

Grandparent Loss Grief Workbook for Adolescents

A private space for memories, changing family life, and support • Approximately ages 13 to 17

My name _____ My grandparent's name _____

I called them _____ Date started _____

A grandparent may have been a caregiver, teacher, friend, or connection to family history. Grief may bring many feelings, including moments that feel ordinary. Use these pages in any order. You can write, draw, talk, or skip a page.



Our relationship

A grandparent may have been a mentor, caregiver, family anchor, or someone who understood you.

What I admired about them

A lesson, value, or tradition they gave me

A memory I want to preserve



Mixed feelings

Sadness, relief, anger, guilt, gratitude, numbness, and worry about family members can coexist.

What I miss most right now

A feeling I have not shared

What I wish others understood



School and daily life

Grief can affect sleep, school, activities, and friendships. You can ask for specific support.

A change I have noticed

Support that might help	Person I can ask
A quiet break or counselor check-in	
Flexible deadline or reduced workload	
Something else	

Words I can use: “I am missing my grandparent today. I need someone to listen.”



Continuing their legacy

You can choose if or how to carry a part of them forward.

A quality I want to carry forward

A recipe, story, song, or tradition I want to learn

One way I can honor them



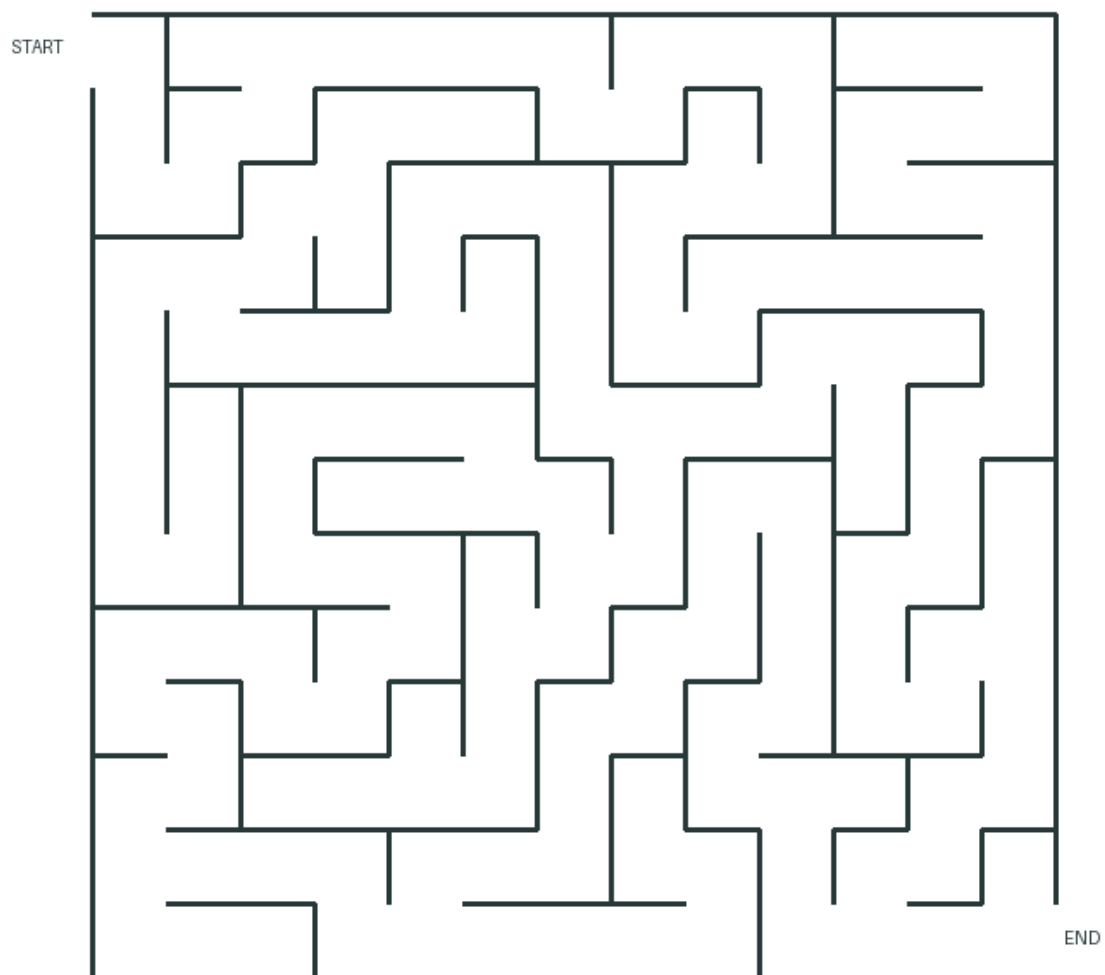
A quiet drawing space

Sketch a memory, symbol, or place connected with your grandparent.



A quiet maze

Trace the path at your own pace.



When I need more help

If grief feels unmanageable, reach out to a trusted person, counselor, or health professional.

If you feel unsafe or think about harming yourself, call or text 988 in the United States. For immediate danger, call 911 or go to an emergency department. Children and teens should tell a trusted adult right away. Elsewhere, use local crisis and emergency services.



30 day guided journal

These prompts come from the source document. Use them in any order, repeat one, or leave pages blank.

Day 1

Describe your grandparent as a person, beyond their role in the family.

Day 2

What made your relationship with them unique?



Day 3

What everyday moment do you miss most?

Day 4

What value or lesson did they teach you?



Day 5

What family story did they tell or represent?

Day 6

Write about a time they made you feel understood.



Day 7

Write a letter beginning with: "Today I wish I could tell you..."

Day 8

What part of this loss feels hardest to explain to others?



Day 9

What emotion has been strongest this week?

Day 10

What does grief feel like in your body?



Day 11

What helps you feel grounded or calmer?

Day 12

What do you wish people knew about your grandparent?



Day 13

What is difficult about family gatherings now?

Day 14

What support do you need from your family?



Day 15

What object, photo, food, song, or place reminds you of them?

Day 16

What is one funny or joyful memory?



Day 17

What is one regret or “if only” thought you carry?

Day 18

What was outside your control?



Day 19

What would you say to a friend grieving a grandparent?

Day 20

What family tradition would you like to continue?



Day 21

What quality of your grandparent do you see in yourself?

Day 22

What does loneliness look like for you?



Day 23

Who can you talk to honestly about your grief?

Day 24

What upcoming holiday, birthday, or event may be difficult?



Day 25

What could help you through that day?

Day 26

What does honoring your grandparent mean to you?



Day 27

Describe a time you felt comfort, laughter, or peace. You do not need to feel guilty for it.

Day 28

What is one boundary that would protect your energy right now?



Day 29

What are you learning about grief?

Day 30

Finish this sentence:



30 day feelings and support tracker

Use a word or short note if it helps. This is a record, not a measure of progress.

Day	Feeling	Energy 0–5	Support or note
1			
2			
3			
4			
5			



GRIEF / GRANDPARENT LOSS / ADOLESCENTS

Day	Feeling	Energy 0–5	Support or note
6			
7			
8			
9			
10			



GRIEF / GRANDPARENT LOSS / ADOLESCENTS

Day	Feeling	Energy 0–5	Support or note
11			
12			
13			
14			
15			



GRIEF / GRANDPARENT LOSS / ADOLESCENTS

Day	Feeling	Energy 0–5	Support or note
16			
17			
18			
19			
20			



GRIEF / GRANDPARENT LOSS / ADOLESCENTS

Day	Feeling	Energy 0–5	Support or note
21			
22			
23			
24			
25			



GRIEF / GRANDPARENT LOSS / ADOLESCENTS

Day	Feeling	Energy 0–5	Support or note
26			
27			
28			
29			
30			



Closing reflection

There is no deadline for this page.

What helped, even slightly

What remains difficult

What support I need next

A way I honored my grandparent

