

## Ali and Her Mixed-Up Feeling Jar

(Supplies: Assorted colored crayons)

**Children dealing with the death of a family member or close friend usually have lots of mixed-up feelings. This activity will help you talk about your feelings. Read *Ali's Story* then answer the questions below:**

How did Ali feel at first when she was told her mother died?

What did Ali worry about after her mother died?

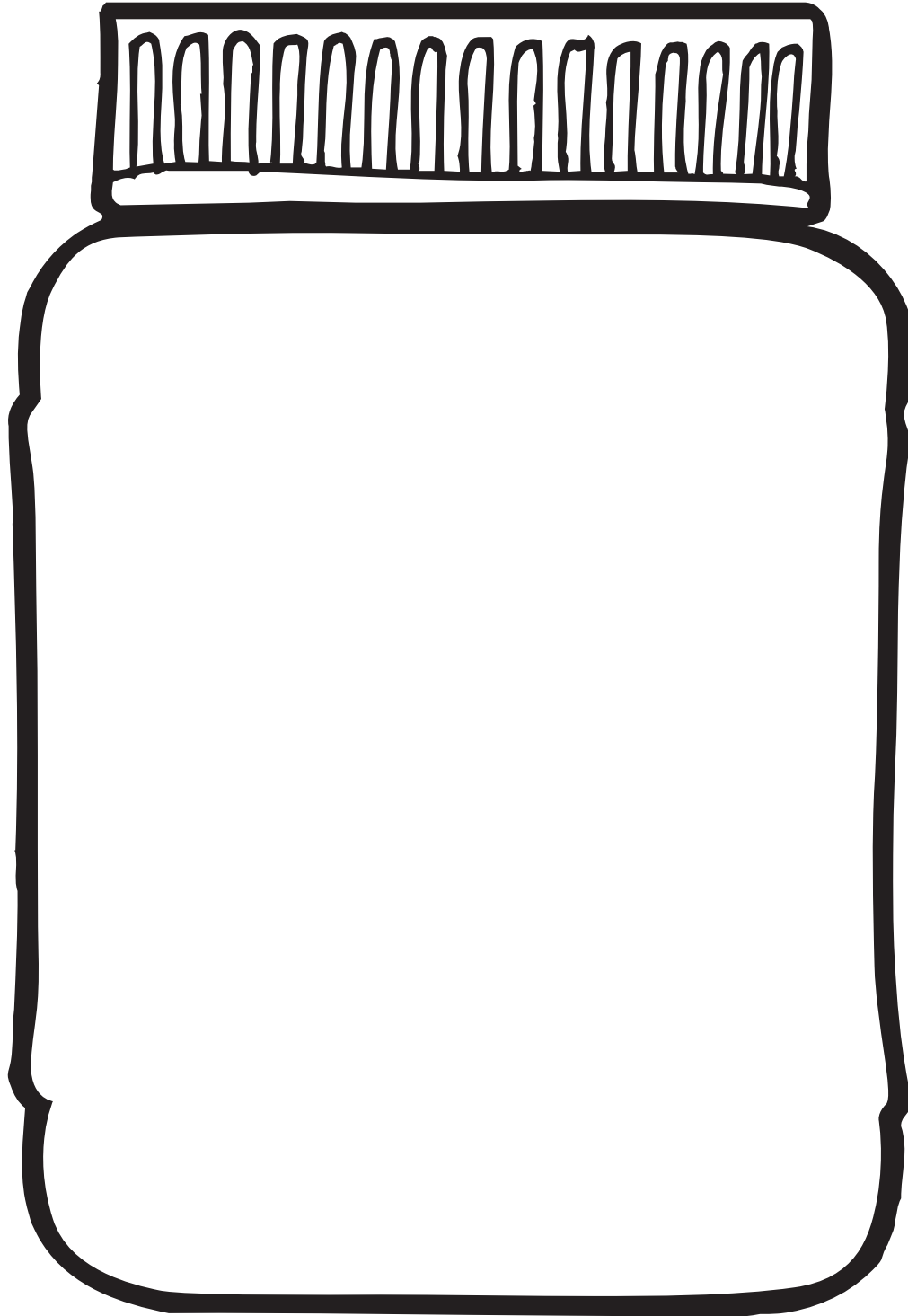
Why did Ali feel guilty about her mother's death?

How did Ali feel once she talked to her therapist about her feelings?

**You may feel the same as Ali about the death, or you may have different feelings. Think of how you feel about your special person's death and make your own *Feeling Jar* by coloring the jar on the next page. Choose a different colored crayon for each feeling. Use more of one color to show feelings you experience a lot. Complete the chart below to show the colors you chose for each feeling, and to explain your feelings about the death.**

Color	Feeling	Why I feel that way

## Feeling Jar



## **Ali and Her Mixed-Up Feeling Jar**

This is a story about a girl named Ali. Her mother died. She has a lot of mixed-up feelings inside her. She remembers the day her dad told her the awful news. He sat her down in the living room and said, “Ali, I have some very bad news to tell you. Your mother died today.” At first Ali couldn’t believe it. She was **shocked!** She thought it must be a bad dream, and she would wake up and everything would be fine. But it was not a dream. Her mother was dead. Once Ali realized her mother was really dead, she felt so **sad**. But she pretended she was fine because she didn’t want to make her dad more upset.

After her mother died, Ali **worried** that her dad would die too. She was **scared** that there would be nobody left to take care of her. Ali wondered if she made her mother die, because once when her mother would not let her have ice cream for dinner she told her mother she hated her and wished she was dead. Ali felt so **guilty** for saying that to her mother. Ali felt **angry** that her mom had died. It was no fair that she had to grow up without a mom. And she felt **jealous** whenever she saw other kids with their moms. Ali often felt **sad** and **lonely**, especially at night when her mom wasn’t there to tuck her into bed. Ali got **depressed** because her feelings were so mixed-up: **sad, worried, scared, guilty, angry, jealous, lonely**—all these mixed-up feelings jumbled up inside her. Ali didn’t know what to do with all these mixed-up feelings. So she pretended that she had a big jar inside her stomach where she could keep all her mixed-up feelings. It wasn’t a real jar of course, but Ali pretended to keep all her mixed-up feelings inside this jar.

Because of all the mixed-up feelings inside her, Ali sometimes did things she never used to, like wetting her bed, and getting into trouble at school. This made her feel like she was **bad**. Often she had scary dreams that would wake her up in the middle of the night. When this happened, she would squeeze her teddy bear really hard until she fell back to sleep.

One night, while Ali’s dad was putting her to bed, he said, “Ali, I know it’s been hard for you since Mom died. And whatever you are feeling is normal. You won’t always feel so upset. Talking about your feelings will help you feel better. You are going to see a therapist whose job is to help kids with their feelings.”

The next day, Ali went to see the therapist. At first, Ali felt **nervous** talking to the therapist, but after a while it got easier sharing her feelings. Ali even told the therapist about her pretend jar inside her stomach. As Ali began to talk more and more about her feelings, guess what happened? She began to feel better!