Begin the lesson time with the group seated in a circle.

## SAY:

The holidays bring a lot of different feelings when we are grieving. Things that used to make us happy might make us sad when we think about our person who died.

Who can tell me what the very first holiday of the season is? (allow responses)

Thanksgiving is the first holiday we celebrate in the "holiday season." A "normal" thanksgiving has feelings of joy, peace, happiness, and of course, thankfulness.

When we are grieving, there is nothing normal about the holidays. Everything has changed. Our feelings might be very different from everyone around us, and our feelings might even feel mixed-up!

Let's play a game to help us to see some of the feelings we might have when we think about Thanksgiving this year.



## **ACTIVITY: HOT 'APPLE' FEELINGS**

Have one apple for the group to play this game. Print and cut-out the Hot Apple Feelings Cards, placing them in a pile in the center of the group. You will need a music source with the ability to pause and play.

## SAY:

Let's all sit in a circle. I will give the first person an apple, and then I will play some music. As soon as the music starts, pass the apple around the circle. When the music stops, whoever is holding the apple will draw a Hot Apple Feelings card from the pile. They will act out the feeling they see on the cards while the rest of the group guesses what feeling they are acting out.

## KNOW:

After you've played a few rounds, pick-up the cards and the apple and direct the group's attention back to you as you continue the lesson.