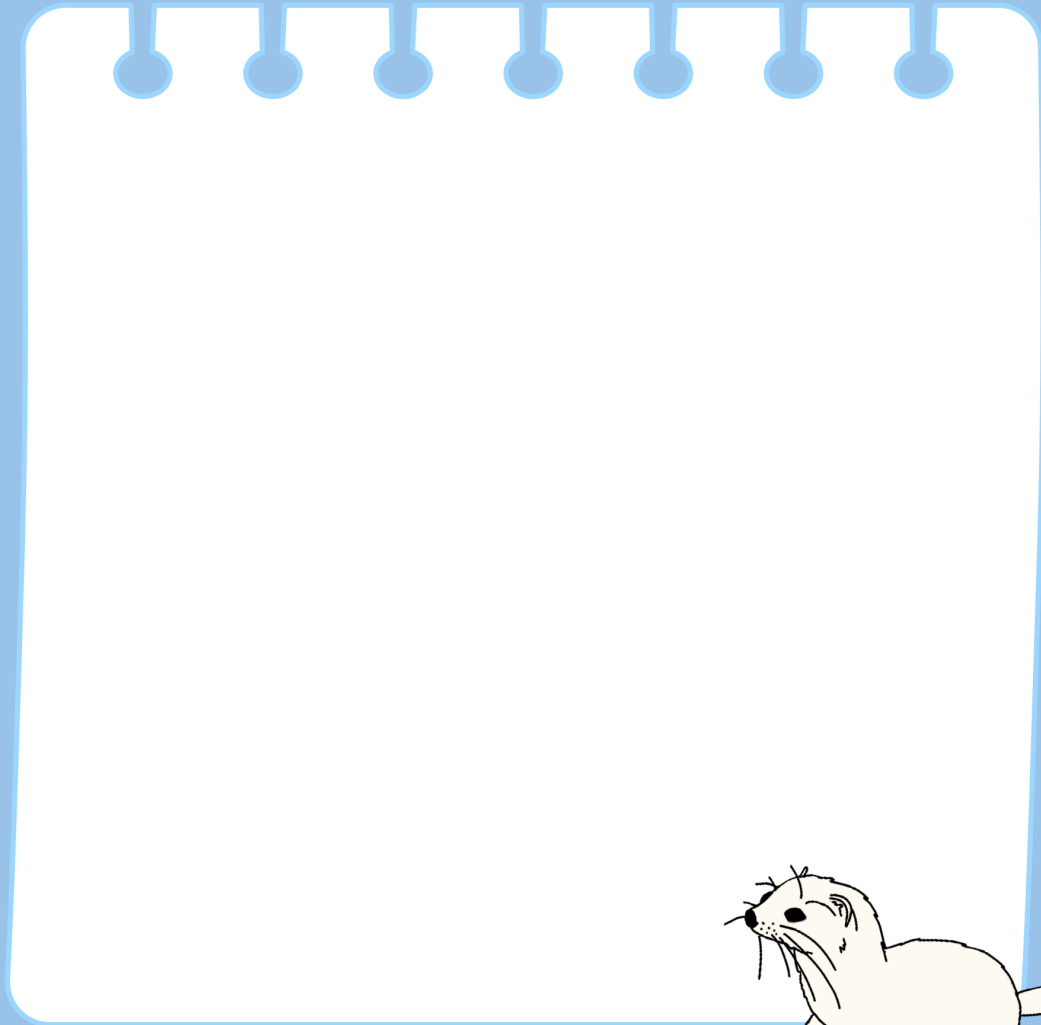
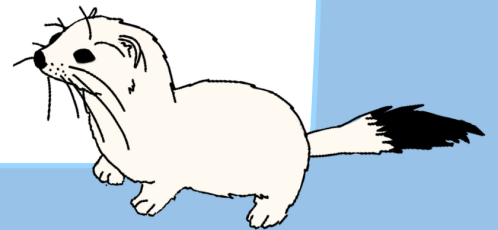


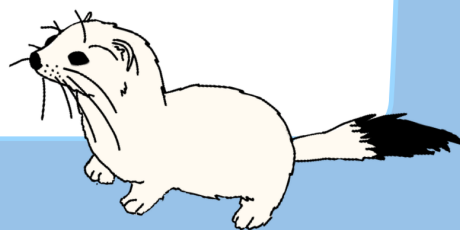
Sometimes, we get angry when things aren't fair.

Write or draw how you feel when you're angry.

A large, blank, white rectangular area with a light blue border, intended for writing or drawing. It has a spiral binding at the top.

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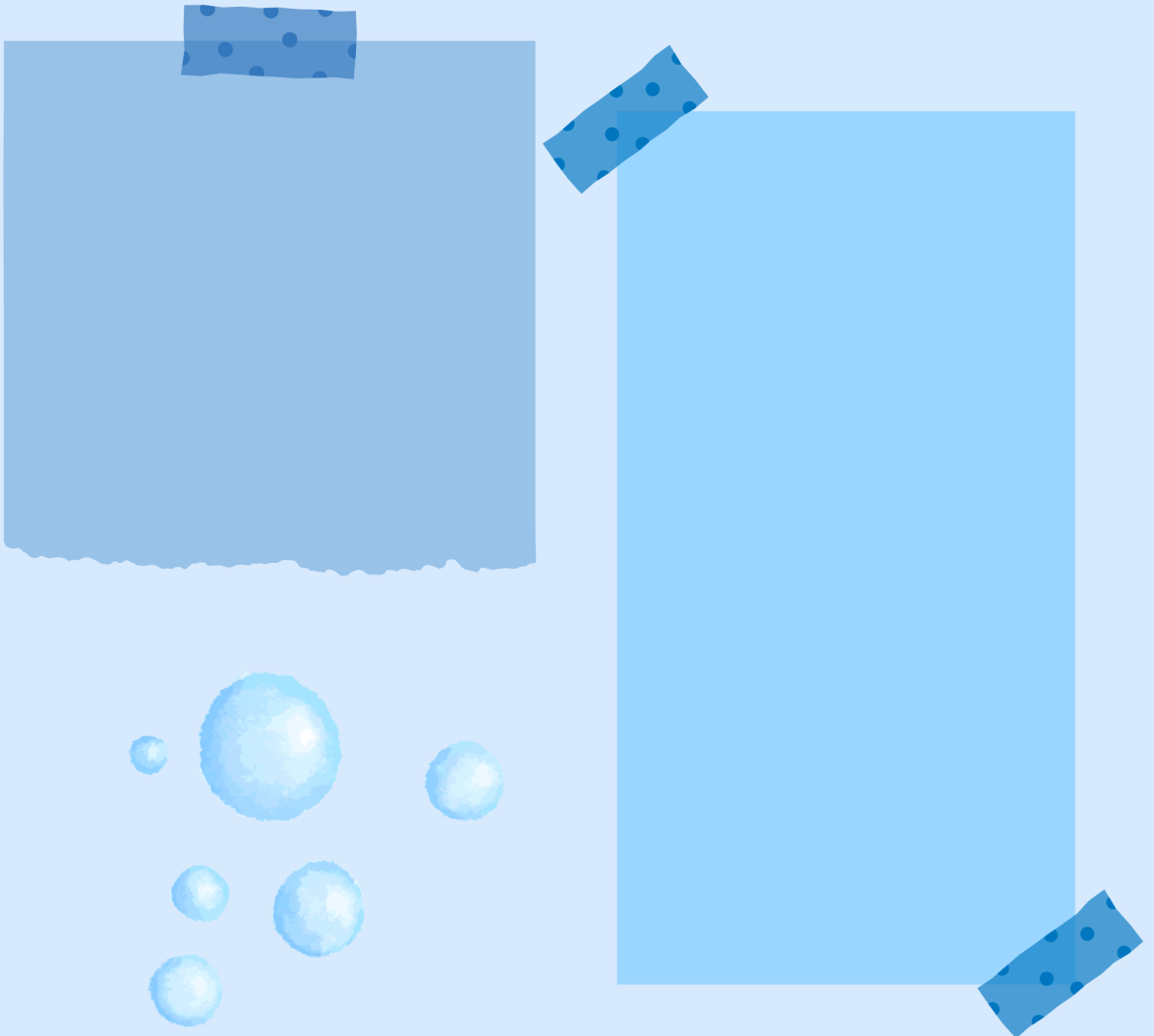
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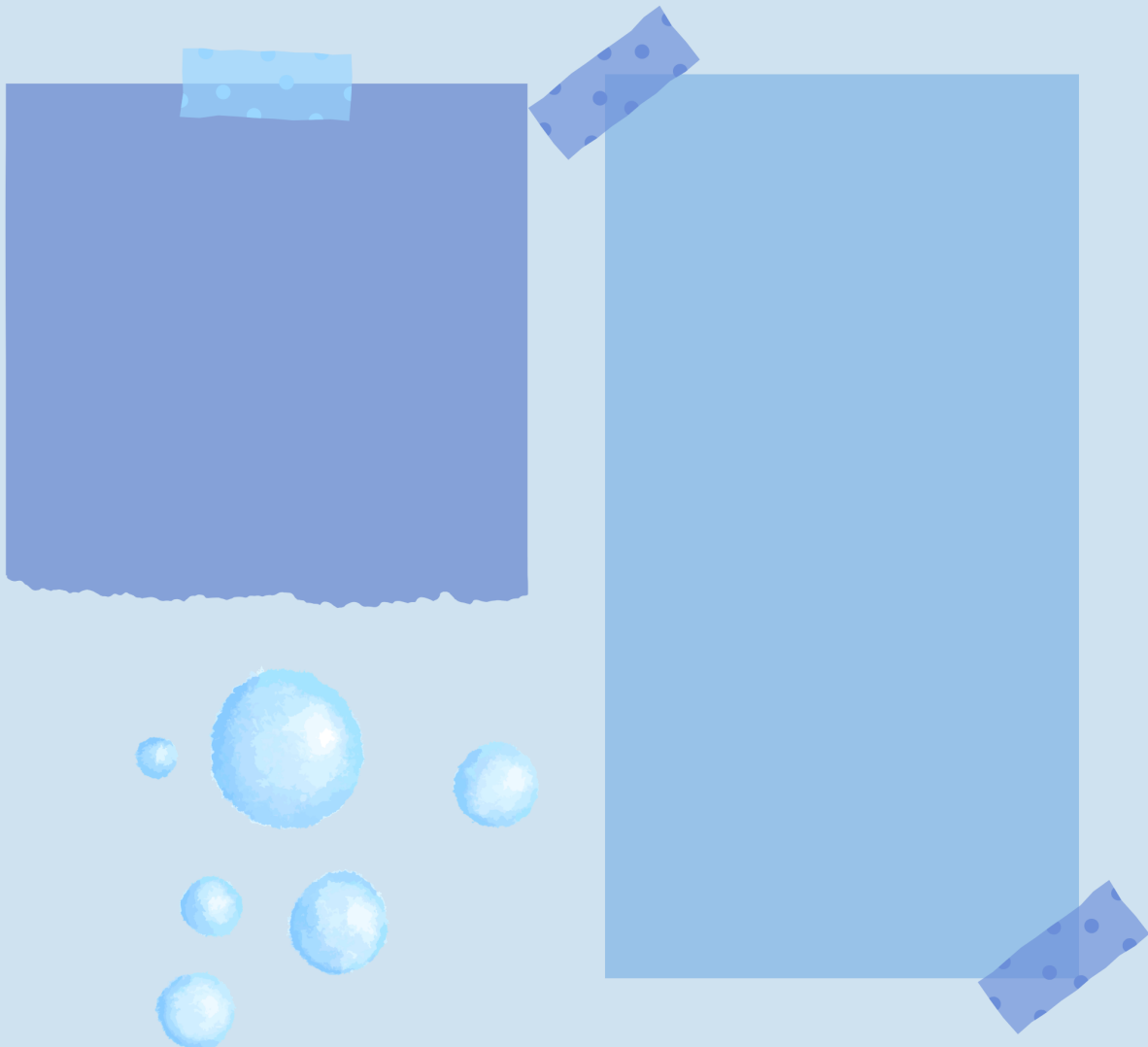




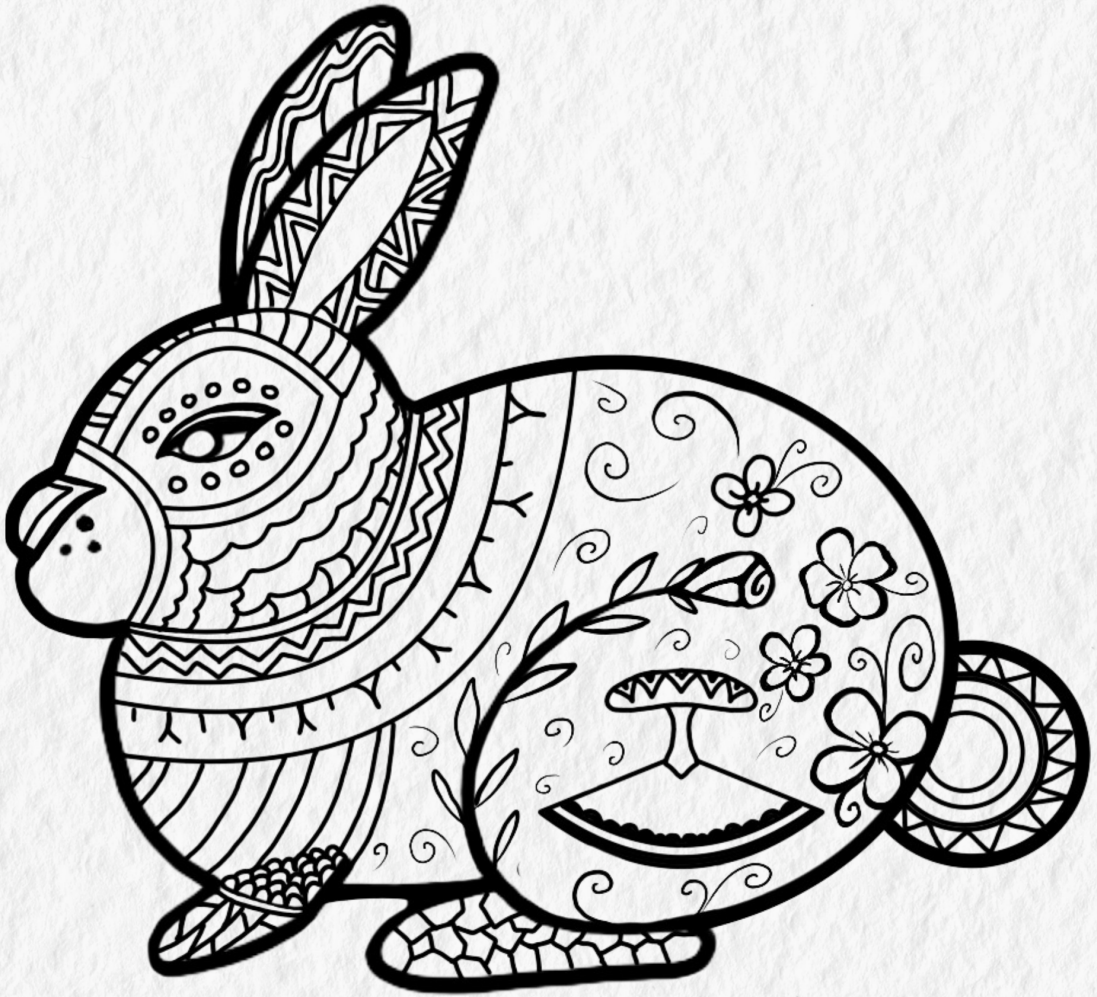
**Changes may be difficult.
It is okay to ask for help.**

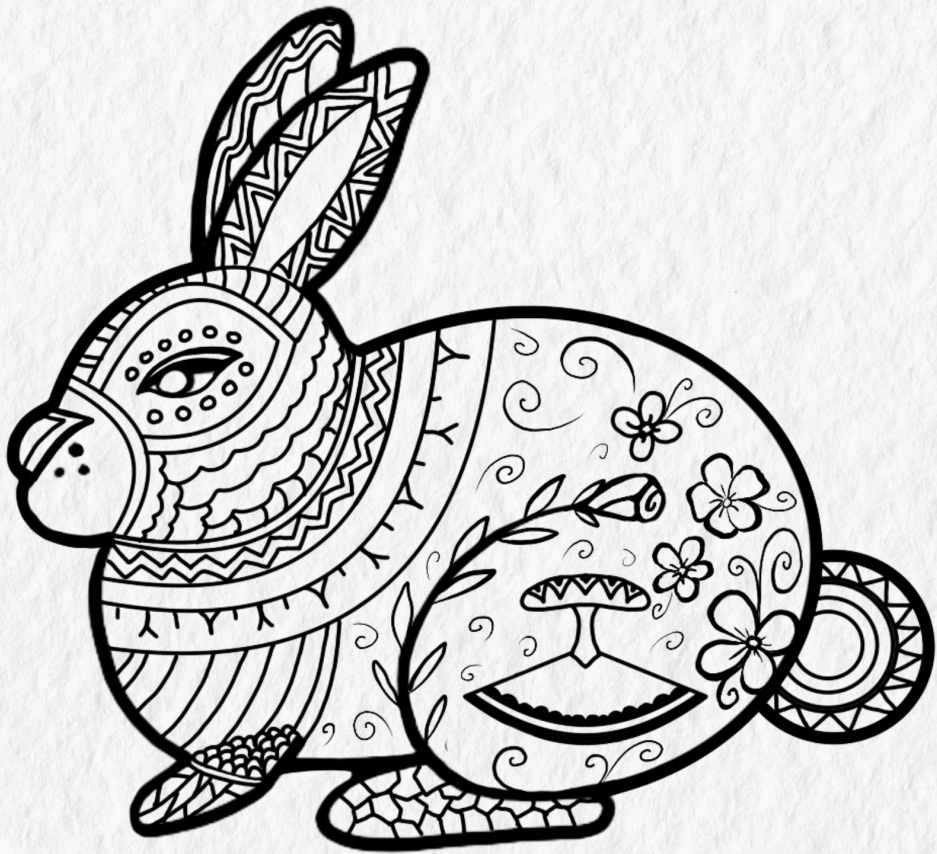
**Take some time to write down things that have changed
since your loved one passed away.**



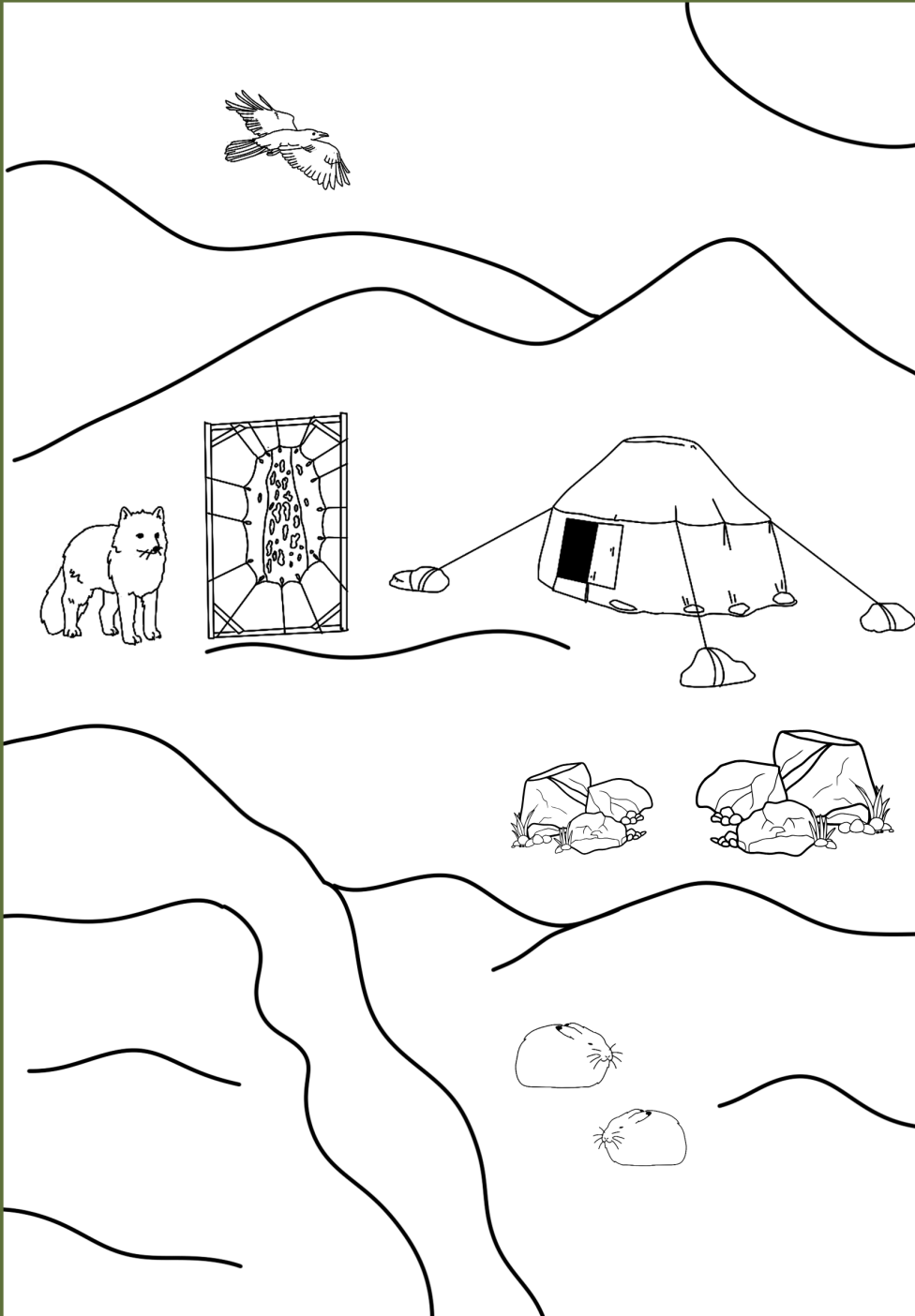
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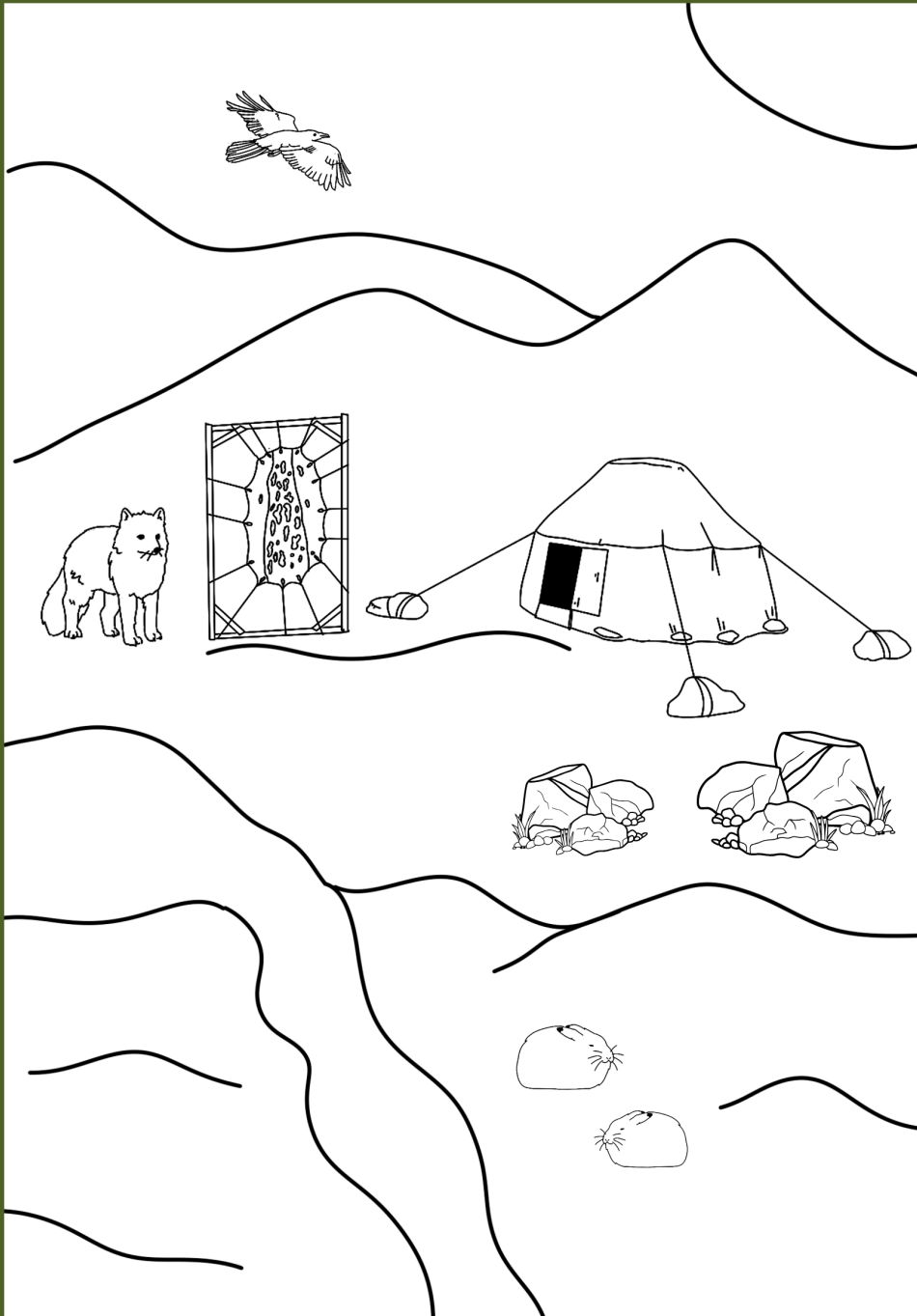
Colour



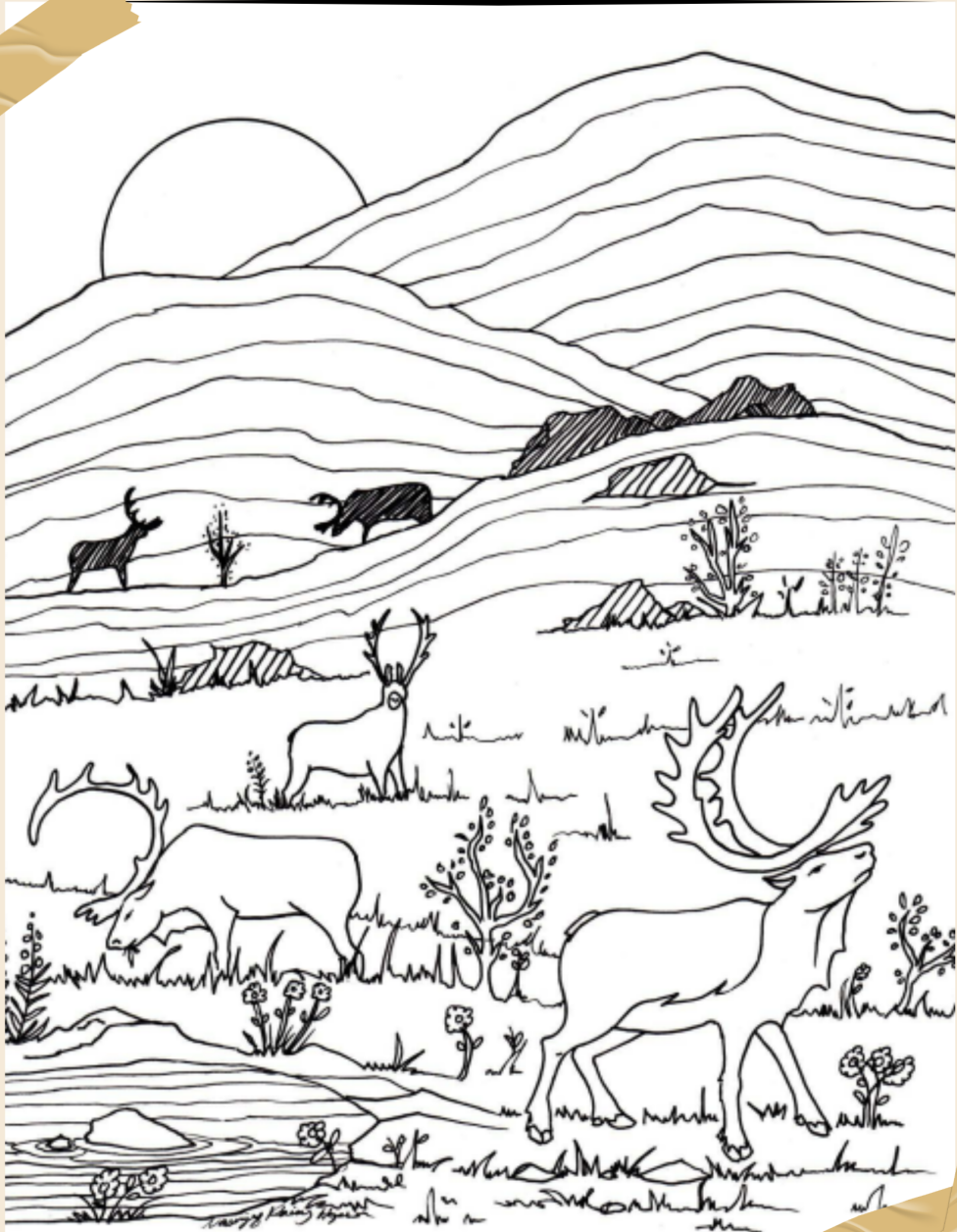


Colour

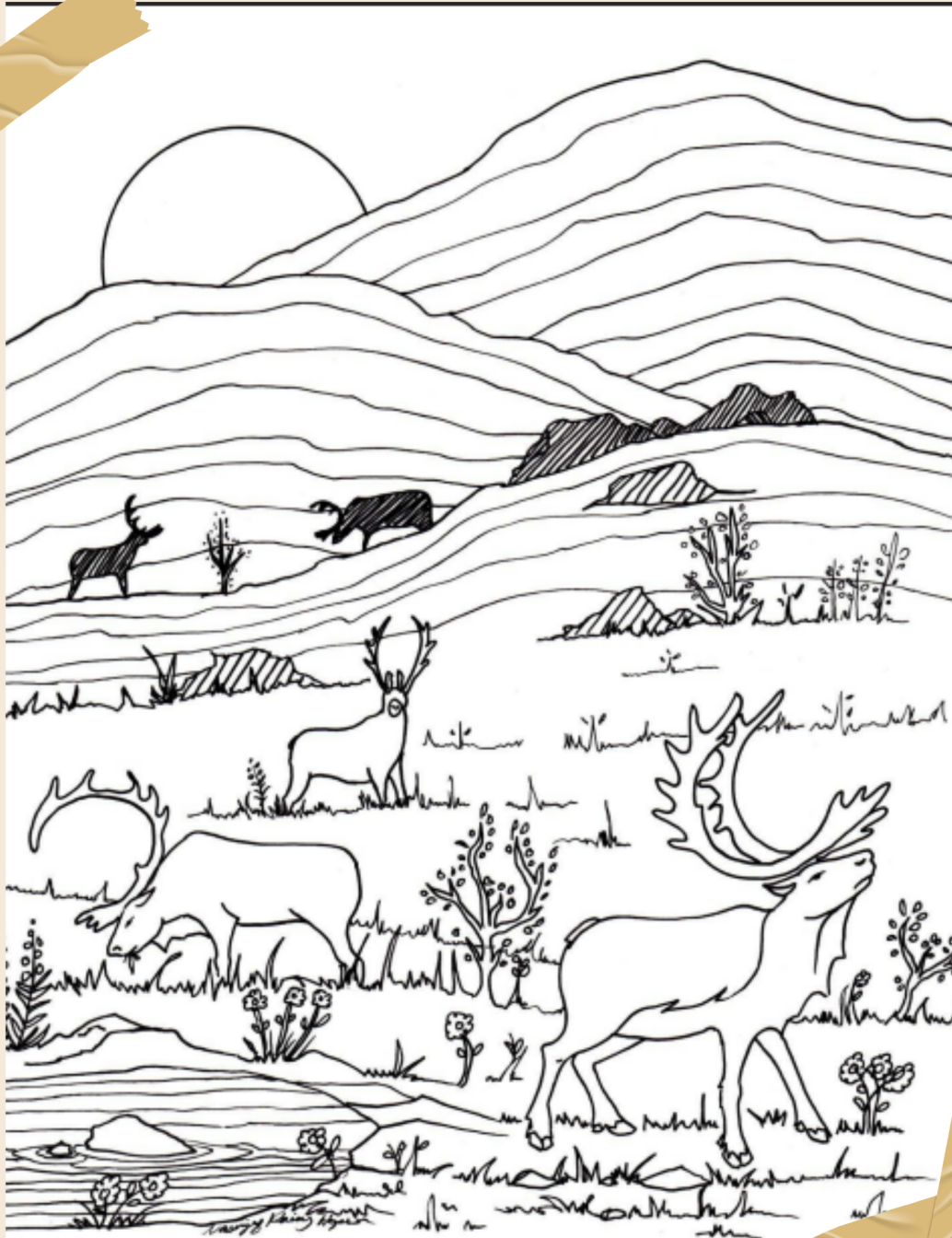




Colour



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Don't Know What To Do?

Do you feel like you need more activities to do to feel better?

Try some of these activities and see what feels good for you.

Find a comfort item: Find something that makes you feel comforted and safe. It could be something that belonged to your loved one or something else. Keep it close when you are feeling down.

Spread kindness to others: Compliment someone, tell someone you are grateful for them, or make something to gift to someone.

Engage in a mindless activity: Watch your favourite movie or play a board game. Taking breaks from grieving is important.



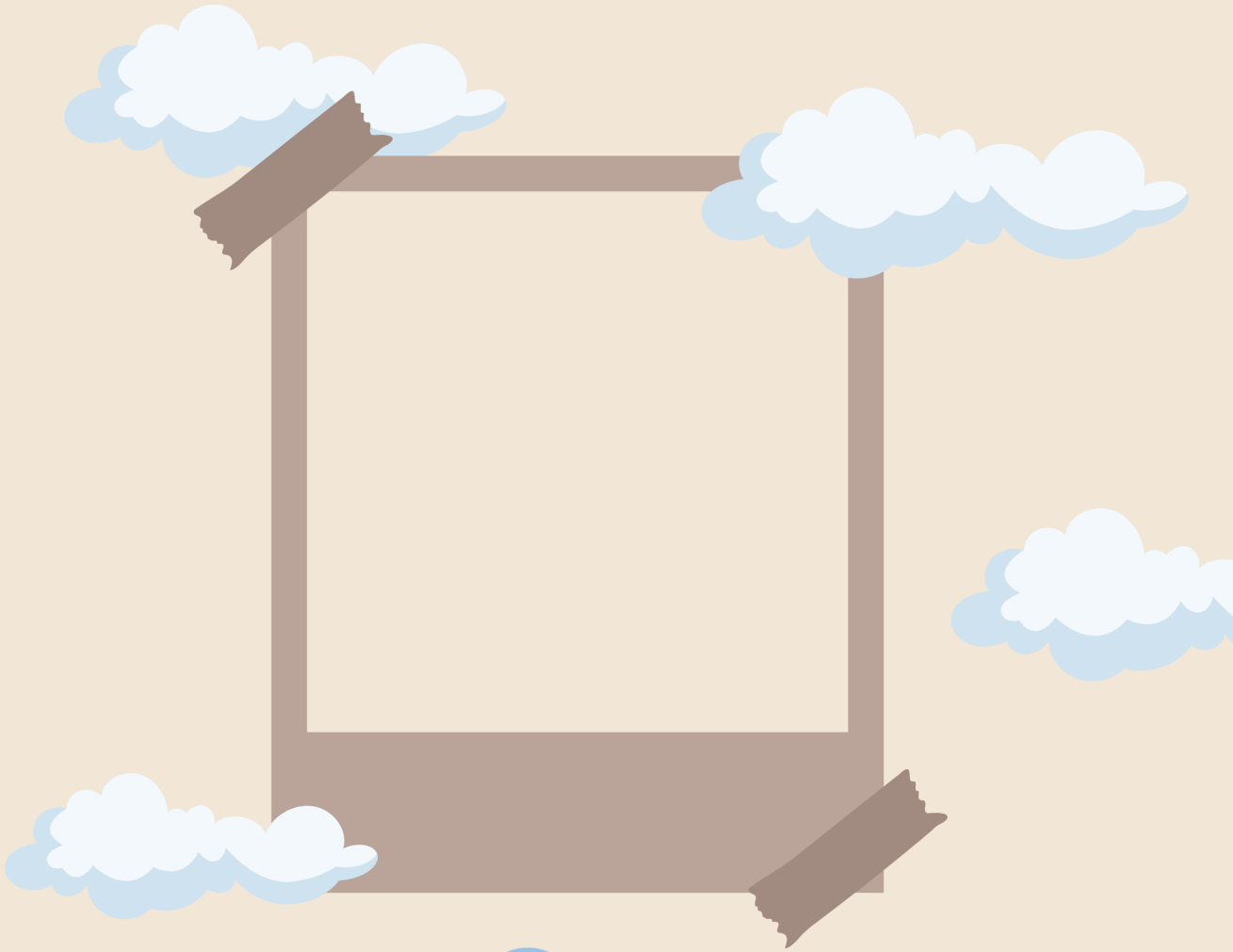
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[illegible][illegible]

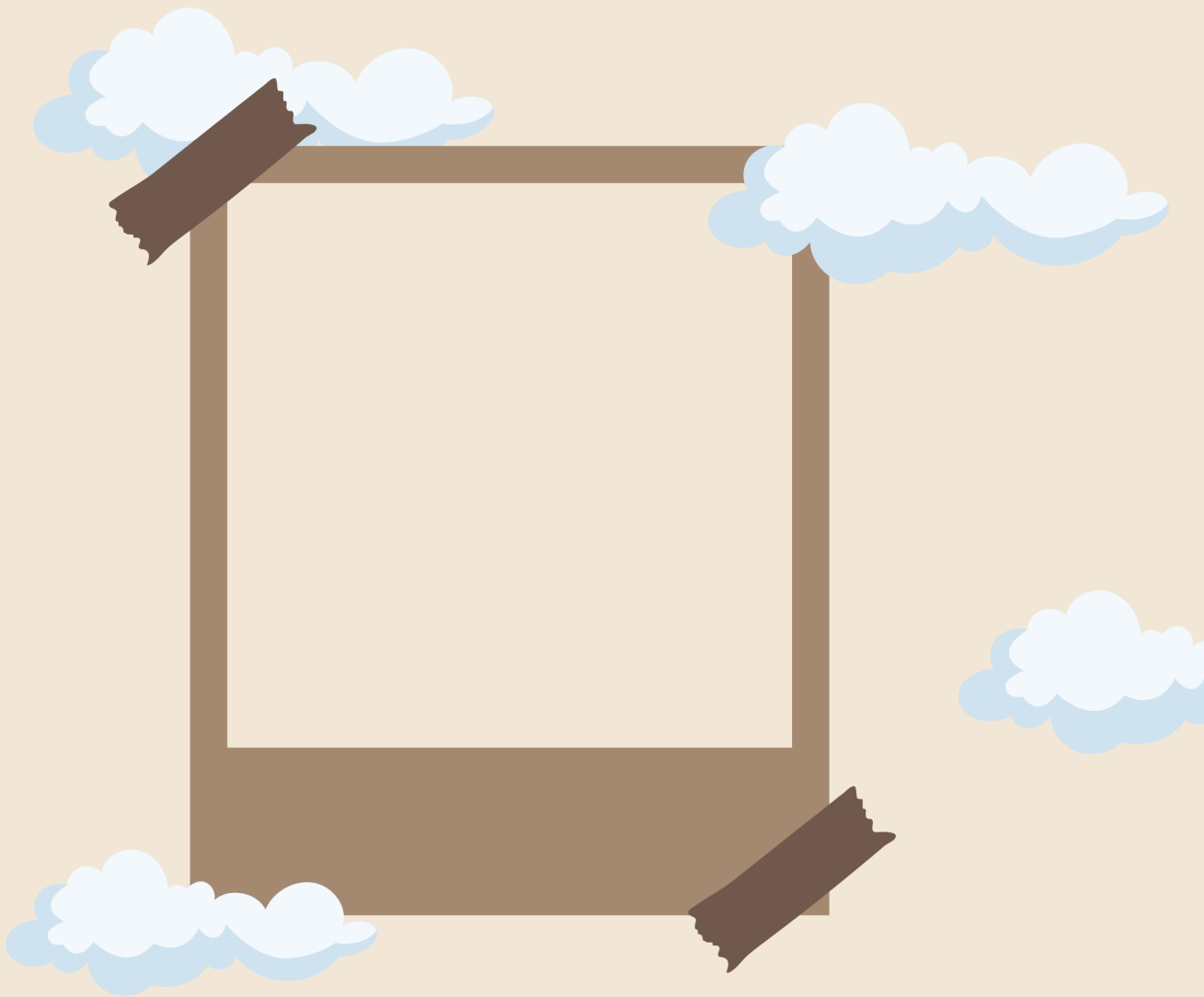
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Draw a
picture of yourself





Feelings Word Search

Use this word search to find the words that describe how you feel.
Ask a grown up if you do not know what these feelings mean.

J X H I O G O C T N T E L N T
R E L I E V E D M X W V S M I
R Z C B E I Q U I M B I A G R
H O P E F U L G W J Y A D U E
W O V E R W H E L M E D N I D
V Q A V M C N L E T M U C L H
D F G M K C O N F U S E D T A
A N X I O U S A B I G V G Y P
O Q L C W O R R I E D L U S P
A Z J L H S L O N E L Y X A Y
U U M I A S H A M E D T Q F Q
Y D I S A P P O I N T E D E D
W E G B G E J V S C A R E D J
C K G G Q A N G R Y G C O H J
E N N J X C A P S H O C K E D

- Disappointed
- Relieved
- Hopeful
- Scared
- Guilty
- Safe
- Confused
- Anxious
- Ashamed
- Lonely
- Tired
- Overwhelmed
- Shocked
- Worried
- Angry
- Happy
- Sad

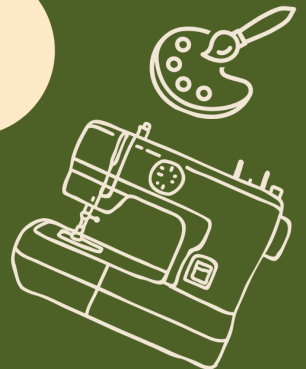
My Favourite Artists

Write down your favourite artists that help you feel better during hard times. This could be someone that sings songs, creates clothing, or makes movies.



[illegible]

1. **Identify the subject and the main idea.** The subject is "The Role of the Teacher in the 21st Century Classroom." The main idea is that teachers must adapt to new technologies and pedagogical approaches to effectively engage students in a digital world.



Things that make me feel better

Come up with a list of things you can do to help yourself feel better when you are sad about losing someone. Try to do one thing from the list everyday.



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Fill in the blanks

I feel my best when:

I think of my loved one most when:

At night, I think about:

I feel safe the most when:

I'm looking forward to:

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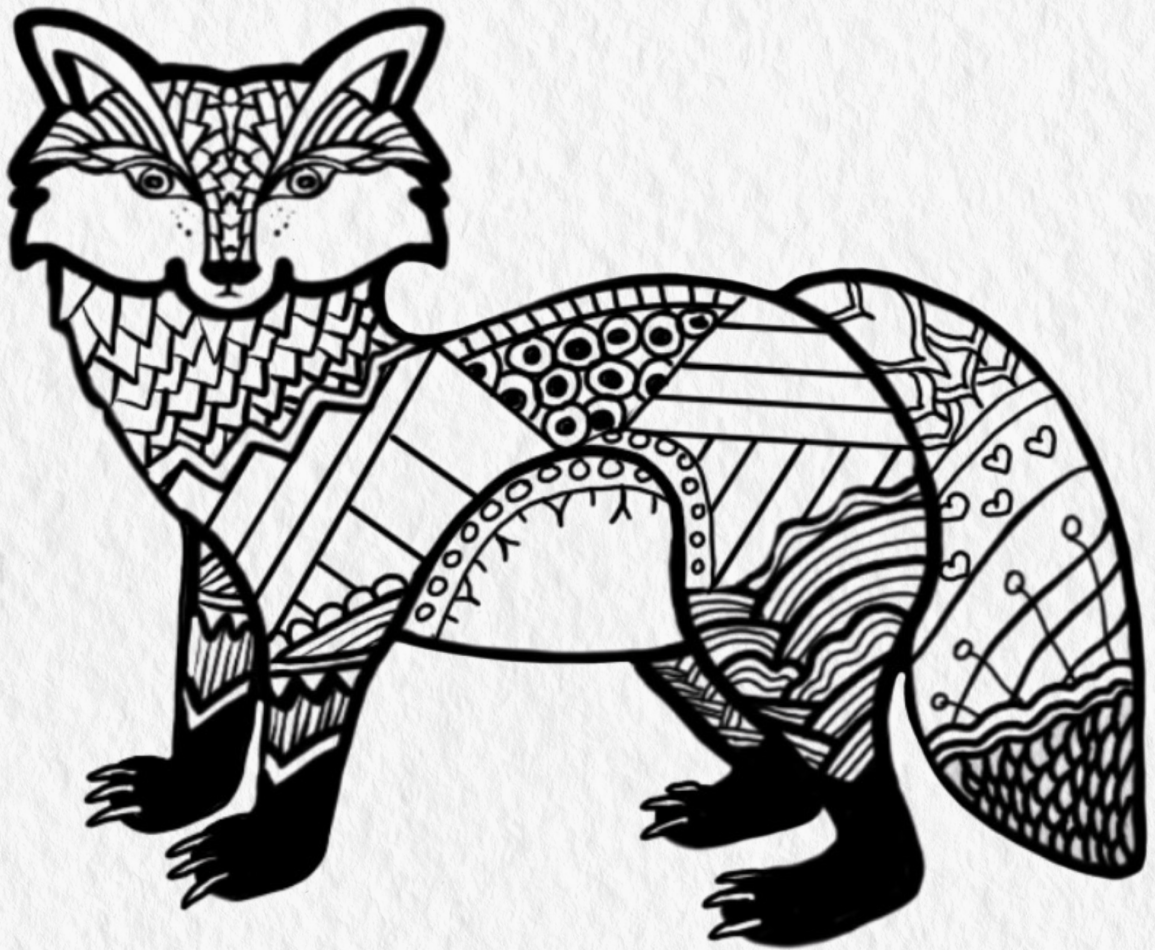
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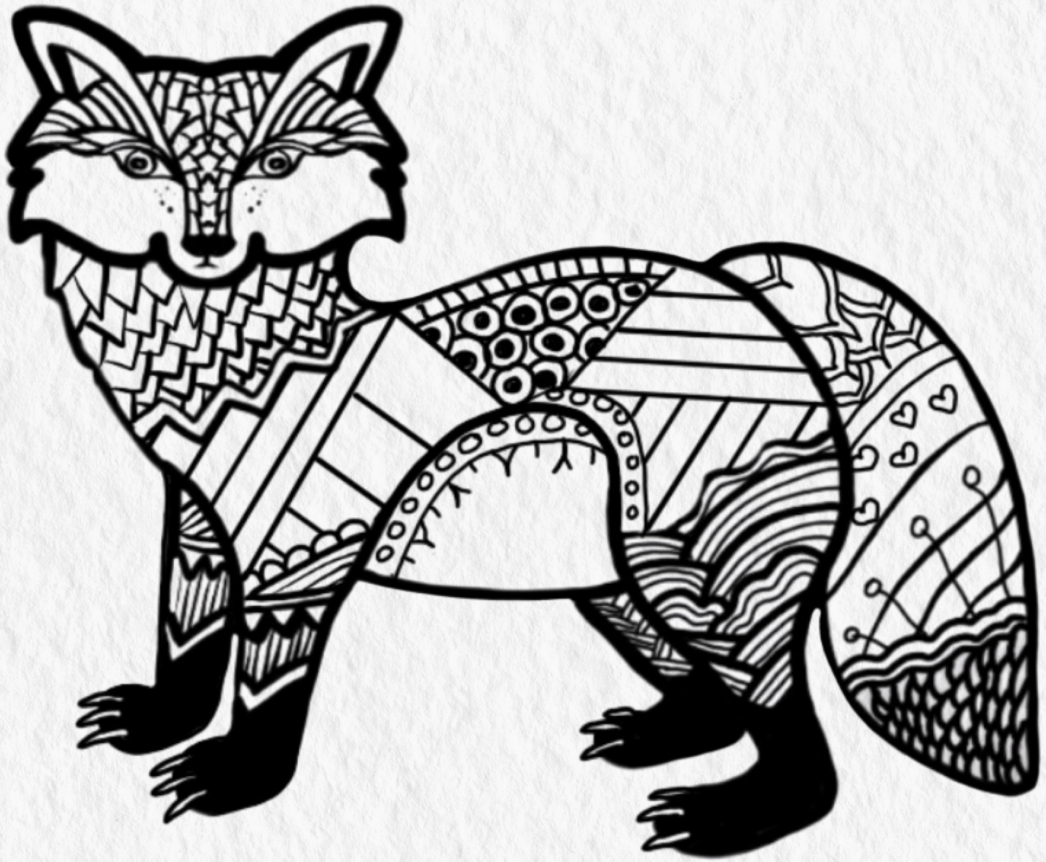
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Relax and colour this fox!



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**Imagine you're outside looking up at the stars and
each one can grant a wish.**

**Write down a few wishes you would make. These can be big, small,
funny or serious. Whatever comes to your heart.**



ርዕሳዊ ሕግ ለሕግ ስር ለሕግ ስር
ርዕሳዊ ሕግ ስር ለሕግ ስር. ለሕግ ስር ለሕግ ስር
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ሕግ ስር ለሕግ ስር, ሕግ ስር ለሕግ ስር, ሕግ ስር ለሕግ ስር
ሕግ ስር ለሕግ ስር. ሕግ ስር ለሕግ ስር ለሕግ ስር.



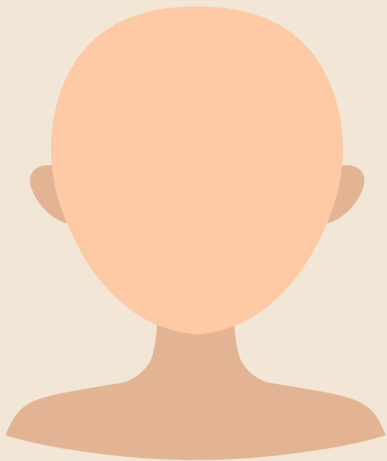
Remind yourself of things that make you happy
and what you are grateful for.



[illegible]

Inside - Outside

Sometimes, what we show on the outside can be very different from what we are feeling inside. This can happen when we talk about someone we lost. We might have a lot of feelings that are hard to show.



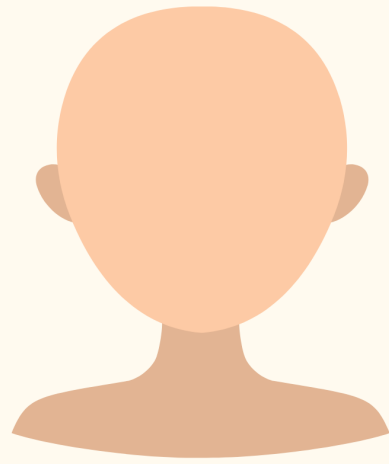
What I show on the outside



How I feel on the inside

$$\Delta_{\mathcal{A}} \sigma - \rho_{\mathcal{A}} \dot{\sigma}$$
[illegible][illegible]

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ፖሊሽ


$$\begin{array}{c} \textcircled{\text{b}} \textcircled{\text{c}} \Delta^{\text{c}} \wedge^{\text{a}} \sigma \triangleleft^{\text{c}} \textcircled{\text{d}} \textcircled{\text{e}} \textcircled{\text{f}} \\ \Delta \textcircled{\text{g}}^{\text{a}} \sigma \end{array}$$

My Heart

Use colours that represent your emotions to fill in each heart.
Remember that you are loved and supported.





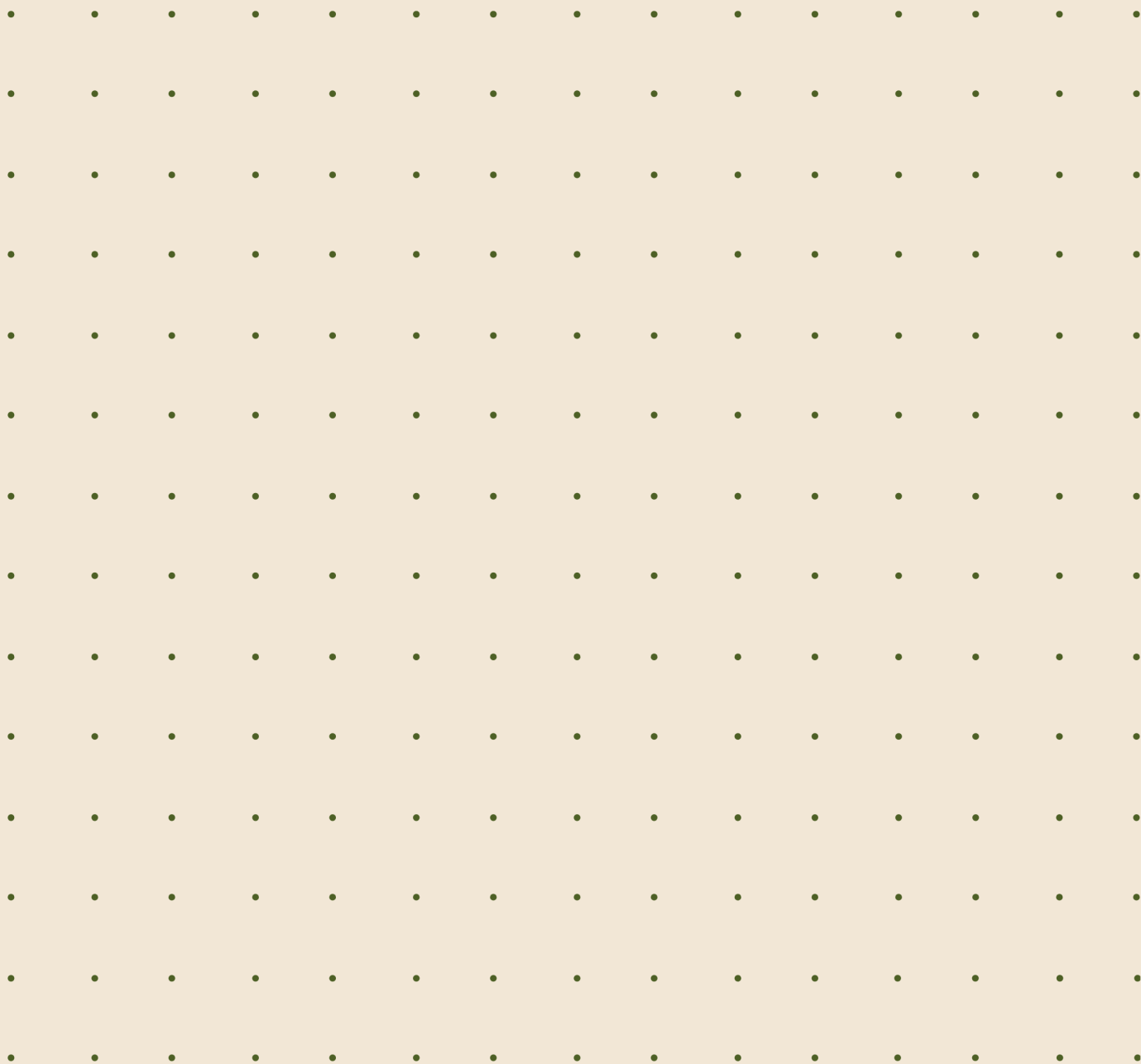
My Space



Use this space to write, draw, paint, scribble or doodle.

Feel free to do whatever you like.

A large grid of dots for drawing or writing.

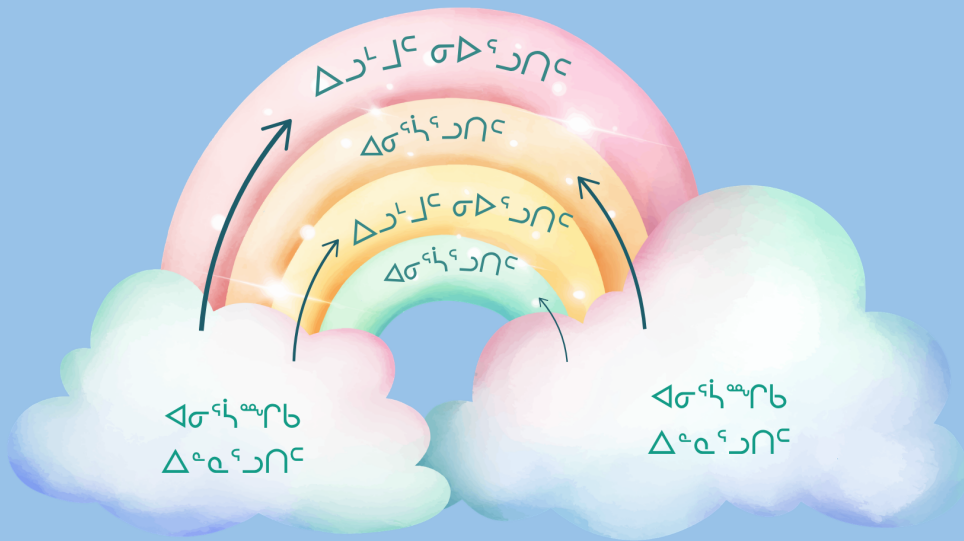
[illegible]

Rainbow Breathing



As you trace each colour of the rainbow, take a deep breath in and out. Follow the arrows to trace each colour...Remember to hold your breath for 2-3 seconds when you get to the clouds!!

◀▶JCԳԴ◅ ◅ԾԳՀԾԳԾԳԵ

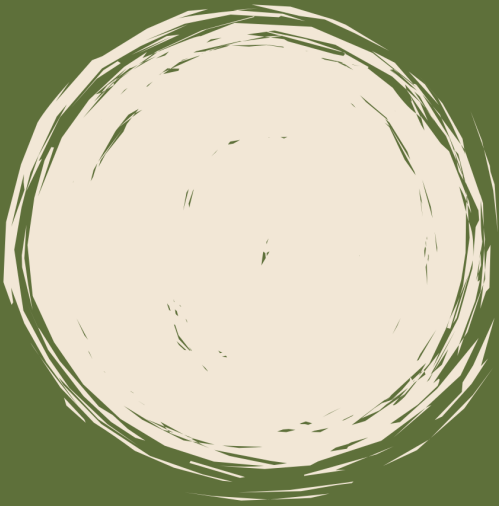


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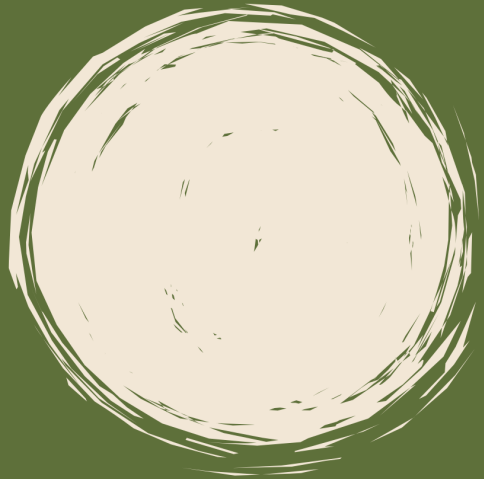
Remembering

People have different ways to remember their loved ones.
Write about times you enjoyed with your loved one here.

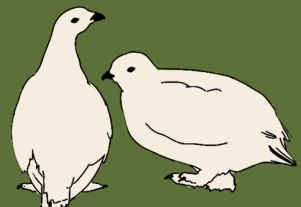
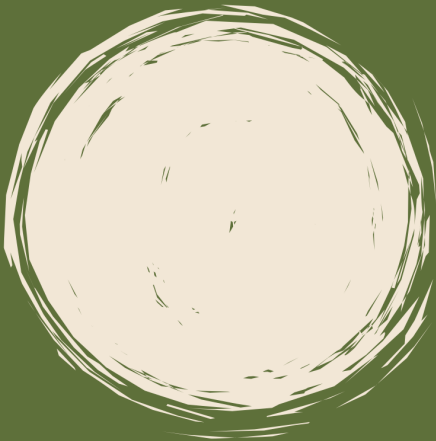
**Favourite time you were
outside together:**



**A time where you felt
happy together:**



**A time where you shared their
favourite food:**



How do you stay active?

Moving your body can help your mental health , that's why it is important to stay active

Write down ways in which you were active this week:

Rode a bike around town

Walked/played outside with friends



Support Network

Write down the names and phone numbers of the people who can help you when you are feeling down.

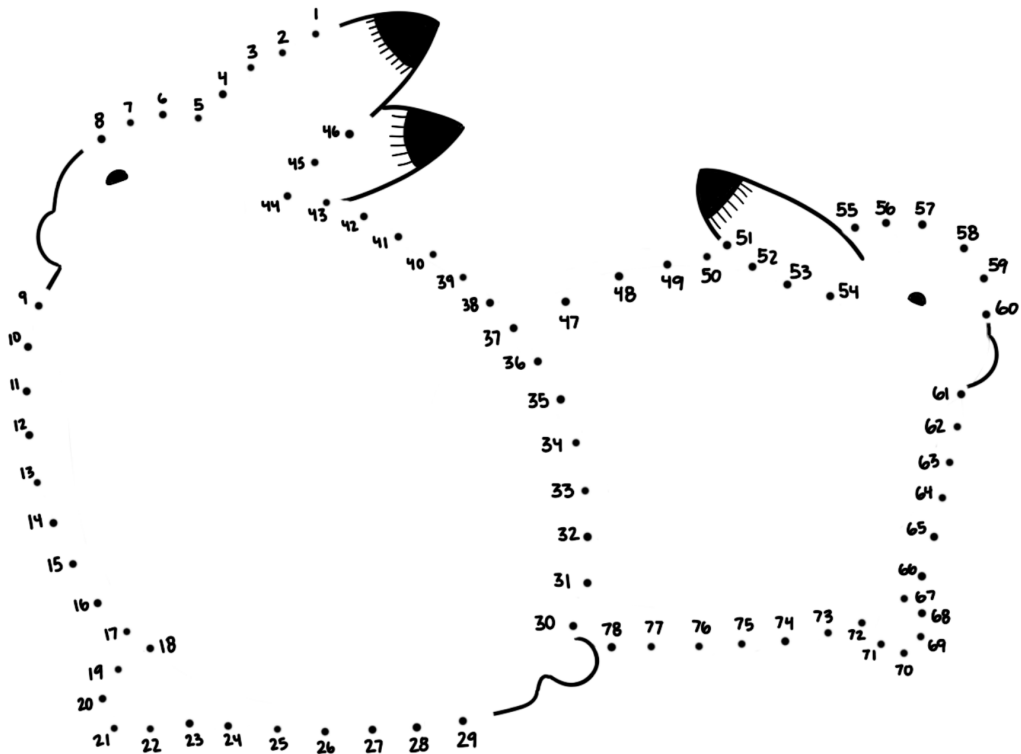


Δεξιόστροφος Στοιχειοθετημένος

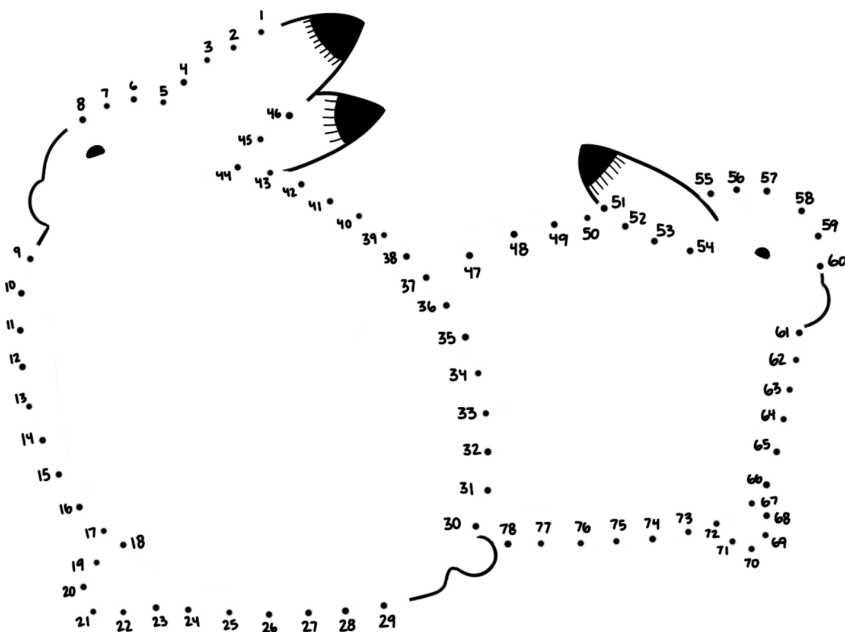
Οποιοδήποτε κείμενο μπορεί να μετατραπεί σε
Δεξιόστροφο κείμενο με τη βοήθεια του προγράμματος.



Connect the dots:



Δσχεῖται ἡ ἰσχύς τοῦ ἁγίου πνεύματος:



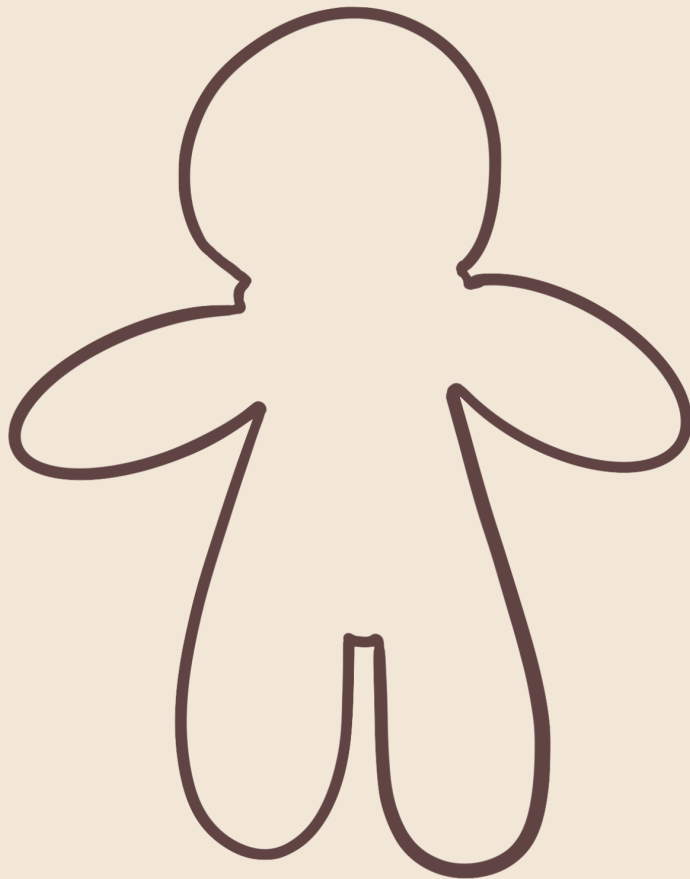


What I Feel

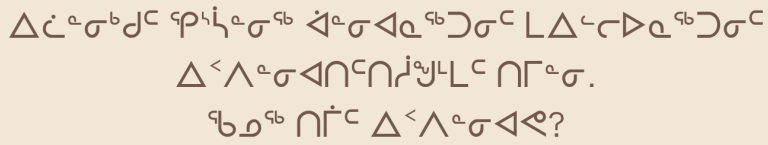


Sometimes grief makes aches and pains come into your body.

What does your body feel like?

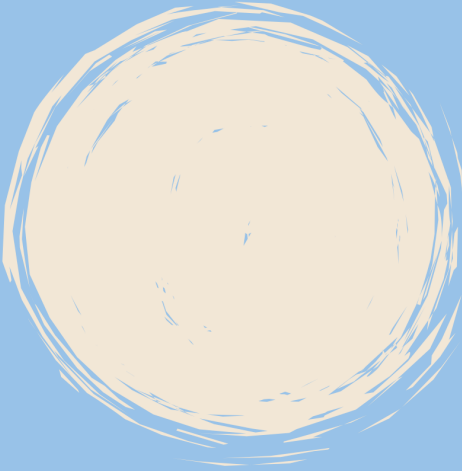


Use this picture to draw what is happening in your body.

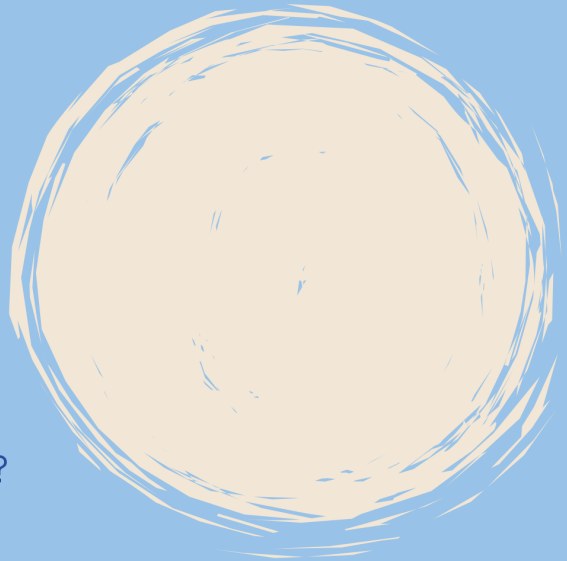


What I Remember

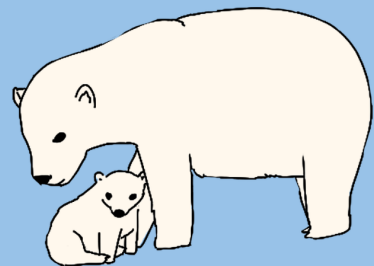
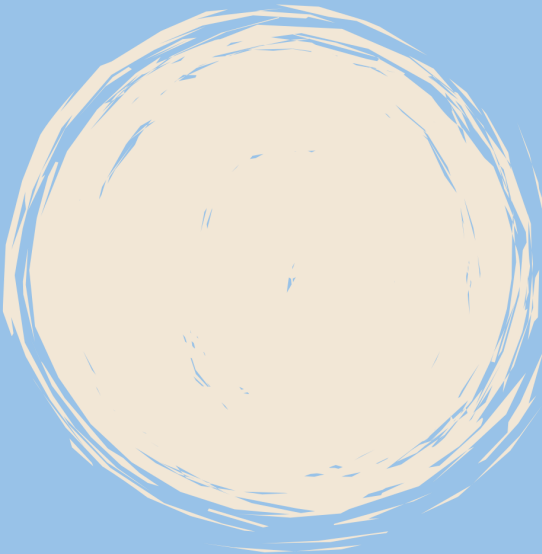
Who
died?



Draw
a picture of them

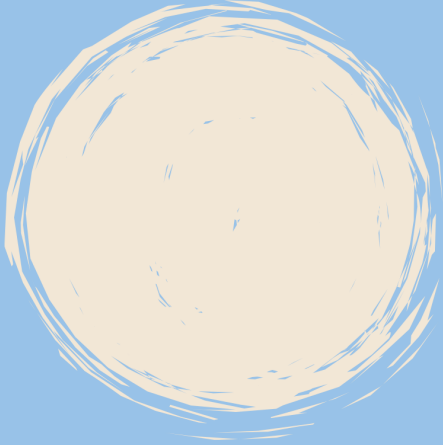


What
would you like to tell them?

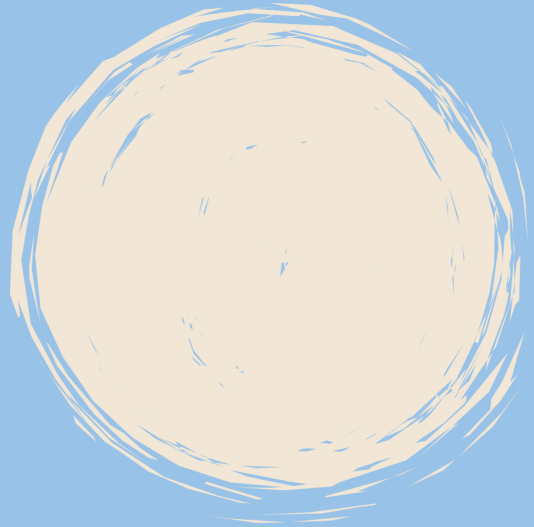


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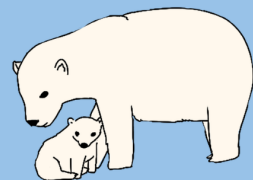
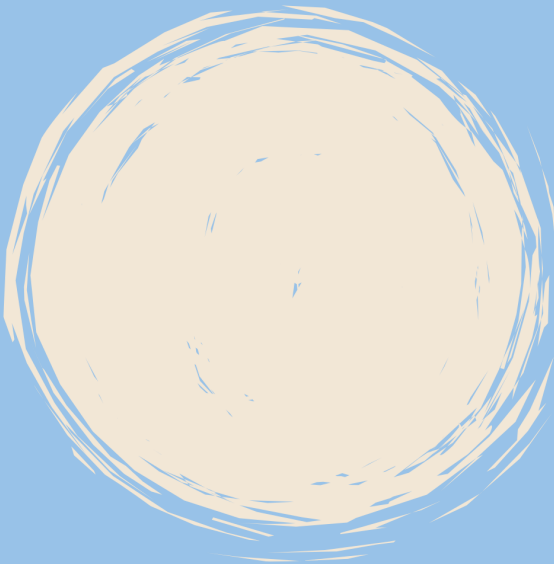
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ՇԽԵՏԳԼՆԵՆ?



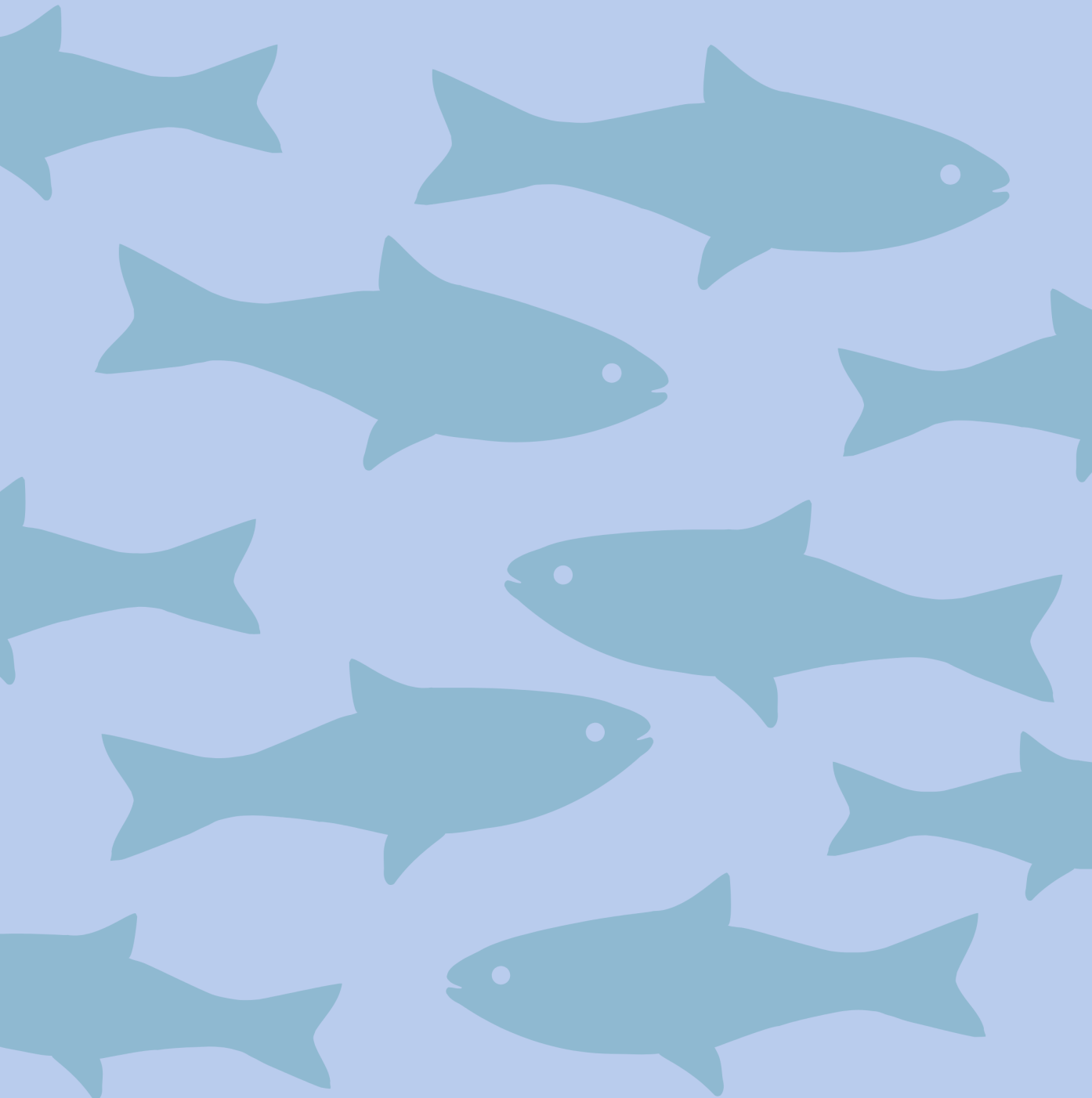
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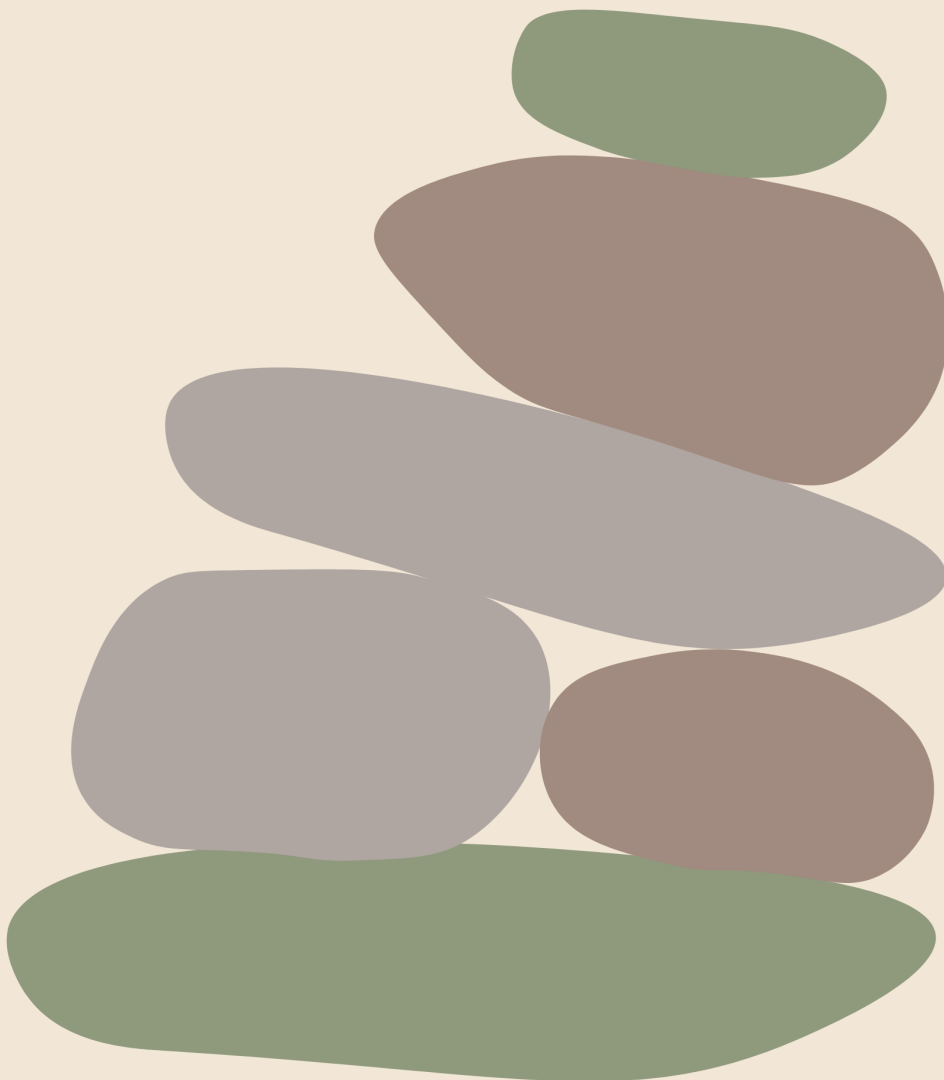


**Write down your worries on the fish below and
imagine them swimming away.**



**When we feel sad there are things that others can say to
make us feel better.**

**Use the rocks to write things that people can say to make
you feel better when you are upset.**



ልጅ ለሙሉ ልብ ልጅ ሆኖ ለሰጠው ጥሩ
 ምርታዊ ዕቃዎች ለሰጠው ልብ ልጅ
 ልብ ልጅ ሆኖ ለሰጠው ጥሩ ምርታዊ
 ዕቃዎች ለሰጠው ልብ ልጅ ሆኖ ለሰጠው ጥሩ

