



All of us find it hard to deal with losses in our lives.
One reason is because whoever or whatever we've lost has brought
us happiness and now it's gone. Here's a way of exploring
both sides of this same coin...

Memory & Loss Leaves

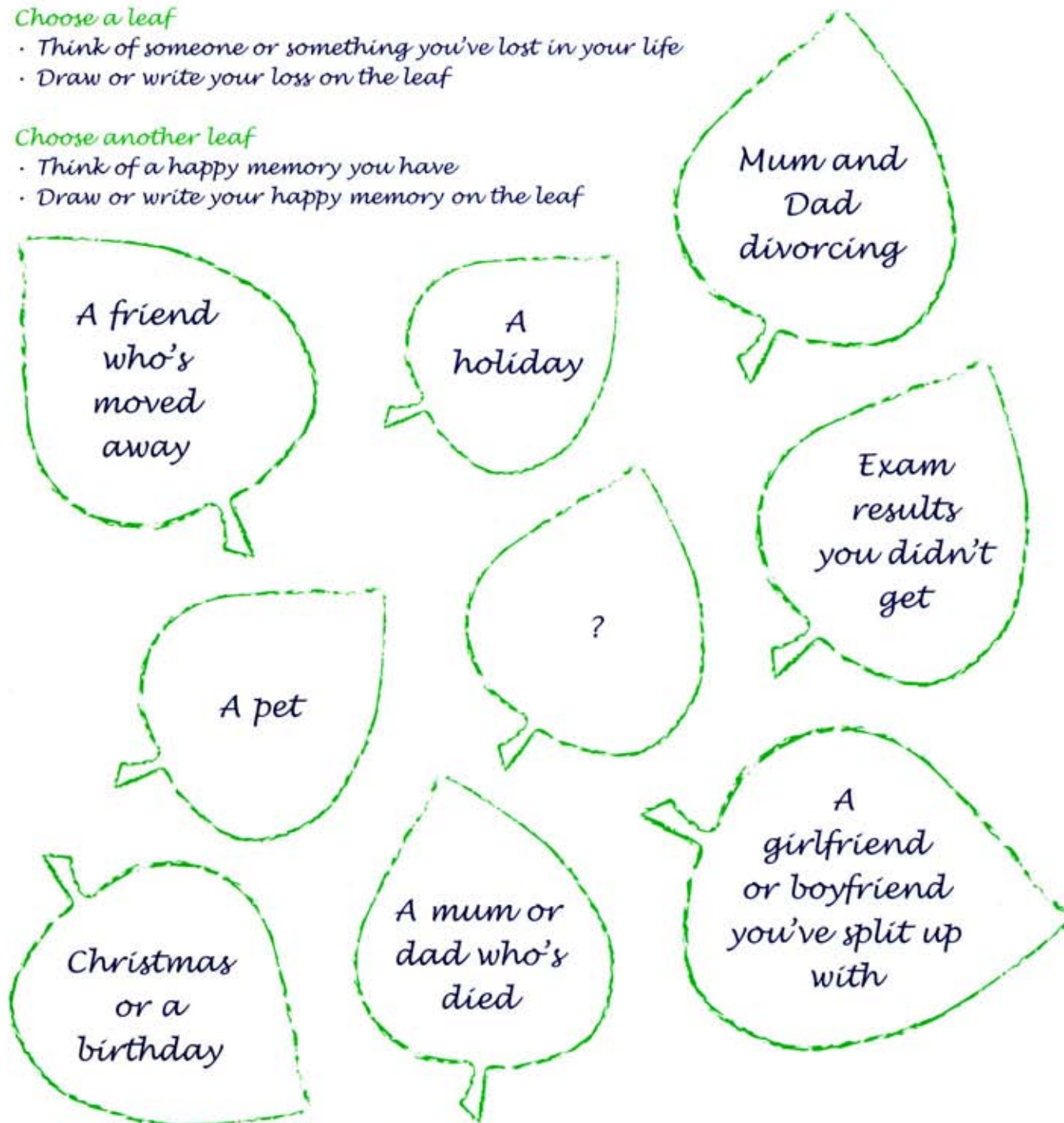
You'll find some leaves and a Memory and Loss Tree in the Pack -

Choose a leaf

- Think of someone or something you've lost in your life
- Draw or write your loss on the leaf

Choose another leaf

- Think of a happy memory you have
- Draw or write your happy memory on the leaf



Cut out your leaves and stick them on the Memory and Loss Tree.

You could colour your leaves one colour for a loss and one colour for a memory.
See if you can get equal colours on your Tree.