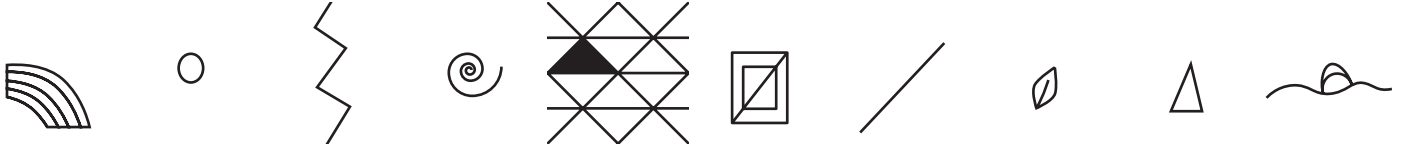


Grieving During the Holidays

Mindful drawing/doodling can be a positive way to cope with holiday emotions. Doodle patterns shown below, drawing lines to create separate areas if you'd like to draw multiple patterns.

Start by drawing...

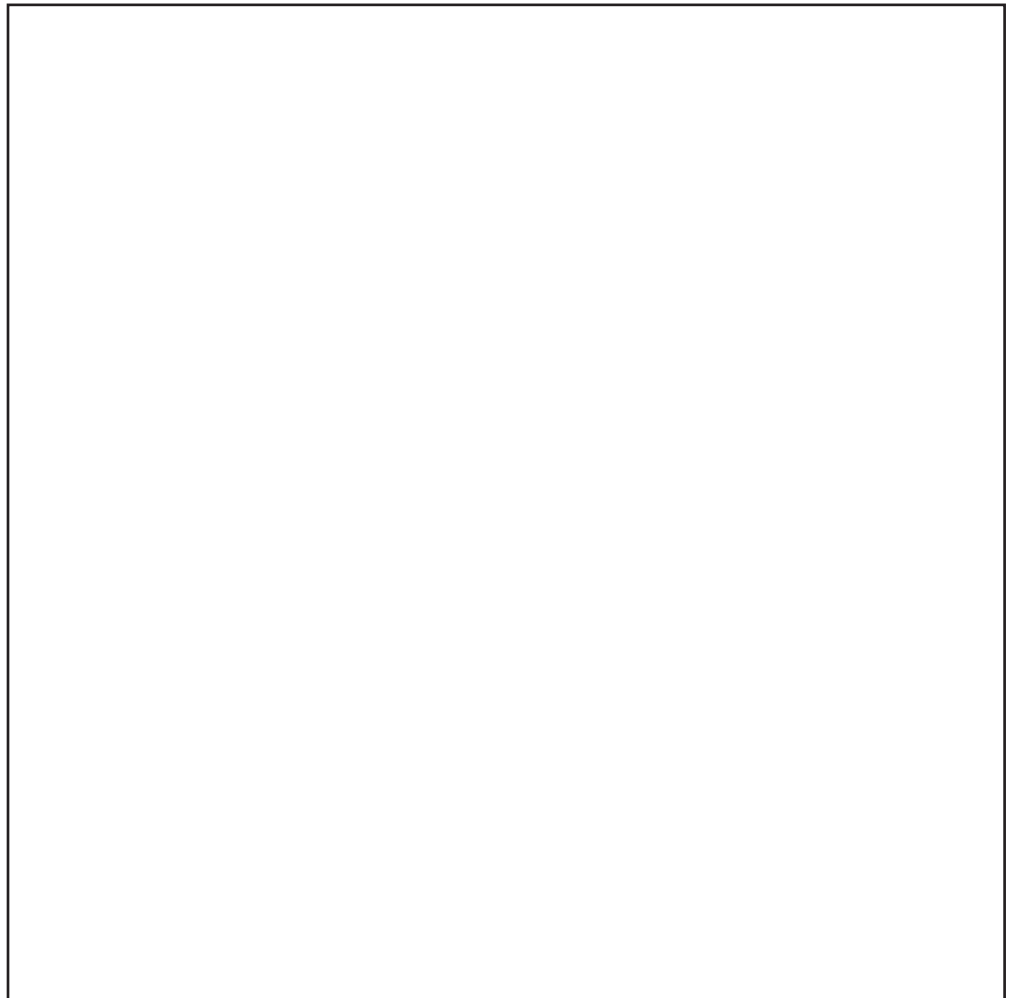


A pattern of this can look like...



Presents to give yourself while grieving during the holidays:

- gentleness
- understanding
- patience
- validation
- connection



To find more coloring pages and other activities online, visit

www.snohd.org/activities