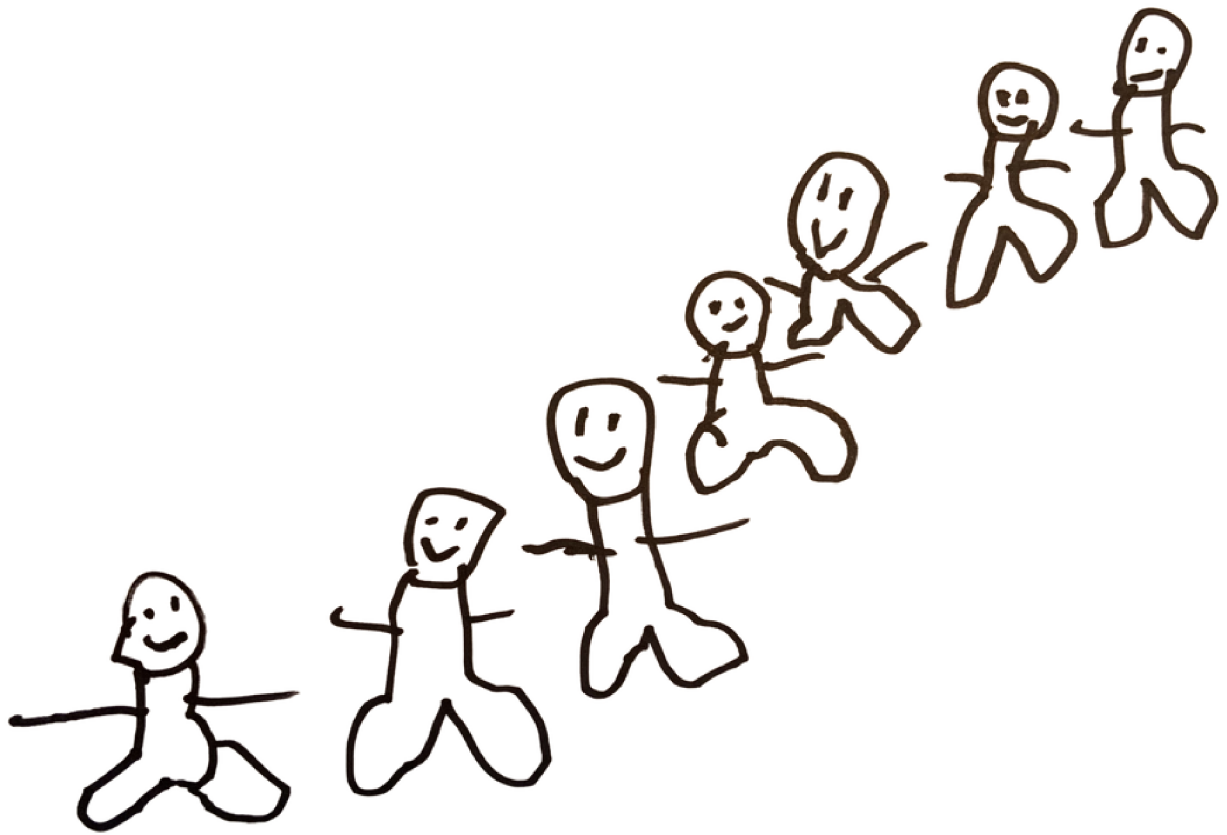


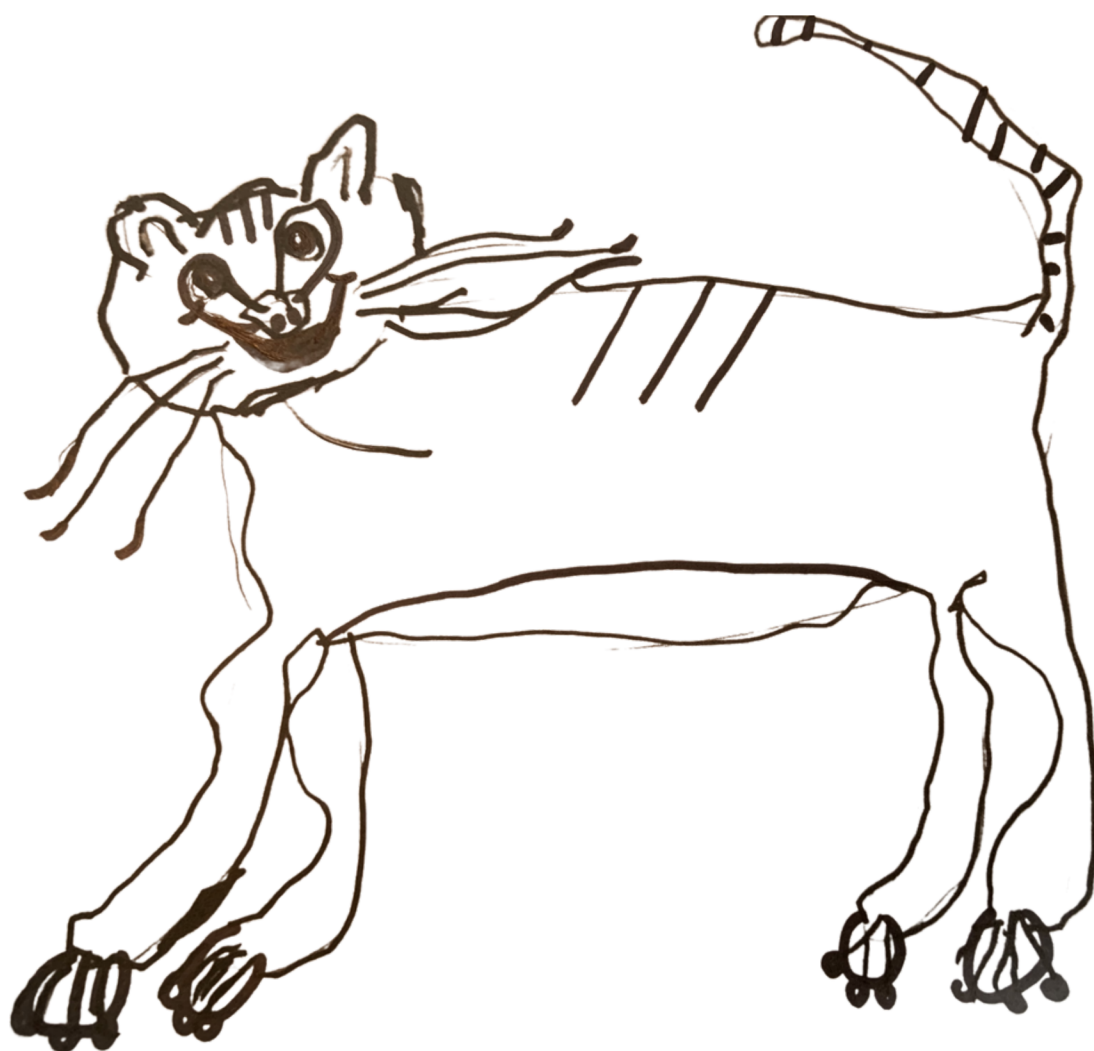


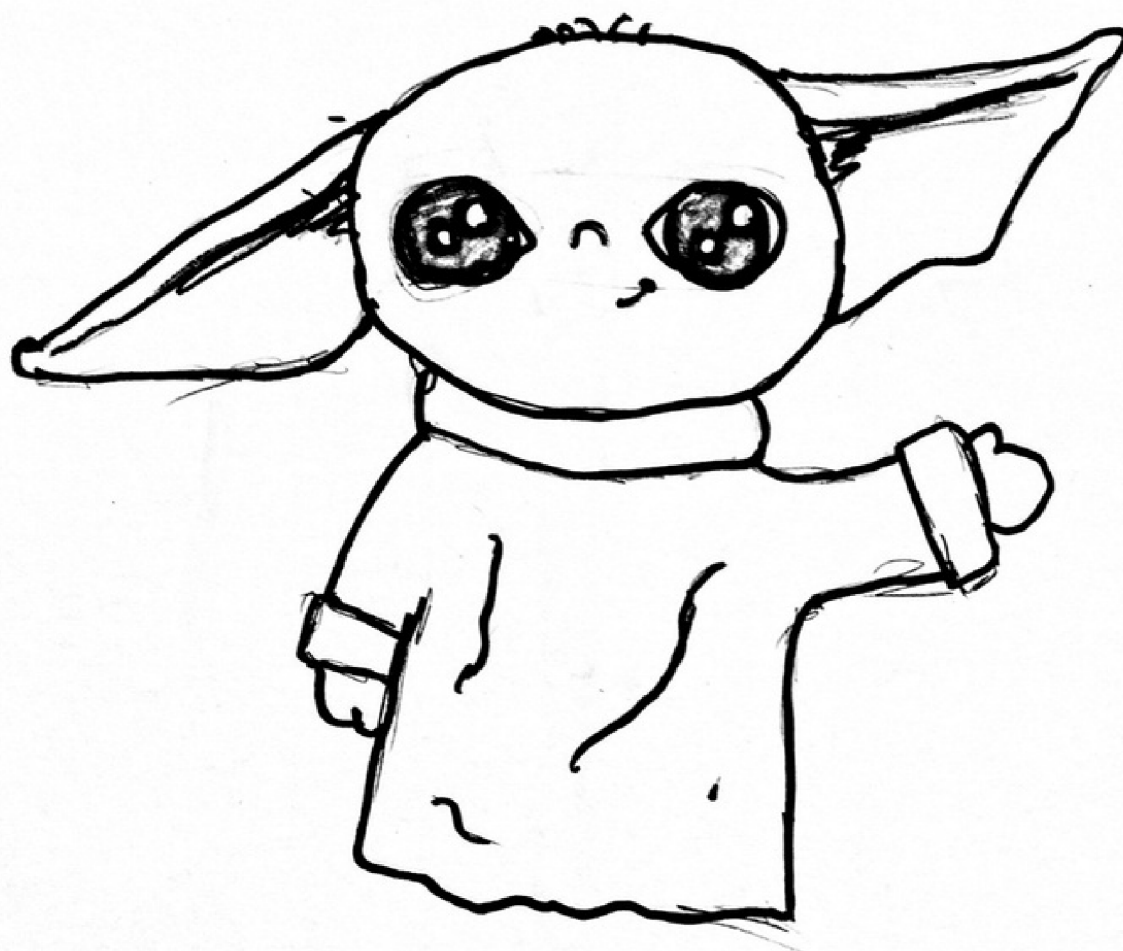


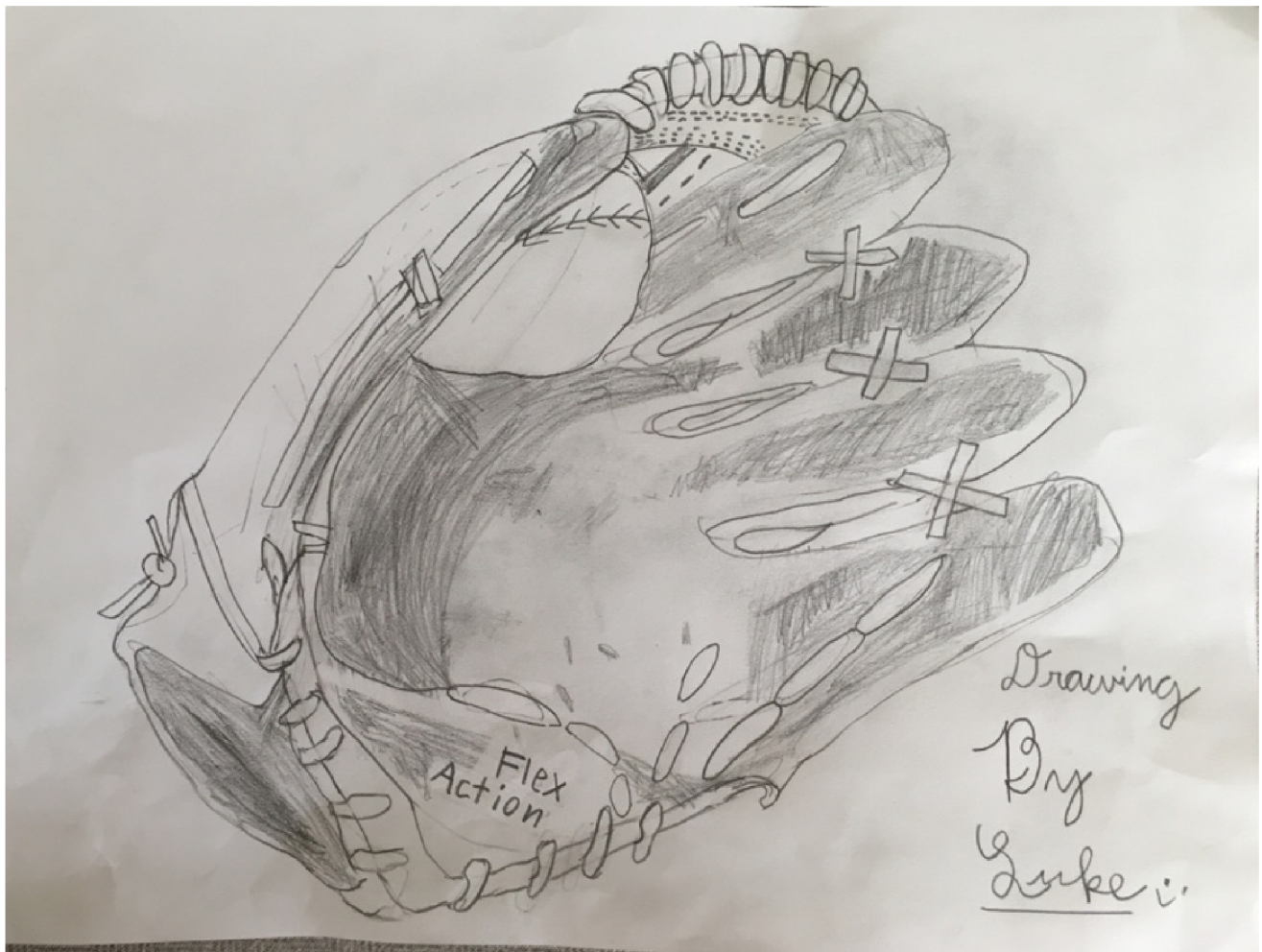












Draw and color yours below:

HEY KIDS!

If you would like to be included in our next printing of this activity and coloring book, please submit your coloring page or drawing to us. Be sure to have your parent or other adult help you and email a .doc, .jpeg, or .pdf file to katesheartorg@gmail.com

