

Let the Sunshine into Your Life

What to Know

Sometimes families face difficult challenges together. Losing someone you love is one of the difficult times a family can face. It's important to remember that even when things seem scary, sad, or overwhelming, your family made it through.

There will be "cloudy" days when you feel sad, lonely, confused, angry, or other feelings of grief. And there will be sunny days when things go well, and you feel happy. As time passes, the sunny days will happen more and more. It's good and healthy to let the sunshine into your life.

Feeling happy, laughing, and having fun doesn't mean you have forgotten your loved one that died, or that you don't still love and miss them. You and your family deserve to be happy and enjoy life.

In this worksheet, you and your family will explore the different emotions that may arise during cloudy days and help you understand that it's okay to feel sad or experience other feelings of grief. Remember, just like the weather, these emotions come and go, and sunny days will return. This worksheet will help your family think and talk about ways you can let the sunshine into your lives and begin to feel better.

What to Do

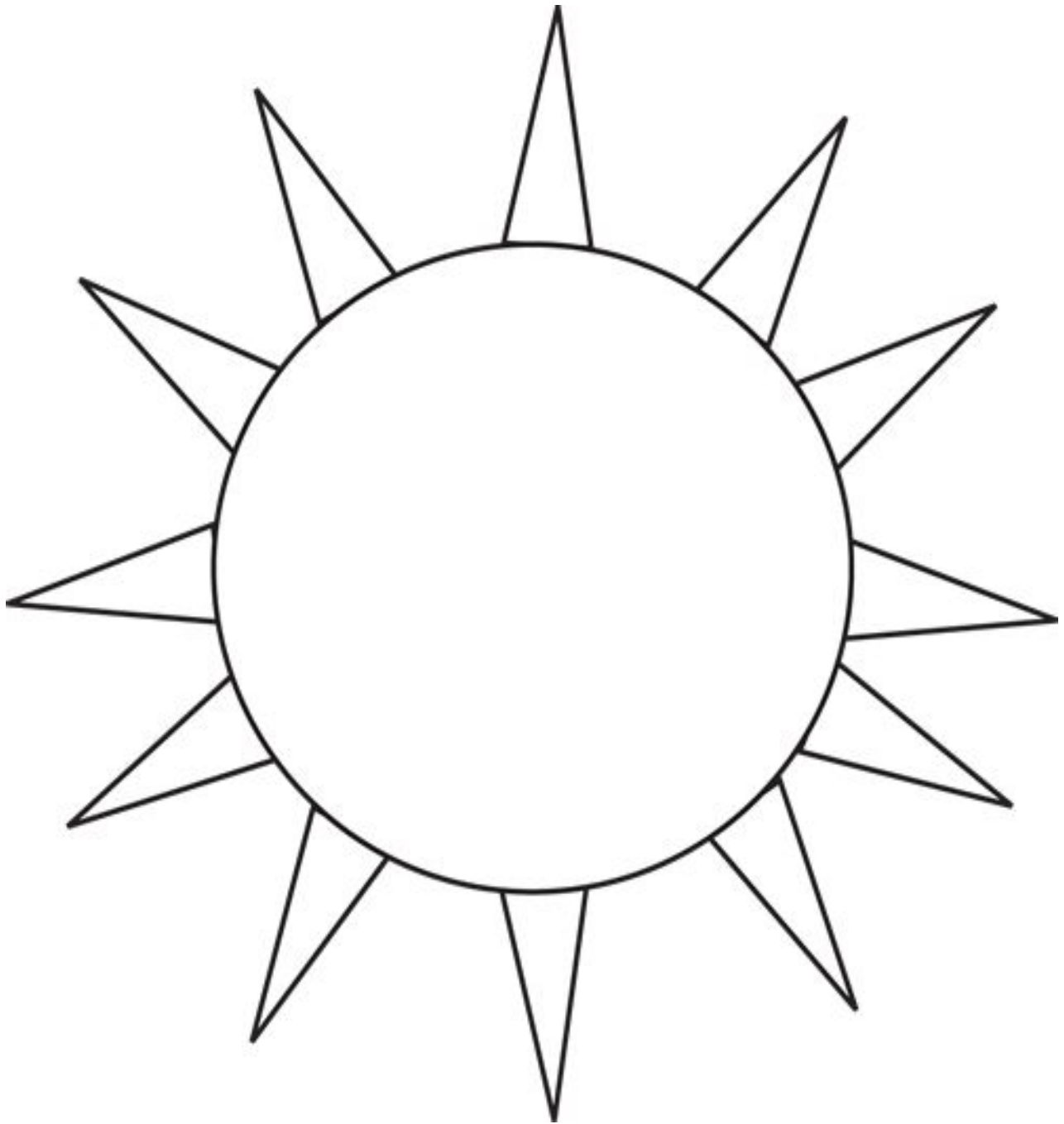
Think about the loss your family went through. Write or draw a picture of that day, including any emotions you or your family members felt. Use different colors or symbols to represent each emotion.



On the next page, fill in the sun with answers to the following questions. Be sure you ask each family member to answer every question.

- What are two things you learned about grief?
- What is one fun activity your family can enjoy together?
- What is something new your family can try?
- What are some ways your family can help one another on "cloudy" days?
- What makes your family shine?

You can decorate the page using stickers, colored pencils, or markers, and hang the picture up where everyone in your family can see it.



Imagine your emotions as different types of weather. You can draw a weather forecast for your emotions using the following chart. For example, use sun symbols for happy days, clouds for sad or angry days, raindrops for lonely days, and so on. Remember that just as the weather changes, your emotions will also change over time. It's natural to have a mix of sunny and cloudy days.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday