

GRIEF CHART & COPING WHEEL

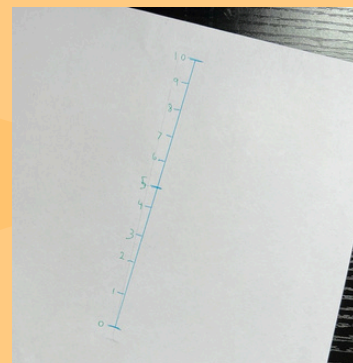
MAKE & TALK CRAFT



The Winston's Wish Make & Talk craft activities might be a good way for you to talk about your grief while doing something with your hands. To make your Grief Chart, start by talking about different feelings, then you can print out images of emojis or draw your own.

YOU WILL NEED

- PAPER
- PENS/PENCILS
- SCISSORS (ASK A GROWN-UP FOR HELP)
- WHITE TACK (OR SIMILAR)
- SPLIT PIN (OPTIONAL)



1

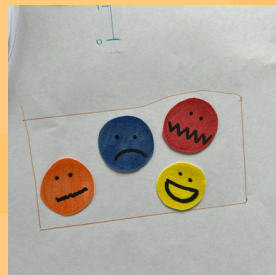
Draw a long line down one side of a sheet of paper (like a height chart). From bottom to top, write evenly spaced numbers from 0 to 10. This is where you will rate how big or small your feelings feel.



2

On another sheet of paper, draw shapes (maybe faces like in the example) and colour them to link them to different feelings. Cut out your shapes so you can move them around on their own.

Draw a box above or below the chart where the feelings can sit while you are not using them – a bit like a car park!



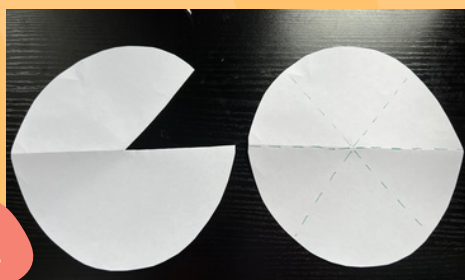
3

Stick small pieces of white tack (or similar) to the back of the faces or shapes. Now you can 'park' the emotions in the box you have drawn next to the chart.



It's important to note that grief can sometimes feel like a big mix of emotions, or it can sometimes feel like not much emotion at all. It's completely normal to feel any, all, or no emotions when you do this activity.

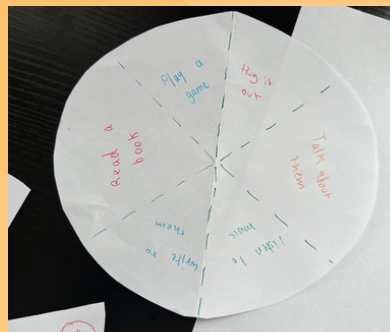
As well as your Grief Chart, you could make a Coping Wheel, which is an activity that helps you think of ways to express your feelings and your grief.



4

Take two pieces of paper, draw a big circle on each and cut them out. Next, cut a pizza slice shape out of one of the circles, then draw pizza slice sections on the full circle.

Your circle with the missing pizza slice will be the top layer. Decorate this layer by drawing or colouring if you want to.



5

Take the full circle (with the lines on it) and in each section, write an idea to help you express your grief. E.g., write a letter, listen to music, look at photos, go outside, talk about memories, hug it out. These are just ideas, but you can write whatever you think might help you.



6

Place the Coping Wheel (with a missing slice) on top of your full circle with ideas on it. If you have a split pin, poke it through the centre of both circles and fold it flat on the back to attach the two circles.

Even if you don't have a spit pin, you will still be able to turn the circle on top.



7

Now you can rate how big or small your feelings feel by using the chart, and find a way to express your grief by turning the Coping Wheel and revealing an idea underneath!

You can repeat this step as much as you like.