

THINGS FOR KIDS TO DO - REMEMBER

Someone that you care about a lot has died - Dealing with Grief

This exercise may help you to think about the person who died and to remember them.

The name of the person who died is

This person was my

The thing I liked best about this person is

My favorite thing to do with them was

They really liked

They didn't like

The thing I miss about them the most is

When I feel sad and lonely without them I can

When I want to talk about the person, I can



**TIP San Diego
County**

760-931-2104

www.tipsandiego.org

Scribble Drawings - Dealing With Death

Sometimes, when a person that we love dies, we get angry. It just seems so unfair. They were a good person who was always smiling or who made you feel good to be around them. But they have died and you can't spend time with them anymore.

A scribble drawing is a safe way to get out the angry feelings. Ask for permission to use a pencil and piece of paper. With your pencil, just start scribbling on the paper. You might want to make some angry noises like growling or shouting. Make sure you have a parent or other adult to help you and talk with you about your angry feelings. Anger is a natural way to feel when you are grieving as long as you don't hurt yourself or someone else when you are angry.

Make a Collage - Dealing With Grief

A collage is a poster of pictures or words. You can cut the picture or word out of magazines or newspapers. Please ask for permission before doing so.

Look through the magazines or newspapers for pictures or words that remind you of the person who died. You might find a picture of the kind of perfume they wore or maybe of a person doing something that they did, like running or sewing. Maybe you will find their first name or the name of the city they lived in. There are many things you can find to help you remember this person who has died.

It is also important to show someone your collage and talk with them about it. Sharing your stories about the person who died will help you grieve.

