

My Grief Companion Workbook

A Gentle Guide for Kids 11 and Under

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A NOTE TO YOU

When someone we love dies, our heart feels sad and heavy. This is called grief. Sometimes grief shows up as tears, sometimes as anger, and sometimes it just feels like missing someone so much.

This workbook is your special place. You can write, draw, colour, and even scribble if you want. There is no “right” way to grieve. You can take your time. You are not alone.



UNDERSTANDING FEELINGS

What is Grief?

Grief is the word for the big feelings you have when someone important is gone.

You might feel:

- Sad 😢 because you miss them.
- Mad 😡 because it feels unfair.
- Confused 🤔 because you don't understand why.
- Lonely 💔 because you want them near.
- Happy 😊 when remembering a funny or loving moment.

Remember: All feelings are okay.

You're Not Alone

Everyone in the world experiences grief. Some show it by crying, others by being quiet, and some by playing or laughing. All are normal.



GENTLE WRITING & DRAWING PROMPTS

- Today, I feel like... (Draw or write)
- Something I miss about them is...
- If I could tell them something right now, I would say...
- I feel close to them when...
- A memory that makes me smile is...
- A small kind thing someone did for me was...



Tip: You don't always have to write words. You can doodle, colour, or draw shapes and faces.

MEMORY PAGES

Their Story

Let's create a mini scrapbook of the person you love.

- Full Name: _____
- Nickname(s): _____
- Birthday: _____
- Favourite Colour: _____
- Favourite Food: _____
- Favourite Song: _____
- Something they always said: _____
- Job, hobby, or talent they had: _____

Activity: Draw or paste a picture of them.



Favourite Memories

Here's where you can collect your happiest moments.

- A holiday we spent together: _____
- A funny story: _____
- A time they helped me: _____
- A time we laughed until our bellies hurt: _____
- The best gift they gave me (big or small): _____

Activity: Draw a comic strip of a funny moment with them.



Special Days & Traditions

Sometimes we remember our loved ones on special days.

- My favourite birthday with them was when...
- A holiday we enjoyed together was...
- Something special we always did together was...

Activity : Make a “Tradition Tree.” Draw a tree and write/draw traditions on the branches (old traditions you’ll keep, new ones you want to start).



The Senses of Memory

Memories aren't just thoughts - they live in our senses.

- A smell that reminds me of them: _____
- A song that reminds me of them: _____
- A place that reminds me of them: _____
- A food that makes me think of them: _____

Activity: Draw a picture of the place where you feel closest to them.



Memory Collage

Cut out or paste photos, or draw your own. You can also collect small things like a pressed flower, a ticket stub, or a sticker that reminds you of them.

Things I Wish I Could Tell Them

“I wish I could tell you...” _____

My Symbol for Them

Think of something that reminds you of them — an animal, a flower, a star, or even a shape. Draw it here. This can be their symbol that you use when you want to remember them.

Creative Space

This page is just for you. Draw, colour, or write whatever you like.

MY FEELINGS TRACKER

Weekly Grief Log

Use this chart to track your emotional patterns (photocopy it if needed):

Day					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					



Monthly Reflections

- Something that made me smile this month was...
- Something that made me cry was...
- Something that helped me feel better was...
- Someone who was kind to me was...

Caring for Me

Circle or colour what you did today:

- Ate breakfast/lunch/dinner
- Played or moved my body
- Talked to someone who cares
- Rested and took a break
- Did something that made me laugh



IF I'M NOT READY

Thinking about the future can feel big and scary. You don't have to plan everything now. You can just dream.

- On birthdays, I'd like to...
- A place that makes me feel close to them is...
- I feel comforted when...
- If I could leave a note for my loved ones, it would say...



A LETTER TO THE ONE I MISS

Dear _____,

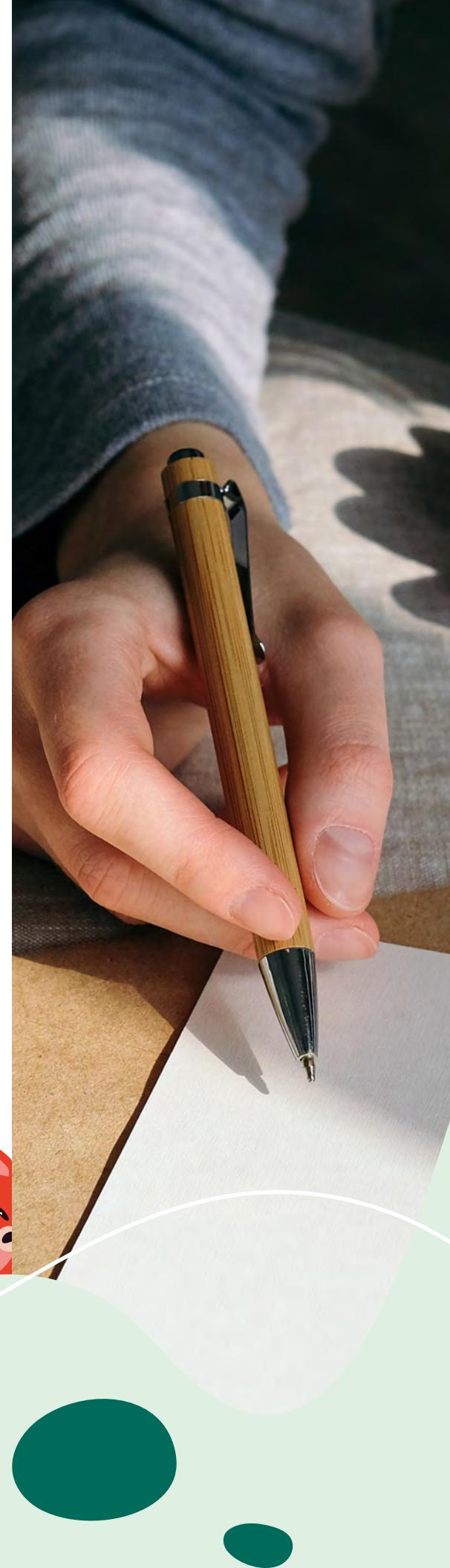
I miss you because...

One of my favourite memories with you is...

If I could tell you one more thing, it would be...

Love, _____

Activity: Decorate the page with drawings or stickers.



TODAY, I REMEMBER...

Draw or paste a photo here.

“I remember you when...” _____

My Self-Care Promise

This week, I promise to:

- Be gentle with myself by...
- Do one thing that makes me smile...
- Take breaks when I need to...
- Ask for help if I need it.

My calming words for hard days:

“ _____ ”

Signature (if I want): _____



ASKING FOR HELP

It's okay to ask for help. You might say:

- “Can you sit with me?”
- “I need a hug.”
- “Can we look at old pictures together?”

Write down people who can help me:

- My family: _____
- My teacher: _____
- My friend: _____
- Another trusted person: _____

REMEMBERING IN SPECIAL WAYS

Here are some ideas:

- Light a candle with an adult.
- Plant a flower or tree.
- Make a memory box with photos, drawings, and treasures.
- Create a playlist of songs that remind you of them.
- Draw them doing something they loved.

Activity: Circle the ideas you'd like to try.



HELPFUL RESOURCES FOR KIDS

- Talking to a trusted grown-up.
- Drawing and colouring.
- Reading storybooks about loss.
- Joining a kids' support group.
- Spending time outside in nature.

