

## LOSS WHEEL

Draw your own loss wheel, photocopy the one on this page, or print a copy at [freespirit.com/wheel](http://freespirit.com/wheel). Tell the child, "For each feeling shown in this wheel, think about how much of your emotions that feeling is taking up. Starting in the center and working outward, color in the wedge to show the size of that feeling." Talk about the size of each feeling. Do this regularly. Notice how the child's feelings change over time. Many children like to fill out the Loss Wheel weekly and look at the changes. For some kids, it is a more intense process done less frequently, such as once a month.

### Do I feel . . .

- . . . shock? Am I still surprised?
- . . . sorrow? Am I sad?
- . . . acceptance? Do I feel like I'm going to be okay?
- . . . guilt? Do I feel like this is my fault?
- . . . anger? Am I mad?

