

**L.A. COUNTY EARLY CARE & EDUCATION  
RESPONSE TEAM  
COMMUNITY CALL**

**LLAMADA COMUNITARIA  
DEL EQUIPO DE RESPUESTA DE LA EDUCACIÓN INFANTIL  
TEMPRANA DEL CONDADO DE L.A.**

**[dph-oece@ph.lacounty.gov](mailto:dph-oece@ph.lacounty.gov)**

**[Childcare.lacounty.gov](http://Childcare.lacounty.gov)**

# LA County ECE Emergency Response Team 2025 Wildfires



**Child Care Alliance of Los Angeles**

**City of Los Angeles - Community Investment for  
Families Department**

**City of Pasadena – Office of the Young Child**

**City of Santa Monica- Human Services**

**LA County Public Health - Office for the Advancement  
of Early Care and Education**

**First 5 LA**

**Los Angeles County Office of Education**

**Los Angeles County Alternative Payment agencies**

**Los Angeles County Resource and Referral agencies**

**Pacific Oaks College**

**SEIU Local 99**





- **MOTION BY SUPERVISOR HOLLY J. MITCHELL February 18, 2025**  
Los Angeles County Early Care and Education Child Care Windstorm and Wildfire Recovery Efforts
- Direct the Director of the Department of Public Health (DPH) **Office for the Advancement of Early Care and Education (OAECE) to work with the Directors of the Department of Economic Opportunity (DEO), the Department of Consumer and Business Affairs, and the Los Angeles County Office of Education, in coordination with the California Community Licensing Division, First 5 LA, and the childcare Resources and Referral agencies, to connect Los Angeles County childcare providers to the resources and streamlined processes they need to rebuild, and to reach out individually to every affected childcare provider, including schools, to inform them of their ability to apply for the State of California's Disaster Unemployment Assistance program.**



- Direct the Department of Regional Planning to **allow the temporary use of other facilities for childcare programs**; schools, grades TK-12, accredited by the State of California (excluding trade or commercial schools); and churches, temples, or other places used exclusively for religious worship in communities impacted by the Eaton Fire.
- Direct the Fire Department to **work with the State Fire Marshal and local affected municipalities to prioritize emergency fire permits for childcare** providers who are seeking to re-open an existing facility or establish a new facility with an emergency childcare license.
- Direct the CEO, through the Legislative Affairs and Intergovernmental Relations Division, to **support State budget proposals, legislation and other administrative efforts to meet the needs of childcare providers affected by the wildfires**, including but not limited to **health and safety assessments and remediation for childcare facilities**.



# Child Care & Development Division Updates

LA County ECE Emergency  
Response Webinar  
February 20, 2025



# Welcome

to a space for sharing and  
listening





# PROCLAMATION OF A STATE OF EMERGENCY

EXECUTIVE ORDER N-2-25

Governor Gavin  
Newsom  
**PROCLAIMED A  
STATE OF  
EMERGENCY** for Los  
Angeles and Ventura  
County to assist in the  
mitigation,  
management and  
control of the  
Palisades Fire and  
windstorm conditions.

## EXECUTIVE DEPARTMENT STATE OF CALIFORNIA

### EXECUTIVE ORDER N-2-25

**WHEREAS** on January 7, 2025, I proclaimed a State of Emergency to exist in Los Angeles and Ventura Counties due to the Palisades Fire and windstorm conditions; and

**WHEREAS** the Palisades Fire has burned over 15,000 acres and additional fires have ignited and spread rapidly in Los Angeles County as a result of those windstorm conditions, including the Eaton, Hurst, Lidia, and Woodley Fires; and

**WHEREAS** these Los Angeles County fires and windstorm conditions continue to threaten structures, homes, and critical infrastructure, with over 170,000 residents under evacuation orders in Los Angeles County; and

**WHEREAS** these Los Angeles County fires and windstorm conditions have resulted in poor air quality and significant impacts to schools, including school closures and limited outdoor physical education; and

**WHEREAS** under the provisions of Government Code section 8571, I find that strict compliance with various statutes and regulations specified in this Order would prevent, hinder, or delay the mitigation of the effects of these Los Angeles County fires and windstorm conditions.

**NOW, THEREFORE, I, GAVIN NEWSOM**, Governor of the State of California, in accordance with the authority vested in me by the State Constitution and statutes, including the California Emergency Services Act, and in particular, Government Code section 8567, 8571, and 8627, do hereby issue the following Order to become effective immediately.

#### IT IS HEREBY ORDERED THAT:

1. The provisions of Unemployment Insurance Code section 1253 imposing a one-week waiting period for unemployment insurance applicants are suspended as to all applicants who are unemployed as a direct result of this emergency in Los Angeles County and apply for unemployment insurance benefits during the time period beginning January 7, 2025, and ending on the close of business on July 7, 2025, in Los Angeles County and who are otherwise eligible for unemployment insurance benefits.
2. Vehicle Code sections 9265(a), 9867, 14901, 14902, and 15255.2, requiring the imposition of fees, are suspended with regard to any request for replacement of an identification card, driver's license card, vehicle registration certificate, or certificate of title, or registration stickers, by any individual who loses such records as a result of this emergency in Los Angeles County. Such records shall be replaced without charge.
3. The provisions of Vehicle Code sections 4602 and 5902, requiring the timely registration or transfer of title, are suspended with regard to any registration or transfer of title by any individual who is unable to comply with those requirements as a result of this emergency in Los Angeles County. The time covered by this suspension shall not be included in calculating any late penalty pursuant to Vehicle Code section 9554.

## Payment to Two Providers

- The CDSS will waive state requirements to allow payment to two providers to reimburse both a new provider and the provider who has closed due to the wildfires as intended by Executive Order N 3-25 and is engaging with federal partners, as necessary.
- The CDSS is asking agencies to pay both providers, the closed provider and the new provider during this 30-day period.
- The CDSS will publish in a Child Care Bulletin.





# Executive Order

## EXECUTIVE ORDER N-3-25

**Executive Order to bolster the emergency response to the rapid spread of additional fires throughout Los Angeles and Ventura Counties due to the windstorm conditions.**

### EXECUTIVE DEPARTMENT STATE OF CALIFORNIA

#### EXECUTIVE ORDER N-3-25

**WHEREAS** on January 7, 2025, I proclaimed a State of Emergency to exist in Los Angeles and Ventura Counties due to the Palisades Fire and windstorm conditions; and

**WHEREAS** on January 8, 2025, I issued an Executive Order to bolster the emergency response to the rapid spread of additional fires throughout Los Angeles and Ventura Counties due to the windstorm conditions; and

**WHEREAS** these fires and windstorm conditions have collectively burned over 30,000 acres; and

**WHEREAS** these fires and windstorm conditions have destroyed and continue to threaten structures, homes, and critical infrastructure; and

**WHEREAS** these fires and windstorm conditions continue to evolve, requiring additional resources and personnel for the response efforts, including resources from outside of the State; and

**WHEREAS** these fires and windstorm conditions continue to result in poor air quality and significant impact to schools, including school closures, limited outdoor physical education, and overall impacts to school administration; and

**WHEREAS** under the provisions of Government Code section 8571, I find that strict compliance with various statutes and regulations specified in this Order would prevent, hinder, or delay the mitigation of the effects of these fires and windstorm conditions.

**NOW, THEREFORE, I, GAVIN NEWSOM**, Governor of the State of California, in accordance with the authority vested in me by the State Constitution and statutes, including the California Emergency Services Act, and in particular, Government Code section 8567, 8571, and 8627, do hereby issue the following Order to become effective immediately.

#### IT IS HEREBY ORDERED THAT:

1. All provisions contained in the above-referenced Proclamation of a State of Emergency and Executive Order shall remain in full force and effect, except as modified in this Order.
2. Any personnel holding a license, certificate, or other permit issued by a state party to the Emergency Management Assistance Compact, including, but not limited to, medical personnel, entering California to assist in responding to this emergency shall be deemed licensed, certified, or permitted to provide services in California as prescribed by Government Code section 179.5. Permission for any such individual rendering service is subject to the approval of the Director of the Emergency Medical Services Authority for medical personnel, or the Director of the Office of Emergency Services for non-medical



# Executive Order

## EXECUTIVE ORDER N-17-25

WHEREAS it is important  
that impacted individuals  
and families not be  
unfairly penalized...

### EXECUTIVE DEPARTMENT STATE OF CALIFORNIA

#### EXECUTIVE ORDER N-17-25

**WHEREAS** on January 7, 2025, I proclaimed a State of Emergency to exist in Los Angeles and Ventura Counties due to fire and windstorm conditions that caused multiple fires, including the Palisades, Eaton, Hurst, Lidia, Sunset, Woodley, and Hughes Fires; and

**WHEREAS** since the fires began, I have issued several Executive Orders to bolster the emergency response to the rapid spread of these fires throughout Los Angeles and Ventura Counties, and to expedite recovery efforts in the impacted communities; and

**WHEREAS** these fires devastated communities across the Greater Los Angeles Area and have collectively burned over 47,900 acres, destroying or damaging more than 16,250 structures, including homes, small businesses, schools, child care facilities, and places of worship, with initial estimates placing this disaster among the most destructive in California history; and

**WHEREAS** these fires have destroyed entire neighborhoods and communities, leaving residents and other impacted individuals traumatized and uncertain about the status of their homes, property, businesses, places of worship, and other community locales; and

**WHEREAS** it is important that impacted individuals and families not be unfairly penalized for failing to meet program deadlines and/or fee requirements for participation in state social services programs; and

**WHEREAS** continued provision of social services by local agencies and contractors is especially important in the aftermath of this emergency and their important work should not be unduly burdened by regulatory requirements that they may be unable to meet because of the displacement and disruption caused by this emergency; and

**WHEREAS** local educational agencies are obligated to continue serving students who were enrolled, but lost their residence and may be temporarily living outside of district boundaries due to the fires throughout Greater Los Angeles Area pursuant to Education Code section 48852.7, but, given the extent of the impacts on schools, additional flexibility is needed to accommodate students who have been displaced and utilize temporary facilities to support continuity of education; and

**WHEREAS** protections against price gouging for rental housing safeguard against unjustified and opportunistic price surges in times of emergency, and for housing that has no pre-emergency baseline price because it was not recently rented California's price gouging law caps rental prices based on federal estimates of "fair market rent," but a careful balance is necessary to ensure these provisions accurately reflect the reasonable costs of housing in Los Angeles County and do not discourage available housing from coming on the market; and

**WHEREAS** under the provisions of Government Code section 8571, I find that strict compliance with various statutes and regulations specified in this Order would prevent, hinder, or delay the mitigation of the effects of these Los Angeles County fires and windstorm conditions.



# Executive Order

## EXECUTIVE ORDER N-19- 25

**WHEREAS** given how important accessing those benefits is for eligible providers to support ongoing recovery efforts and to assist them in continuing to provide the critical services for the community, my Administration will take additional steps to engage those individuals and assist them in pursuing benefits for which they may be eligible.

### EXECUTIVE DEPARTMENT STATE OF CALIFORNIA

#### EXECUTIVE ORDER N-19-25

**WHEREAS** on January 7, 2025, I proclaimed a State of Emergency to exist in Los Angeles and Ventura Counties due to fire and windstorm conditions that have now caused multiple fires, including the Palisades, Eaton, Hurst, Lidia, Sunset, Woodley, and Hughes Fires; and

**WHEREAS** these fires have devastated communities across the Greater Los Angeles Area and have collectively burned over 47,900 acres, destroying or damaging more than 16,250 structures, including homes, small businesses, schools, childcare settings, and places of worship, with initial estimates placing this disaster among the most destructive in California history; and

**WHEREAS** since the fires began, I have issued multiple Executive Orders to provide relief to impacted communities, protect survivors, and expedite and aid recovery efforts; and

**WHEREAS** in response to the widespread disruption to childcare and other social services providers from the firestorms, Paragraph 8 of Executive Order N-3-25 authorized the California Department of Social Services to reimburse such providers for up to 30 days from the onset of the emergency when no attendance record or invoice is available as a result of this emergency; and

**WHEREAS** although that provision has expired, childcare settings, including licensed child care and subsidized family, friend, and neighbor care, which continue to be impacted by the emergency may be eligible for additional benefits, including federally administered Disaster Unemployment Assistance that provides up to 26 weeks of unemployment assistance for eligible individuals, but the deadline to apply for those benefits is March 10, 2025; and

**WHEREAS** given how important accessing those benefits is for eligible providers to support ongoing recovery efforts and to assist them in continuing to provide the critical services for the community, my Administration will take additional steps to engage those individuals and assist them in pursuing benefits for which they may be eligible.

**NOW, THEREFORE, I, GAVIN NEWSOM**, Governor of the State of California, in accordance with the authority vested in me by the State Constitution and statutes, do hereby issue the following Order to become effective immediately.

**IT IS HEREBY ORDERED THAT:** The California Department of Social Services (CDSS), or its designees, in collaboration with the California Employment Development Department (EDD), shall, no later than February 28, 2025, contact individually by telephone or through other appropriate means childcare settings whose childcare has not reopened as of the date of this Order to advise them of the potential availability of Disaster Unemployment Assistance. Upon request, CDSS shall also refer individuals to the EDD to support each individual in completing the application for those benefits.

**I FURTHER DIRECT** that as soon as hereafter possible, this Order be filed in the Office of the Secretary of State and that widespread publicity and notice be given of this Order.





## Executive Order N-19-25

# Employment Development Department Support

- ❑ Disaster Unemployment Assistance is a federal program that provides financial assistance to unemployed workers and self-employed individuals when they are unemployed as a direct result of a major natural disaster.
- ❑ The deadline to apply for these benefits is Monday, March 10, 2025.

For support, please see this [Disaster Unemployment Assistance \(DUA\)](#) flyer.

## Fact Sheet

### Disaster Unemployment Assistance



Disaster Unemployment Assistance (DUA) is a federal program that provides financial assistance to jobless workers and the self-employed when they are unemployed as a direct result of a major natural disaster.

A major disaster means any hurricane, tornado, storm, flood, high water, wind-driven water or tidal wave, earthquake, drought, fire or other catastrophe declared by the President to warrant government assistance to communities and individuals.

The DUA program is administered by the U.S. Department of Labor and State Employment Security Agencies under the Disaster Relief and Emergency Assistance Act of 1974, as amended by the Robert T. Stafford Disaster Relief and Emergency Act of 1988.

#### Who is Eligible for DUA?

When a major disaster has been declared by the President, DUA is generally available to any unemployed worker or self-employed individual who lived, worked, or was scheduled to work in the disaster area at the time of the disaster; and due to the disaster:

- no longer has a job or a place to work; or
- cannot reach the place of work; or
- cannot work due to damage to the place of work; or
- cannot work because of an injury caused by the disaster.

An individual who becomes the head of household and is seeking work because the former head of household died as a result of the disaster may also qualify for DUA benefits.

#### Benefit Payments

DUA consists of weekly payments that are computed in the same way as regular unemployment insurance (UI) payments, that is, figured on a base period of earnings as prescribed by state UI law. The base period for all DUA claimants is the most recently completed tax year prior to their last date worked. For most claimants this is the prior calendar year.

The exception to this is that unemployed self-employed individuals may base a claim on net self-employment earnings. They may use an alternate tax year, but it must still be their most recently completed tax year.

The minimum weekly amount will be 50 percent of the average unemployment compensation amount in California during the quarter immediately preceding the date of the disaster.

Under federal regulations, weekly DUA payments are reduced by:

- partial earnings;

- any insurance for wage loss due to illness or disability;
- supplemental UI benefits resulting from union agreements; or
- private income protection insurance.

#### Duration of Benefits

DUA benefits are payable only for weeks that fall within the Disaster Assistance Period, which begins with the first Sunday's date following the date of the disaster and ends on a Saturday 26 weeks after the disaster is declared.

#### Restrictions on Entitlement

DUA benefits are not payable to individuals who are entitled to regular unemployment compensation or waiting period credit; or who would be entitled to unemployment compensation benefits or waiting period credit if not for excessive earnings or for being fully employed.

Any eligible individual whose entitlement to unemployment compensation exhausts before the end of the Disaster Assistance Period is entitled to DUA benefits for the remaining weeks of unemployment in the Disaster Assistance Period, or until a new valid benefit year becomes available, whichever is earlier.

For additional information on DUA, call:

- English ..... 1-800-300-5616
- Spanish ..... 1-800-326-8937
- Cantonese ..... 1-800-547-3506
- Mandarin ..... 1-866-303-0706
- Vietnamese ..... 1-800-547-2058
- TTY ..... 1-800-815-9387

For more information on other Employment Development Department (EDD) programs and services, or to apply online, visit our Internet site at [www.edd.ca.gov](http://www.edd.ca.gov).

The EDD is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Requests for services, aids, and/or alternate formats need to be made by calling 1-866-490-8879 (voice). TTY users, please call the California Relay Service at 711.

DE 8714DUA Rev. 1 (12-18) (INTERNET)

CU 28



# California Early Childhood Online

- Safe Spaces: Foundations of Trauma-Informed Practice for Educational and Care Settings
- Trauma Informed Practice: Relationships at the Center of Promoting Children's Well-Being and Healing
- Trauma Informed Care
- Culturally Responsive Trauma-Informed Practices
- Health and Safety for Center-Based Settings & Family Child Care Settings
- Preventative Health and Safety for Family, Friends, and Neighbor Providers
- Responsive Early Education for Young Children and Families Experiencing Homelessness
- Resource & Referral Consumer Education Phone Counselor Modules

Website: [caearlychildhoodonline.org](http://caearlychildhoodonline.org)





## Infant and Early Childhood Mental Health Consultation Network

- Offers no cost infant and early childhood mental health consultation services, supports and resources for all child care and development providers in California.
- Direct consultation
- Toll-free helpline for just-in-time immediate support
- Monthly virtual open-door sessions
- Communities of Support for home-based child care providers
- Infant and Early Childhood Mental Health Consultant Training Program

Website: [iecmhcnetwork.org](http://iecmhcnetwork.org)





**We celebrate you! We appreciate you! We  
thank you!**

"When I was a boy and would  
see scary things in the news,  
my mother would say to me,

***'Look for the helpers.  
You will always  
find people  
who are helping.'"***



# Supporting Children's Mental Health

by  
**Sean Taitt, MSW**  
Director of Field Education, BSW  
Program



**Pacific Oaks**  
COLLEGE & CHILDREN'S SCHOOL



# Agenda

- Activity: “Grab and Go”
- Discussion: Factors Influencing Grief Reactions
- Discussion: Developmental Stages Breakdown
- Activity: Color Your Heart



# “Grab & Go”

- Objective: Reflect on a child’s experience of prioritizing essential and meaningful items.
- How to Play
  - All participants have 30 seconds.
  - Consider a scenario.
  - Choose five items you would take in an evacuation.
  - Discussion prompts on following slide



# Follow-up Questions to “Grab & Go”

- What answers surprised you?
- Which emotions came up for you through this activity?
- How did your chosen items reflect your personal values or experience?





# External Factors Influencing Grief Reactions

- Internet/Technology
- Gender
- Culture
- Religion/Spirituality
- **Developmental Stage**
- Social Support
- Family Systems
- The relationship with the person who separates



# Developmental Stage: Infancy

**Important Considerations:** Dependency & Attachment

## Developmental Factors

- ❖ Dependence on caregivers for all basic needs
- ❖ Limited object constancy
- ❖ Limited ability to verbalize
- ❖ Few coping strategies to regulate emotions

**Understanding Loss:** May experience feelings of loss in reaction to separation

**Reaction to Loss:** May be sluggish, quiet, unresponsive to a smile or coo. They may undergo physical changes (i.e. weight loss), be less active, sleep less, and lastly; they may cry and appear inconsolable

## Strategies to Assist

- Maintaining normal routines and familiarity
- Providing a consistent caregiver who can provide a lot of affection
- Providing consistent and gentle verbal reassurance
- Expressing confidence in the child and the world

# Developmental Stage: Age 2-3 (Toddlers)

**Important Considerations:** Dependency & Developing Independence

## **Developmental Factors**

- ❖ Ambivalence about independence
- ❖ Increasing comprehension & articulation of language
- ❖ Begin mastery of motor and fine motor skills
- ❖ Learning by mimicking and following examples of others

**Understanding Loss:** May have difficulties understanding circumstances.

**Reaction to Loss:** May be sluggish, quiet, unresponsive to a smile or coo. They may undergo physical changes (i.e. weight loss), be less active, sleep less, and lastly, may cry and appear inconsolable

## **Strategies to Assist**

- Maintaining normal routines and familiarity
- Providing a consistent caregiver who can provide much affection
- Providing consistent and gentle verbal reassurance
- Providing simple & understandable explanations for changes
- Naming feelings expressed by the child and others

# Developmental Stage: Age 3-6

## Strategies to Assist (in addition to what was mentioned before)

- Explaining concepts in simple & direct terms
- Answering child's questions directly and honestly
- Reassuring child about their own security & how much they are loved
- Naming Encouraging mastery of developmental skills but being sensitive to regression
- Expressing confidence in the child and the world

## Important considerations: Concrete Thinking & Self

### Developmental Factors

- ❖ Developing a fuller mastery of language
- ❖ Learning to read
- ❖ Continuing to master fine motor & physical skills
- ❖ Expressing feelings through art & play
- ❖ Acquiring social skills through observation & interactions with others

**Reaction to Loss:** May wonder who will take care of them and feel anxious about other people in their lives. They may also exhibit searching behaviors (view photos or videos) and ask when they will return. Lastly, they may have trouble with eating and sleeping and controlling their bladder & bowel functions

# Development Stage:

## Age 6 - 9

### Strategies to Assist

- Having discussions that include correct terms (i.e. died, death, etc.)
- Provide opportunities for child to ask questions & express their feelings
- Provide reassurance (not their fault)
- Reading books that relate to grief & loss
- Invite children to share memories and to participate in ceremonies

### Important considerations: Striving for Mastery

#### Developmental Factors

- ❖ Relationships with peers & adults are important
- ❖ Striving for mastery of information and tasks
- ❖ Sense of responsibility is developing
- ❖ Cognitively, they are still thinking concretely
- ❖ Acquiring social skills through observation & interactions with others

**Understanding:** Curious about death and will ask questions.

Test reality but may still have trouble understanding abstract concepts

**Reaction to Loss:** May be afraid of school, difficulty concentrating, may behave aggressively, and become concerned with their own health and withdraw from others. Some may regress, while others may carry on daily activities with the support of others.

Boys: May become more aggressive

Girls: May become more withdrawn or inattentive



# MANIFESTATIONS OF GRIEF

Below is a chart that outlines common physical, emotional, social, behavioral, and spiritual responses to loss. This can be a helpful tool if you know a family member, friend, student, or colleague who is grieving. All reactions below are completely normal, but the individual might benefit from a caring friend, teacher, parent, or co-worker reaching out to support.

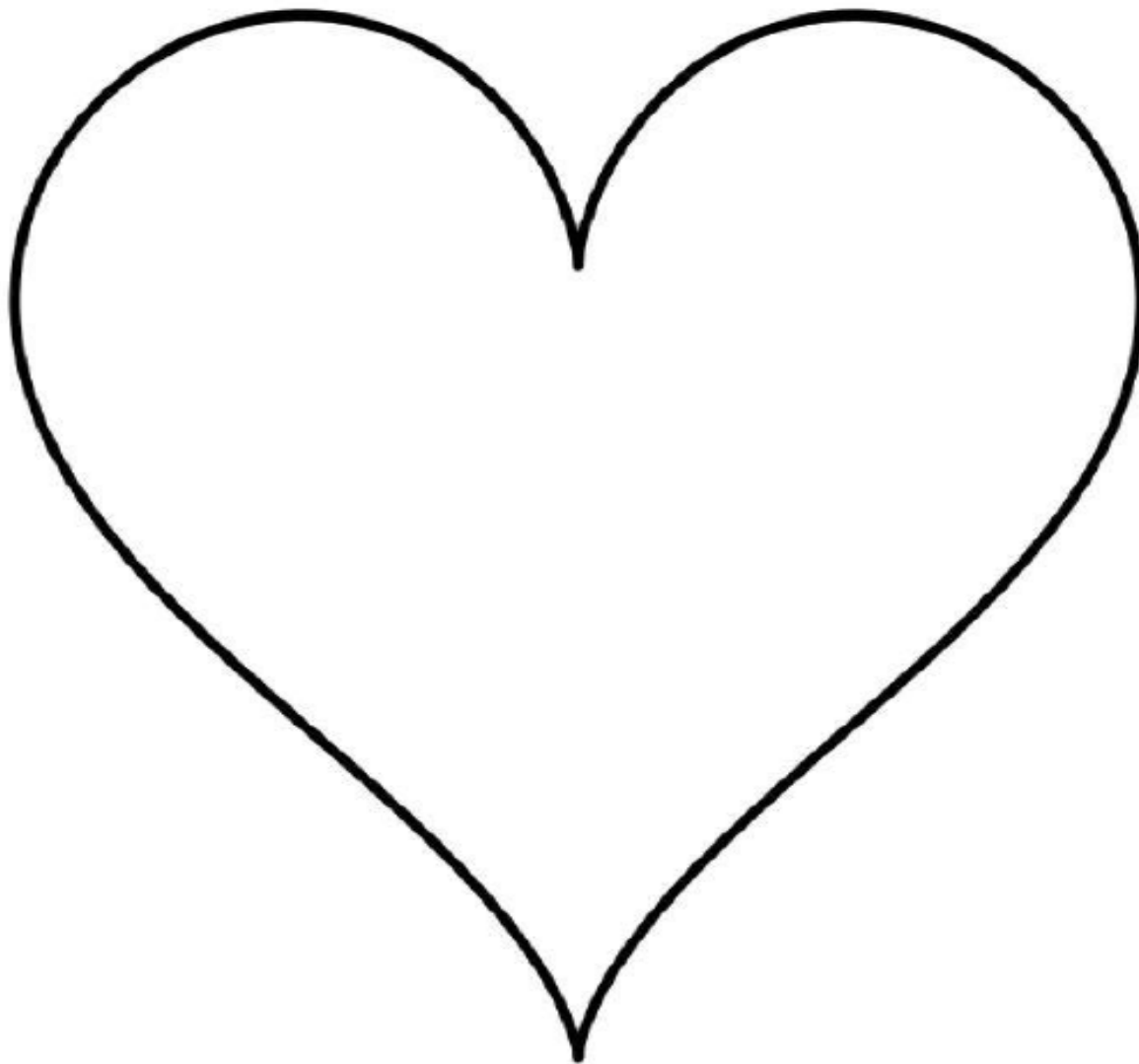
Physical	Emotional	Social	Behavioral	Spiritual
<ul style="list-style-type: none"><li>• Hyperactive or underactive</li><li>• Feelings of unreality</li><li>• Physical distress such as chest pains, abdominal pains, headaches, nausea</li><li>• Decreased immune system</li><li>• Unusual clumsiness</li><li>• Change in appetite</li><li>• Weight change</li><li>• Digestive problems</li><li>• Fatigue</li><li>• Sleeping problems</li><li>• Restlessness</li><li>• Crying and sighing</li><li>• Feelings of emptiness</li><li>• Shortness of breath</li><li>• Tightness in the throat</li></ul>	<ul style="list-style-type: none"><li>• Numbness</li><li>• Sadness</li><li>• Yearning</li><li>• Crying</li><li>• Anger</li><li>• Fear</li><li>• Relief</li><li>• Irritability</li><li>• Guilt</li><li>• Regret</li><li>• Loneliness</li><li>• Longing</li><li>• Anxiety</li><li>• Meaninglessness</li><li>• Bitterness</li><li>• Apathy</li><li>• Vulnerability</li><li>• Abandonment</li><li>• Helplessness</li><li>• Loss of confidence</li><li>• Lowered self-esteem</li></ul>	<ul style="list-style-type: none"><li>• Overly sensitive</li><li>• Dependent</li><li>• Withdrawn</li><li>• Avoid others</li><li>• Detached</li><li>• Lack of initiative</li><li>• Lack of interest</li><li>• Loss of interest in previously enjoyed activities</li><li>• Behaving in ways not normal for you</li><li>• Relational distress</li><li>• Loss of interest in intimacy</li><li>• Preoccupation with own feelings and needs exclusively</li><li>• Impatience with others grieving the same loss due to different grieving styles</li></ul>	<ul style="list-style-type: none"><li>• Forgetfulness</li><li>• Slowed thinking</li><li>• Mental confusion</li><li>• Trouble concentrating</li><li>• Difficulty making decisions</li><li>• Dreams and/or flashbacks</li><li>• Sense the loved one's presence</li><li>• Wandering aimlessly</li><li>• Trying not to talk about loss in order to help others feel comfortable around them</li><li>• Needing to retell the story of the loved one's death</li></ul>	<ul style="list-style-type: none"><li>• Questioning: the reason for the death; the purpose of pain and suffering; the purpose of life; the meaning of death</li><li>• Anger at a higher power</li><li>• Sense of distance from a higher power</li><li>• Sense of closeness to a higher power</li><li>• Isolation from one's spiritual community</li><li>• Searching for a continuing bond with the deceased</li></ul>

# “Color Your Heart” Activity!

**Objective:** Allow children to identify feelings and develop vocabulary. Further demonstrating ways to promote healthy expression of emotion. This open-ended question allows us to see a child’s perspective.

Instructions:

1. Using crayons, colored pencils, or markers, I have the child choose what colors match each emotion for them.
  1. For example, angry might be red or sad might be blue.
2. Then the child colors in how much of their heart is feeling that emotion right now.
3. This information is then used as a conversation starter.
  1. In family sessions, this is used as a way to promote communication of feelings.



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Feelings Heart, Jessica Spence, [www.jessicaspence.com](http://www.jessicaspence.com), 2013

# Thank you for your time!



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