

COPING  
WITH *Grief*  
KIDS EDITION

THIS GRIEF BOOKLET BELONGS TO:

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NAME(S) OF MY SPECIAL PERSON OR PEOPLE WHO  
HAVE DIED:

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# WELCOME TO YOUR GRIEF BOOKLET

THIS BOOKLET OF INFORMATION AND ACTIVITIES ARE TO HELP SUPPORT YOU THROUGH YOUR GRIEF AFTER THE DEATH OF SOMEONE YOU KNEW. IT GIVES YOU A SPACE TO PROCESS YOUR THOUGHTS AND EMOTIONS. IT WILL ALSO HELP YOU LEARN SOME COPING STRATEGIES FOR THE TOUGH DAYS YOU MAY BE HAVING NOW, AND IN THE FUTURE.

YOU MAY WANT TO USE THIS BOOKLET IN A PRIVATE OR COMFORTABLE SPOT, LIKE IN YOUR BEDROOM WITH SOME OF YOUR FAVOURITE THINGS CLOSE TO YOU.

IT MAY BE HELPFUL TO FIND AN ADULT WHO CAN HELP YOU WITH THESE ACTIVITIES OR ANSWER ANY QUESTIONS YOU MAY HAVE. SINCE THIS BOOKLET IS YOURS, FEEL FREE TO DECORATE, DRAW, OR COLOR IN IT AS YOU WISH!

## HOW YOU MAY FEEL

LISTED BELOW ARE SOME COMMON EMOTIONS YOU MAY BE FEELING AFTER YOUR SPECIAL PERSON HAS DIED. ANY EMOTION YOU FEEL IS NORMAL. SOME KIDS FEEL SAD FOR A WHILE, BUT THEN THEY FEEL HAPPY AND THAT'S OKAY. YOUR EMOTIONS WILL CHANGE OFTEN.

**FRUSTRATED**

**SORROW**

**HAPPY**

**MAD**

**SAD**

**GUILT**

**RELIEF**

**STRESS**

**SHOCK**

**ANGRY**

**CONFUSED**



# THINGS I CAN DO WHEN I FEEL SAD

IT IS IMPORTANT TO KNOW THAT YOU WON'T ALWAYS FEEL SO SAD. FEELING SAD IS PART OF GRIEF. EXPRESSING YOUR SADNESS IS A WAY TO HELP YOU FEEL BETTER. BELOW IS A LIST OF WAYS TO EXPRESS YOUR SADNESS:

- ASK SOMEONE FOR A HUG
- CUDDLE SOMETHING SOFT LIKE A BLANKET OR A STUFFED ANIMAL
- TALK ABOUT YOUR FEELINGS WITH AN ADULT OR ASK THEM ANY QUESTIONS YOU HAVE
- LET OUT SADNESS BY CRYING
- REMIND YOURSELF IT IS OKAY TO FEEL SAD AND THAT IT WON'T LAST FOREVER
- DRAW A PICTURE OR WRITE ABOUT YOUR SADNESS

## HOW YOUR BODY MAY FEEL

LISTED BELOW ARE SOME COMMON REACTIONS YOU MAY FEEL IN YOUR BODY AFTER YOUR SPECIAL PERSON HAS DIED. THESE REACTIONS ARE NORMAL BUT YOU SHOULD TELL A TRUSTED ADULT HOW YOU ARE FEELING.

**CRYING**

**STOMACH ACHE**

**DO NOT FEEL  
HUNGRY**

**TROUBLE SLEEPING**

**TREMBLING**

**HEADACHES**

**PANICKING**

**EXHAUSTED**

# HOW TO RELAX

YOU CAN MAKE YOURSELF FEEL BETTER WHEN YOUR BODY IS RELAXED. THE FOLLOWING ACTIVITIES WILL HELP CALM YOUR BODY AND MIND.

## SHOULDER SCRUNCH

1. BRING YOUR SHOULDERS UP TO YOUR EARS AND HOLD 2 SECONDS
2. RELAX YOUR SHOULDERS AND MOVE THEM AROUND UNTIL YOU FEEL MORE RELAXED
3. DO THIS WHEN YOU FEEL TENSE OR UPSET

## SPAGHETTI TECHNIQUE

1. STAND UP STRAIGHT AND STIFF, TIGHTENING YOUR BODY LIKE UNCOOKED SPAGHETTI
2. HOLD THIS POSITION FOR 3 SECONDS
3. GO LIMP AND WIGGLE YOUR MUSCLES LIKE COOKED SPAGHETTI
4. REPEAT AS NECESSARY UNTIL YOUR MUSCLES FEEL RELAXED

# HOW TO RELAX

## FEATHER BREATHING

1. TAKE A FEATHER (OR A LONG STRIP OF PAPER)
2. HOLD THE FEATHER OUT IN FRONT OF YOUR MOUTH
3. INHALE FOR 4 SECONDS THROUGH YOUR NOSE (PLACE A HAND ON YOUR STOMACH TO FEEL YOUR STOMACH MOVE OUTWARDS)
4. HOLD YOUR BREATH FOR 2-4 SECONDS
5. EXHALE THROUGH YOUR MOUTH FOR 4 SECONDS AND WATCH THE FEATHER MOVE

5-4-3-2-1

WHILE SITTING IN A CALM, COMFORTABLE POSITION:

LIST 5 THINGS YOU CAN SEE

LIST 4 THINGS YOU CAN TOUCH

LIST 3 THINGS YOU CAN HEAR

LIST 2 THINGS YOU CAN SMELL

LIST 1 THING YOU CAN TASTE

# FINGER LABYRINTH

TRACE YOUR FINGER ALONG THE PATH AS A GROUNDING AND  
SOOTHING TOOL



# WRITING A LETTER TO YOUR SPECIAL PERSON

DEAR \_\_\_\_\_,

I REALLY LIKED WHEN WE

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ONE THING I WANT YOU TO KNOW ABOUT ME NOW IS

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I WISH WE

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I HOPE

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THANK YOU FOR

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LOVE,

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P.S. ONE MORE THING I WANT TO TELL YOU IS

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# WORRY NINJAS (WORRY DOLLS).

ORIGINATING FROM GUATEMALA, WORRY NINJAS FIGHT YOUR WORRIES WHILE YOU SLEEP! BEFORE YOU GO TO BED, TELL YOUR WORRY NINJA ANY WORRIES OR FEARS YOU MAY HAVE AND PLACE THEM UNDER YOUR PILLOW. YOUR WORRY NINJAS WILL FIGHT OFF YOUR WORRIES WHILE YOU SLEEP!





## WORRY NINJA INSTRUCTIONS:

1. FORM A PERSON OUT OF A PIECE OF PIPE CLEANER
2. TIE SMALL PIECES OF YARN THROUGH THE LOOP AT THE TOP OF THE HEAD TO MAKE HAIR
3. TAKE A LONG PIECE OF YARN AND WRAP IT ALL OVER THE BODY OF YOUR NINJA, STARTING AT THE HEAD AND WORKING DOWN
4. ASK AN ADULT TO HOT GLUE LOOSE ENDS ON THE NINJA'S BACK, OR TIE THE ENDS TOGETHER
5. ATTACH A BELT (DIFFERENT COLOUR YARN) IF YOU WISH
6. DRAW A FACE ON YOUR NINJA WITH MARKERS

# MY GRIEF SUPPORT LIST

ANSWER THE FOLLOWING SECTIONS BY WRITING OR DRAWING TO CREATE YOUR LIST OF PEOPLE, PLACES AND THINGS THAT SUPPORT YOUR GRIEF.

ONCE COMPLETED, REFER TO IT AS OFTEN AS YOU NEED TO REMIND YOURSELF THAT THERE ARE PEOPLE, PLACES AND THINGS THAT SUPPORT YOU!

PEOPLE WHO SUPPORT ME WITH MY GRIEF:

PLACES THAT SUPPORT ME WITH MY GRIEF:

THINGS THAT SUPPORT ME WITH MY GRIEF:

# MEMORY PAGE

USE THE SPACE BELOW TO DRAW OR GLUE A PICTURE, OR WRITE ABOUT  
YOUR FAVOURITE MEMORIES WITH YOUR SPECIAL PERSON.



## OTHER THINGS TO TRY

EXERCISE: GETTING OUT AND MOVING YOUR BODY IS A GREAT WAY TO RELEASE ENERGY. SOMETIMES YOU NEED A PHYSICAL OUTLET TO LET OUT BIG EMOTIONS LIKE ANGER, FRUSTRATION AND SADNESS. TRY GOING FOR A WALK, PLAYING A SPORT OR EVEN DOING SOME JUMPING JACKS.

USING COMFORT TOOLS: SOME OPTIONS ARE STRESS BALLS, SLIME, PLAY DOUGH, BLANKETS, STUFFED ANIMALS, OR WEARING SPECIAL JEWELRY. USING THESE TOOLS CAN HELP CALM US, GROUND US, AND ALLOW US TO PROCESS OUR EMOTIONS.

## OTHER THINGS TO TRY

CRYING: CRYING IS A HEALTHY WAY TO RELEASE OUR EMOTIONS. CRYING IS A COMMON COPING TOOL PEOPLE USE TO LET OUT THEIR SADNESS, ANGER, AND OTHER EMOTIONS

PUTTING GRIEF DOWN: ALTHOUGH IT MAY SEEM ODD, YOU CAN PUT YOUR GRIEF DOWN AND TAKE A BREAK. IT'S OKAY TO LAUGH, PLAY, AND RETURN TO REGULAR ACTIVITIES, EVEN AFTER YOUR SPECIAL PERSON HAS DIED.

# QUESTIONS

IT'S NORMAL TO HAVE QUESTIONS WHEN WE HAVE A SPECIAL PERSON WHO IS SICK OR HAS DIED. YOU CAN MAKE A LIST OF QUESTIONS THAT YOU'VE THOUGHT ABOUT AND WRITE THEM BELOW. ASK YOUR QUESTIONS TO AN ADULT YOU TRUST.

1. \_\_\_\_\_

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2. \_\_\_\_\_

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3. \_\_\_\_\_

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4. \_\_\_\_\_

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5. \_\_\_\_\_

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# WRITING/DRAWING IDEAS

SOME KIDS FIND IT HELPFUL TO WRITE ABOUT THEIR GRIEF OR DRAW PICTURES. YOU WILL FIND SOME IDEAS BELOW:

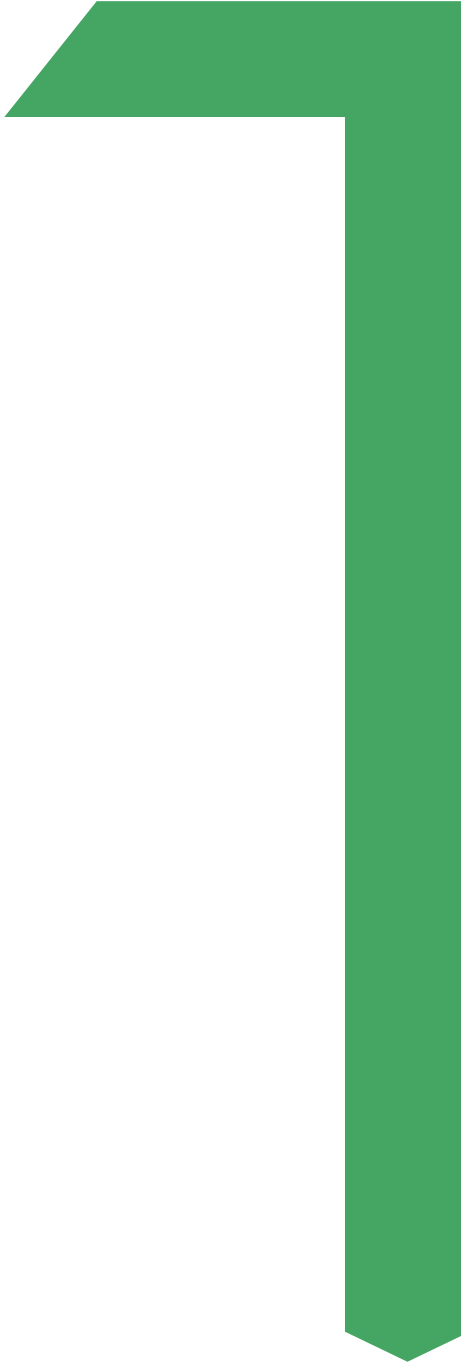
- IF YOU ATTENDED THE FUNERAL, WHAT WAS THAT EXPERIENCE LIKE? IF YOU DIDN'T ATTEND, WHAT DO YOU IMAGINE IT WOULD BE LIKE?
- WHAT DO YOU REMEMBER ABOUT WHEN YOUR SPECIAL PERSON DIED?
- SOME OF MY FAVOURITE MEMORIES OF MY SPECIAL PERSON ARE...
- PLACES OR THINGS THAT REMIND ME OF MY SPECIAL PERSON ARE...
- WHO, OR WHAT HAS BEEN HELPFUL TO YOU AND YOUR FAMILY AFTER YOUR SPECIAL PERSON DIED?

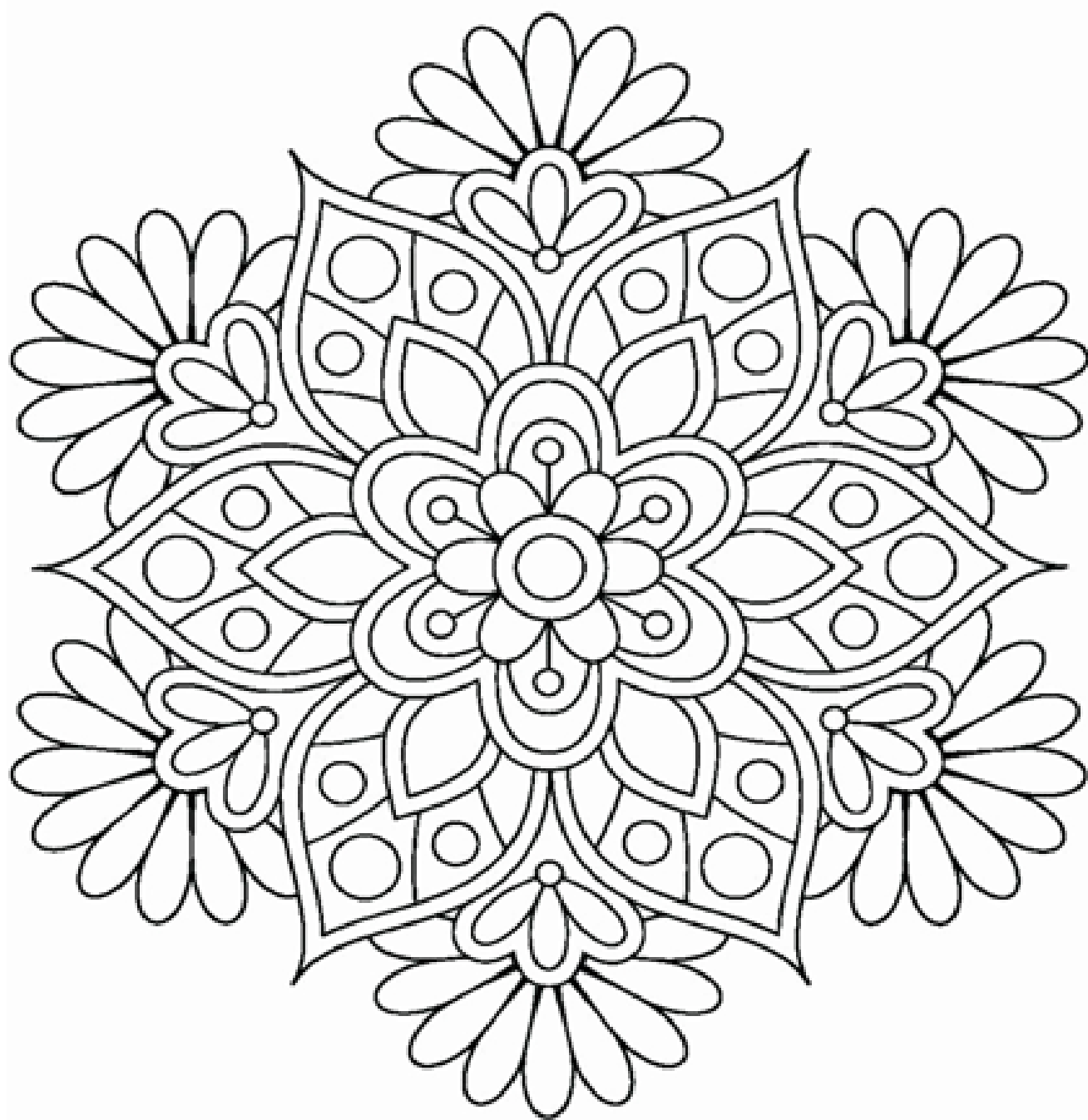
# CREATIVE SPACE

YOU CAN USE THE NEXT FEW PAGES AS FREE CREATIVE SPACE  
TO DRAW, WRITE, OR CREATE AS YOU WISH



CREATIVE SPACE





# DEATH DICTIONARY

ADAPTED FROM LIANA LOWENSTEIN

DEAD: WHEN A PERSON'S BODY STOPS WORKING AND BREATHING

GRIEF: FEELINGS, THOUGHTS, AND REACTIONS PEOPLE HAVE  
WHEN SOMEONE DIES

FUNERAL: A CEREMONY TO HONOUR AND REMEMBER THE PERSON WHO DIED

FUNERAL HOME: THE PLACE WHERE PEOPLE GO TO ATTEND A FUNERAL

MORTICIAN/FUNERAL DIRECTOR: THE PERSON WHO PREPARES THE BODY FOR THE  
FUNERAL

COFFIN/CASKET: A WOODEN OR STEEL BOX THAT HOLDS THE BODY OF THE PERSON  
WHO DIED

MAUSOLEUM: A SPECIAL BUILDING OR TOMB THAT HOLDS THE DEAD BODY

CEMETERY/GRAVE: THE PLACE WHERE DEAD BODIES ARE BURIED

CREMATION: WHEN A DEAD BODY IS BURNED IN VERY HIGH HEAT AND TURNED TO ASHES. SINCE A DEAD BODY DOES NOT FEEL ANY PAIN, CREMATION DOES NOT HURT.

OBITUARY: AN ANNOUNCEMENT IN THE NEWSPAPER/ONLINE TELLING ABOUT A PERSON'S DEATH

EULOGY: A SPEECH MADE ABOUT THE PERSON WHO DIED TO HONOUR HIS OR HER LIFE

TOMBSTONE/HEADSTONE: A STONE THAT IS PUT ON THE GRAVE WHERE THE BODY IS BURIED. IT USUALLY HAS THE PERSON'S NAME, YEAR THEY WERE BORN, AND YEAR THEY DIED.

MEMORY: SOMETHING YOU REMEMBER ABOUT THE PERSON WHO DIED OR SOMETHING YOU DID WITH THEM.

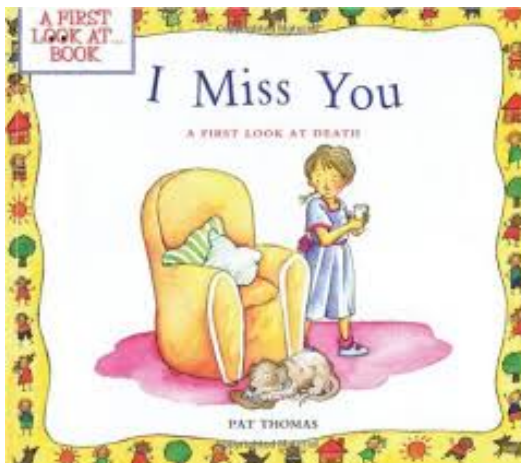
URN: A CONTAINER THAT HOLDS THE ASHES OF THE PERSON WHO DIED AFTER THE BODY HAS BEEN CREMATED

# RESOURCES



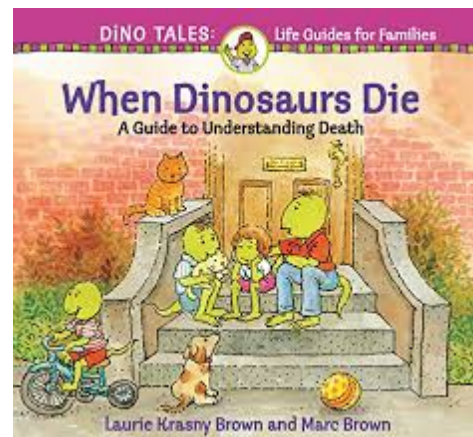
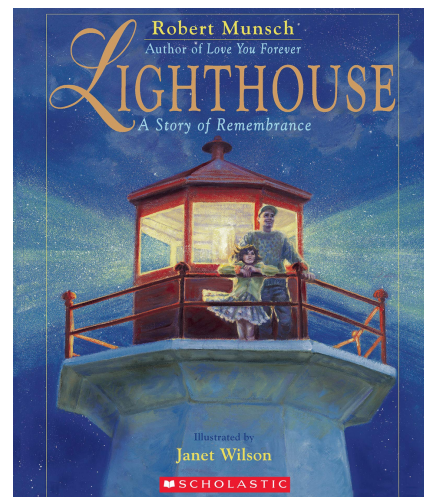
The Dougy Center  
*The National Center for Grieving Children & Families*

## THE DOUGY CENTRE



## COLCHESTER EAST HANTS

## HOSPICE SOCIETY



THESE TITLES, AMONG OTHERS ARE AVAILABLE TO BORROW FROM CEH HOSPICE OFFICE



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