



Feelings Flower/Tree

What You Need:

- Paper (white or patterned or colored - your choice! Scrapbook papers work well!)
- Scissors
- Glue
- Crayons, Markers, or Colored Pencils

Directions:

- Use the white or colored paper and ask the child to draw the petals and stem of their flower/tree
- Whoever is taking part in this activity should write an emotion or feeling on each petal of the flower/leaf of the tree. You can also draw a picture of that emotion on the petals/leaves as well.
- Have the child cut the petals and stem/leaves and trunk out and glue them together.
- Use this opportunity to talk to each other about feelings. If anyone expresses negative feelings or a sense of confusion use the opportunity to ask questions, provide information, and brainstorm ideas on how to help each other.

This activity can be done one-on-one or as a family. It gives each participant an opportunity to put emotions into writing and illustrate anything they are feeling. It is important to discuss feelings and address any confusion, anger, sadness, etc. that is mentioned.

All activities should be supervised by an adult.

Ages & Stages: How Children Use Magical Thinking. (n.d.). Retrieved from <https://www.scholastic.com/teachers/articles/teaching-content/ages-stages-how-children-use-magical-thinking/>



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