

# GRIEF WORKBOOK FOR KIDS AGES 4-6

CREATED BY

*Elias*

BEREAVEMENT SERVICES

IN COLLABORATION WITH DAWN ISAAK

ELIASBEREAVEMENTSERVICES.CA

A MEMORY BOOK ABOUT:

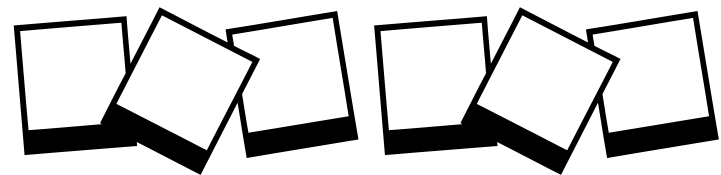
\_\_\_\_\_

WRITTEN BY:

\_\_\_\_\_

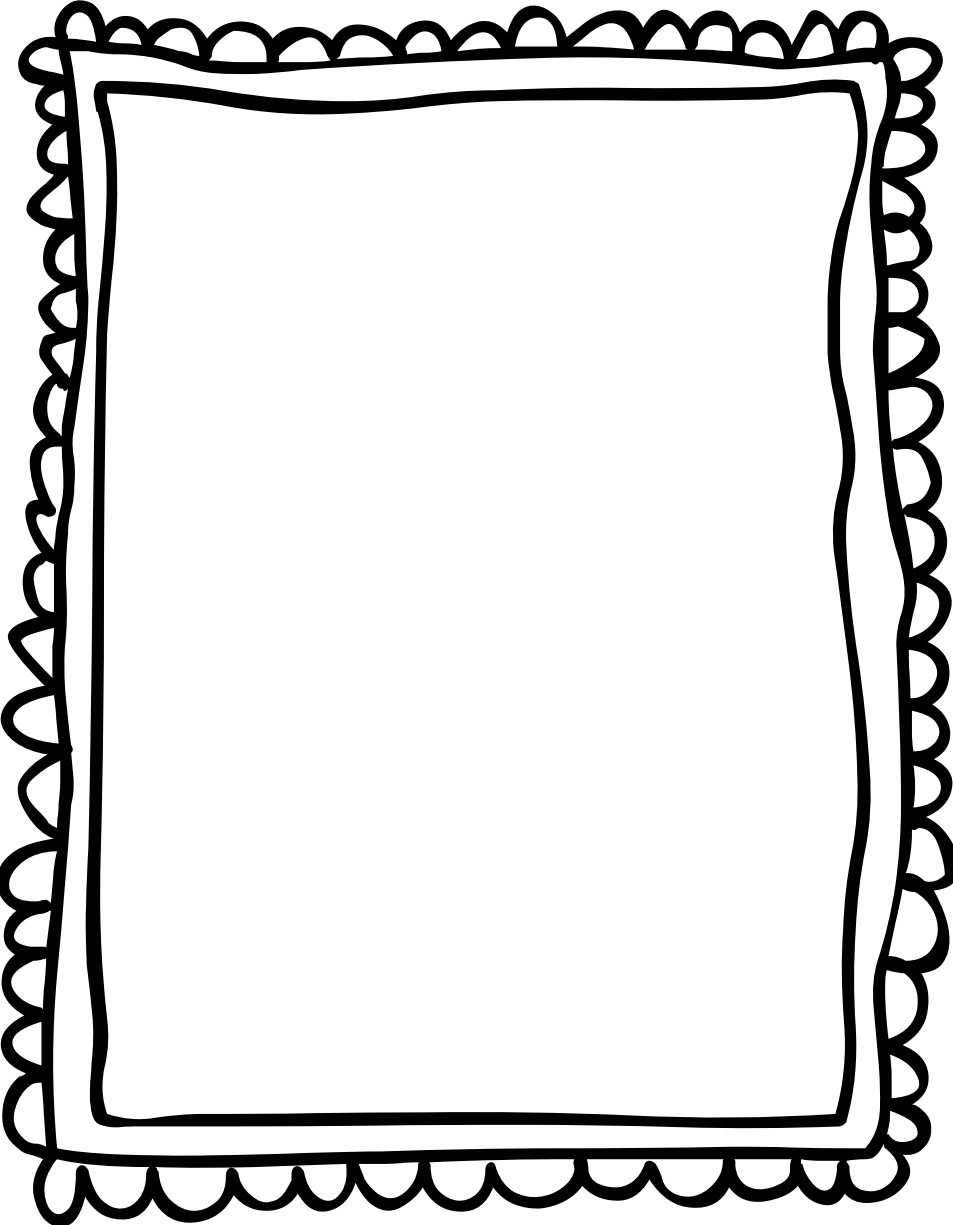
AND \_\_\_\_\_

(YOU AND WHOEVER HELPED PROCESS)



DRAW A PICTURE OF YOU AND

\_\_\_\_\_  
(MEMORY PERSON)



TALKING ABOUT

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ MAKES ME FEEL

WILL I ALWAYS FEEL SAD?



THIS BOOK IS MADE BY ME TO HELP ME  
REMEMBER \_\_\_\_\_.

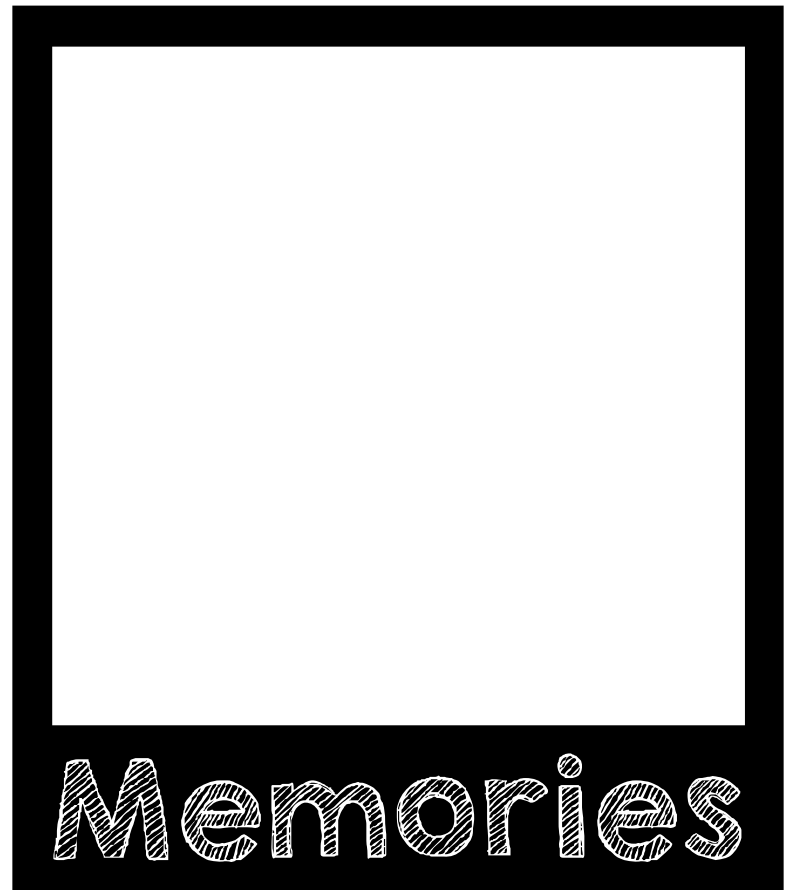
I LOVE \_\_\_\_\_.

I MISS \_\_\_\_\_.

I AM SAD I CANNOT SEE \_\_\_\_\_.

IS IT OKAY TO LAUGH WHEN I AM SAD?

WHAT CAN I DO OR SAY WHEN PEOPLE  
TELL ME "IT'S ALRIGHT" WHEN I KNOW  
IT ISN'T ALRIGHT?



I USED TO GO TO \_\_\_\_\_  
WITH \_\_\_\_\_.

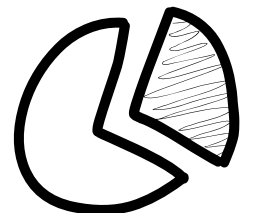
SOMETIMES WE WOULD GO \_\_\_\_\_  
\_\_\_\_\_.

WE USED TO EAT \_\_\_\_\_  
\_\_\_\_\_.

WE WOULD PLAY \_\_\_\_\_  
\_\_\_\_\_.

WHAT IS SOMETHING I CAN DO WHEN I  
FEEL SAD?

WHAT IS SOMETHING I CAN DO WHEN I  
MISS \_\_\_\_\_ ?



SOMETHING I WANT TO KNOW IS

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-----?

SOMETHING I AM AFRAID TO ASK IS

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-----?

WHO CAN I ASK ABOUT

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-----?

I WOULD LIKE TO TALK ABOUT

-----  
-----  
WITH -----



PEOPLE GET SAD WHEN THEY TALK ABOUT






I GET SAD WHEN I REMEMBER

I CRY WHEN I THINK ABOUT

I HAVE QUESTIONS ABOUT \_\_\_\_\_  
\_\_\_\_\_

I CAN ASK \_\_\_\_\_ MY  
QUESTIONS. THEY ALSO LOVE  
\_\_\_\_\_ SO THEY CAN  
HELP ME.

IS IT OKAY TO ASK QUESTIONS IF IT   
MIGHT MAKE SOMEONE ELSE SAD? EVEN  
IF IT MAKES THEM CRY?