

Feelings Charades

A gentle game for children
going through grief

60 printable cards



Name feelings ♥ Share memories ♥ Find comfort

Sad

Act like your heart feels heavy.



♥ Feelings Charades ♥

Mad

Act angry, but keep your body safe.



★ Feelings Charades ★

Confused

Act like you do not understand what happened.



♥ Feelings Charades ♥

Lonely

Act like you miss having someone near you.



♥ Feelings Charades ♥

Worried

Act like your mind keeps thinking "what if?"



★ Feelings Charades ★

Tired

Act like your body feels slow and sleepy.



♥ Feelings Charades ♥

Scared

Act like something feels too big or hard.



♥ Feelings Charades ♥

Quiet

Act like you do not feel like talking.



♥ Feelings Charades ♥

Tearful

Act like you are trying not to cry.



♥ Feelings Charades ♥

Brave

Act like you are doing something hard.



♥ Feelings Charades ♥

Missing Someone

Act like you wish someone special was here.



♥ Feelings Charades ♥

Remembering

Act like you are thinking about a special memory.



♥ Feelings Charades ♥



Wondering Why

Act like you have a big question in your heart.



Feelings Charades

Wanting a Hug

Act like you need comfort.



Feelings Charades

Feeling Left Out

Act like everyone else seems okay, but you do not.



Feelings Charades

Feeling Different

Act like you feel different from other kids.



Feelings Charades

Feeling Numb

Act like you do not feel much at all.



Feelings Charades

Feeling Upset Suddenly

Act like a feeling surprised you out of nowhere.



Feelings Charades

Feeling Empty

Act like something important is missing.



♥ Feelings Charades ♥

Feeling Heavy

Act like your feelings are hard to carry.



♥ Feelings Charades ♥

Seeing an Empty Chair

Act like you notice someone is not there.



♥ Feelings Charades ♥

Hearing Their Name

Act like you hear the name of someone you miss.



♥ Feelings Charades ♥

Looking at a Picture

Act like you see a photo that brings up feelings.



♥ Feelings Charades ♥

Finding Something They Loved

Act like you find an object that reminds you of them.



♥ Feelings Charades ♥



Going to Bed Sad

Act like bedtime feels hard.



♥ Feelings Charades ♥

Waking Up Missing Them

Act like you wake up and remember they are gone.



♥ Feelings Charades ♥

Trying to Have Fun

Act like you want to play, but your heart feels mixed up.



♥ Feelings Charades ♥

A Holiday Feels Different

Act like a special day does not feel the same.



♥ Feelings Charades ♥

Someone Says the Wrong Thing

Act like someone says something that hurts your feelings.



♥ Feelings Charades ♥

Someone Gives You Comfort

Act like someone helps you feel safe.



♥ Feelings Charades ♥

Happy and Sad

Act like you are
smiling but also
missing someone.



♥ Feelings Charades ♥

Angry and Hurt

Act like your
mad feeling has
sadness under it.



★ Feelings Charades ★

Scared and Brave

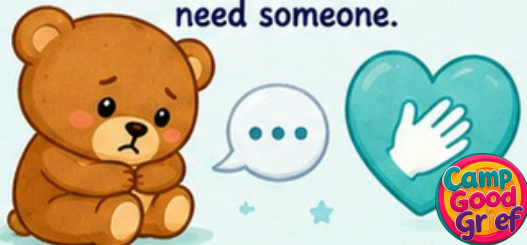
Act like you are
nervous but still
trying.



♥ Feelings Charades ♥

Quiet and Needing Help

Act like you do not
want to talk, but you
need someone.



♥ Feelings Charades ♥

Laughing After Crying

Act like your
feelings change
from sad to silly.



★ Feelings Charades ★

Missing Them While Playing

Act like you are playing
and suddenly
remember someone.



♥ Feelings Charades ♥

Wanting to Talk

Act like you want to tell a story about your special person.



♥ Feelings Charades ♥

Not Ready to Talk

Act like you are not ready to share yet.



♥ Feelings Charades ♥

Feeling Okay Today

Act like today feels a little lighter.



♥ Feelings Charades ♥

Feeling Guilty for Having Fun

Act like you wonder if it is okay to laugh or play.



♥ Feelings Charades ♥

Taking Deep Breaths

Act out slow breathing.



♥ Feelings Charades ♥

Asking for a Hug

Act out asking someone for comfort.



♥ Feelings Charades ♥



Drawing a Memory

Act like you are drawing something special.



Camp Good Grief

Feelings Charades

Holding a Memory Object

Act like you are holding something that brings comfort.

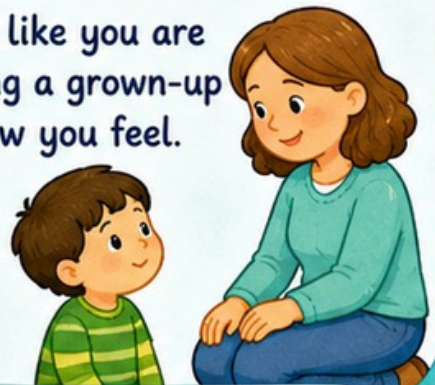


Camp Good Grief

Feelings Charades

Talking to a Trusted Adult

Act like you are telling a grown-up how you feel.



Camp Good Grief

Feelings Charades

Writing a Letter

Act like you are writing a letter to someone you miss.



Camp Good Grief

Feelings Charades

Looking at the Sky

Act like you are looking up and thinking of someone.



Camp Good Grief

Feelings Charades

Lighting a Memory Candle

Act like you are gently remembering someone.



Camp Good Grief

Feelings Charades

Planting a Flower

Act like you are planting something in memory.



Feelings Charades

Saying "I Need Help"

Act like you are asking for support.



Feelings Charades

You Are Not Alone

Act like someone is sitting beside you.



Feelings Charades

Your Feelings Matter

Act like you are holding your heart gently.



Feelings Charades

It Is Okay to Cry

Act like tears are welcome.



Feelings Charades

It Is Okay to Laugh

Act like joy is still allowed.



Feelings Charades

Memories Can Stay

Act like you are holding a memory close.



♥ Feelings Charades ♥

Love Does Not Leave

Act like you are sending love from your heart.



♥ Feelings Charades ♥

I Can Take One Small Step

Act like you are taking one tiny brave step.



♥ Feelings Charades ♥

I Can Rest

Act like you are giving your body a break.



♥ Feelings Charades ♥

I Can Remember

Act like you are smiling at a memory.



♥ Feelings Charades ♥

I Can Be Loved Through This

Act like someone is caring for you.



♥ Feelings Charades ♥