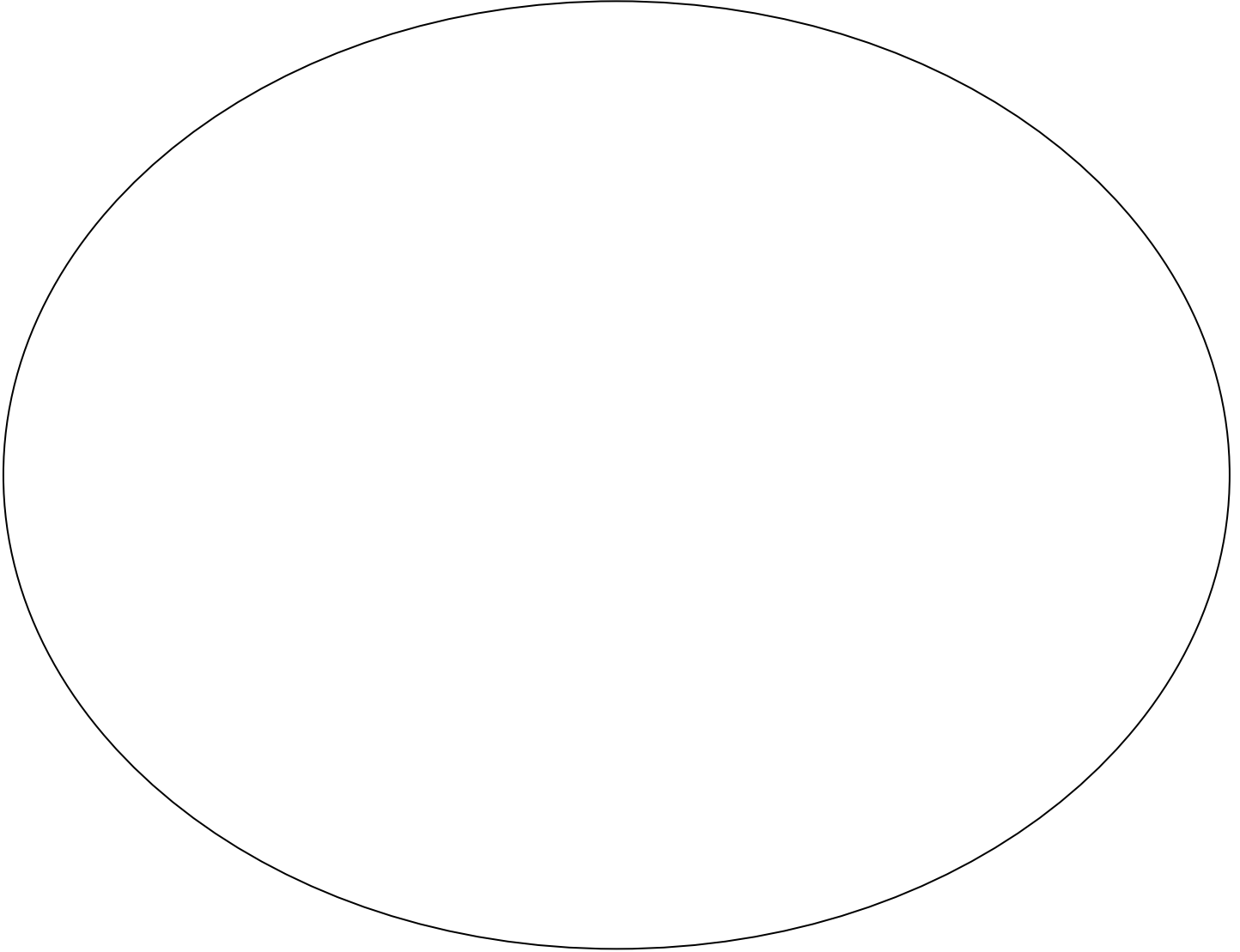


*ACTIVITY: Mandalas... Feelings- Then and Now*

**Why?:** It is often hard to see that feelings have changed between when we first learned of the death and how we feel now. Colouring rather than words can help us access and describe the feelings. Use the questions on the 2<sup>nd</sup> page to process the activity.

**MANDALA #1**

Fill in the boxes below with a color and then write the feeling it represents beside each appropriate color box. Using as many colors as you want, color the circle while thinking about how you felt **when you first learned of the death** (Note: The Mandala can be filled in like a pie chart or with symbols and shading... however you feel moved to express). For example, if red = anger and you felt VERY angry when you first learned of the death, much of the circle will be filled with red.

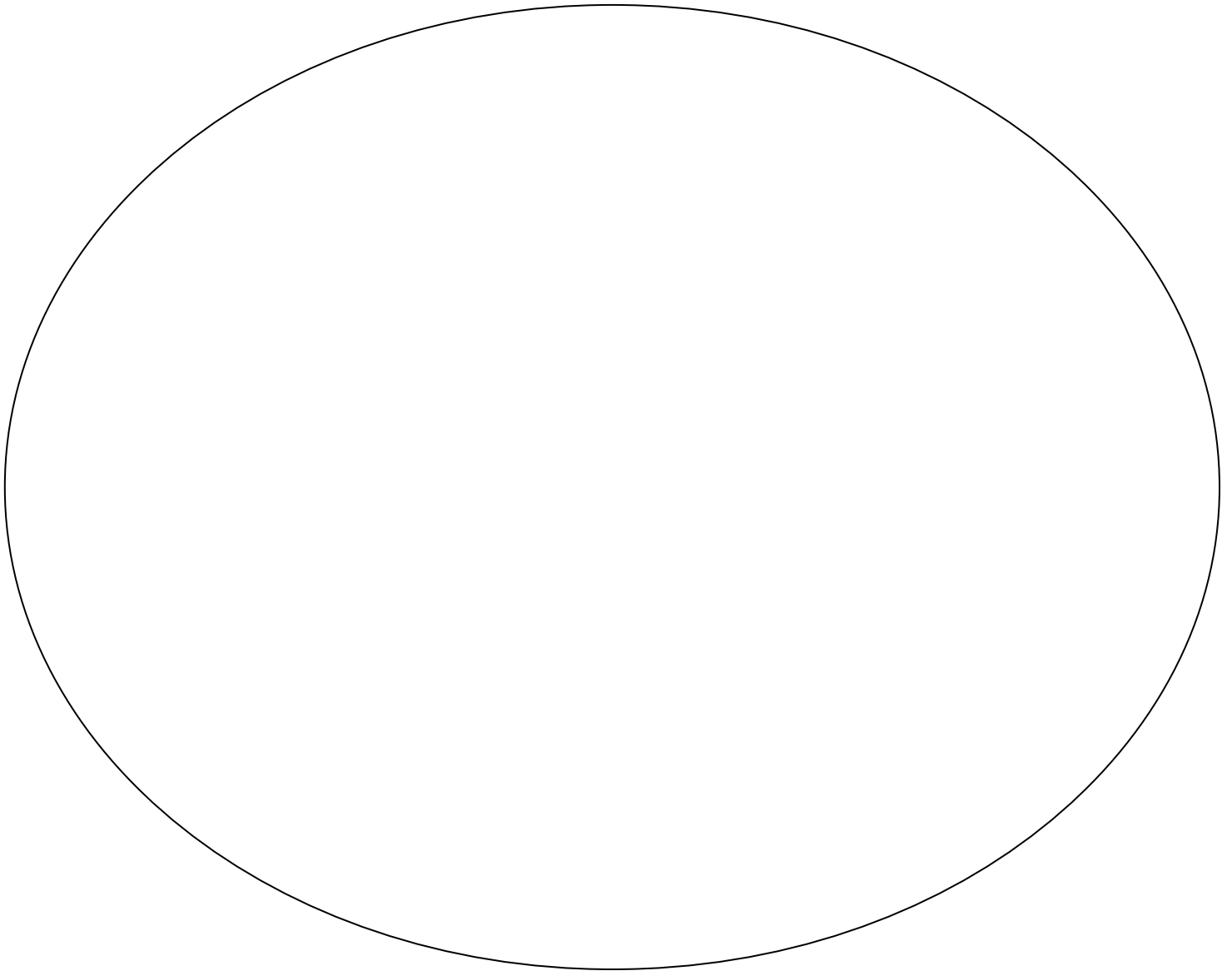


Color	Feeling
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----

Color	Feeling
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----

*MANDALA #2*

Now... using as many colors as you want, color the circle while thinking about how you feel **now**. Remember to fill in the boxes below with a color you have used and then write your feelings beside each appropriate color box.



Color	Feeling
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----

Color	Feeling
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----
<input type="checkbox"/>	-----

\*\* Compare the 2 pages...  
What are the differences between the 2 pages? What are the similarities? Are there times when you feel more like mandala #1?  
What has changed (if anything)? What has stayed the same?