

Grandparent Loss Grief Workbook for Children

A gentle workbook for memories, feelings, and comfort • Approximately ages 6 to 12

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.

A safe grown-up who can help me



My grandparent

You may miss their voice, stories, visits, meals, hugs, or something else. Nothing you thought, said, wished, or did caused their death.

Three things I remember about my grandparent

A favorite thing we did together



My feelings today

Circle any words that fit. You can feel more than one thing or feel okay sometimes.

sad • mad • worried • scared • confused • lonely • tired • calm • happy • other

My biggest feeling today

Something I need today



Questions and comfort

A safe grown-up can listen and answer questions in words you understand.

A question I have

The grown-up I can ask

When I miss my grandparent, I can try

Ideas: look at a photo, tell a story, draw, ask for a hug, hold a comfort item, or go outside.



My memory box

Draw or write about things you might keep: a picture, card, recipe, story, or small keepsake.

Things I would put in my memory box

A memory I want to keep



A letter to my grandparent

You can write something you wish you could tell them. You can keep this letter private.

Dear _____,

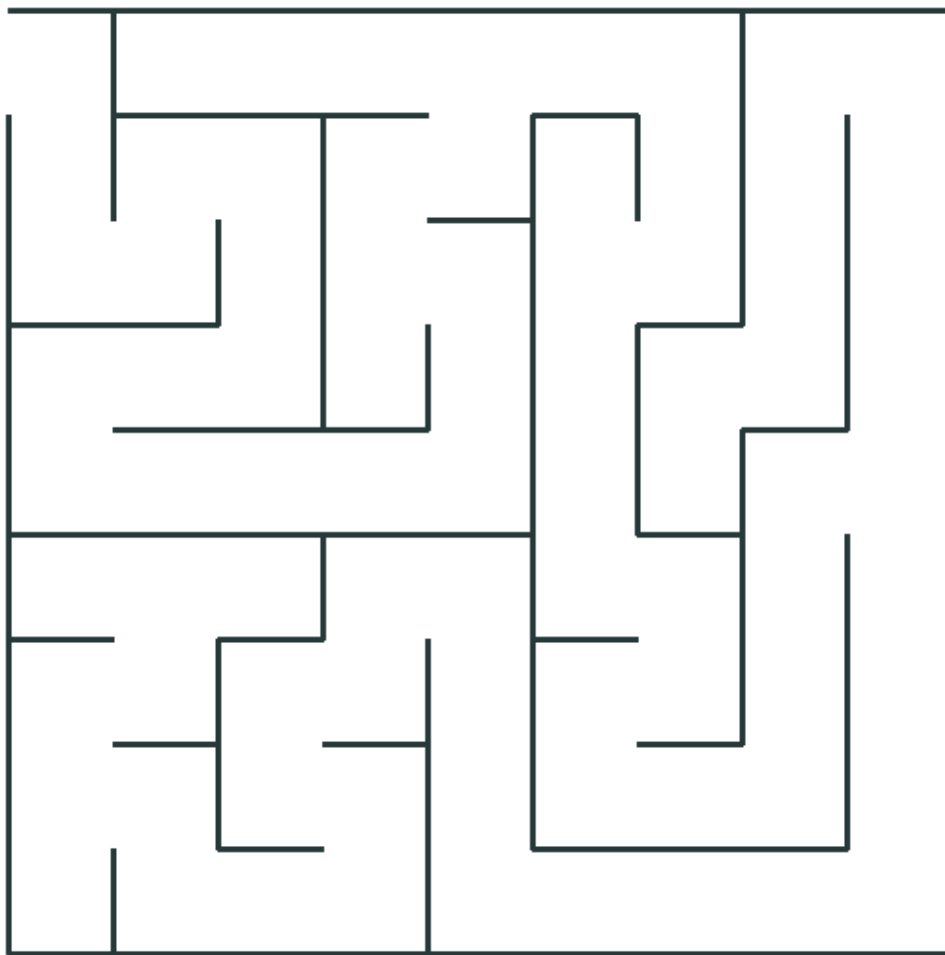


A memory picture

Draw a favorite moment, place, or tradition you shared.



START



END



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

Draw your grandparent.

Day 2

What did you call your grandparent?



Day 3

What was your grandparent good at?

Day 4

What food, song, place, or smell reminds you of them?



Day 5

What is your favorite memory with your grandparent?

Day 6

What did you like to do together?



Day 7

What do you miss today?

Day 8

What was something funny your grandparent did?



Day 9

Draw a place where you and your grandparent spent time.

Day 10

What is one thing your grandparent taught you?



Day 11

What feeling is biggest today?

Day 12

Who helps you when you feel sad?



Day 13

What helps your body feel calm?

Day 14

Write or draw something you wish you could tell your grandparent.



Day 15

What is one thing your grandparent loved?

Day 16

What is hard about your grandparent not being here?



Day 17

What is one happy story about your grandparent?

Day 18

What would you put in a memory box?



Day 19

What is one thing that makes you feel safe?

Day 20

What family tradition reminds you of your grandparent?



Day 21

What is one kind thing you can say to yourself?

Day 22

Who else misses your grandparent?



Day 23

What can you do when you feel lonely?

Day 24

Draw a heart and write your grandparent's name inside it.



Day 25

What is something you are proud of yourself for doing?

Day 26

What would your grandparent want you to remember?



Day 27

What makes you smile today?

Day 28

What is one way you can honor your grandparent?



Day 29

What have you learned 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 / CHILDREN

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



GRIEF / GRANDPARENT LOSS / CHILDREN

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



GRIEF / GRANDPARENT LOSS / CHILDREN

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



GRIEF / GRANDPARENT LOSS / CHILDREN

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



GRIEF / GRANDPARENT LOSS / CHILDREN

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

