

GRIEF WORKBOOK FOR KIDS AGES 6-10

CREATED BY

Elias

BEREAVEMENT SERVICES

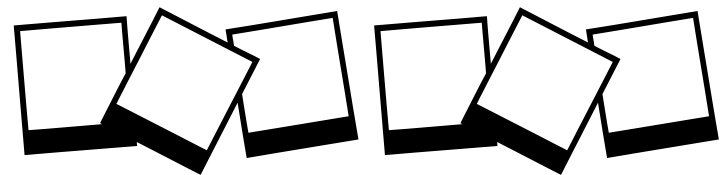
IN COLLABORATION WITH DAWN ISAAK

ELIASBEREAVEMENTSERVICES.CA

A MEMORY BOOK ABOUT:

WRITTEN BY:

WITH A LITTLE HELP FROM:



DRAW A PICTURE OF YOU AND

(MEMORY PERSON)

TALKING ABOUT

----- MAKES ME FEEL



Memories

WILL I ALWAYS FEEL SAD?



WHAT IS YOUR FAMILY LIKE?

IS IT OKAY TO LAUGH WHEN I AM SAD?

WHAT IS YOUR MOM'S NAME?

WHAT IS YOUR DAD'S NAME?

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

WHO ARE YOUR GRANDPARENTS?

DO YOU HAVE ANY SIBLINGS? ARE THEY
OLDER OR YOUNGER THAN YOU?

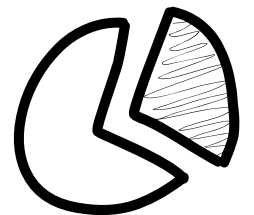
WHO IS THIS BOOK IN MEMORY OF?

DOES IT SOMETIMES FEEL LIKE YOU
MIGHT FORGET _____?

WHAT RELATIONSHIP TO YOU ARE THEY?

WHEN DID THEY DIE?

WHAT CAN YOU DO TO HELP YOURSELF
REMEMBER?



SOMETHING I WANT TO KNOW IS

-----?

SOMETHING I AM AFRAID TO ASK IS

-----?

WHO CAN I ASK ABOUT

-----?

HOW DID YOU FIND OUT THEY DIED?

HOW DID YOU FEEL WHEN YOU HEARD
THEY HAD DIED?

DO YOU HAVE ANY QUESTIONS ABOUT
THEIR DEATH?





WHAT ACTIVITIES DID YOU DO WITH
_____?

WHO CAN YOU TALK TO WHEN
MEMORIES OF _____
MAKE YOU SAD?

IS THERE SOMEONE ELSE YOU DO THAT
ACTIVITY WITH NOW?

WHAT CAN YOU DO TO HELP YOURSELF
FEEL BETTER WHEN YOU ARE SAD?