

My Grief and Feelings Workbook

A gentle place to draw, color, remember, and ask for help. For ages approximately 6 to 12.

My name: _____ Date started: _____

You may skip pages, take breaks, and return later. Grief can follow death or another important loss or change. Feelings may shift from day to day; there is no required order or schedule.

A grown-up who can help me with this book: _____

What grief can feel like

Grief can show up in our hearts, thoughts, bodies, and everyday lives. You might feel sad, angry, confused, worried, numb, or okay. All of those feelings can happen.

Someone or something I miss:

My feelings check in

Circle any words that fit: sad • mad • worried • confused • lonely • numb • scared • tired • okay • hopeful

Today my feeling is: 1 • 2 • 3 • 4 • 5 (small to big)

If my feeling had a color or weather, it would be:



Feelings can come in waves

A wave can get bigger, smaller, or return later. Feeling okay or enjoying play does not mean you have forgotten someone.

A feeling I notice	A safe thing I can try
Sad or lonely	Tell someone, cry, draw, or rest
Mad	Move, squeeze a pillow, or tear scrap paper
Worried or confused	Ask a trusted grown-up a question
My feeling	_____



My coping toolbox

Write or draw ideas such as a safe person, a comforting object, a favorite activity, a quiet place, or a memory.

What helps me	When I can use it

Belly breathing

Put a hand on your belly. Breathe in gently, then breathe out slowly as if blowing a bubble. Try a few times if it feels good.

Afterward I notice:

My safe people

Person	How I can ask for help

I can say: "I have big feelings. Can you sit with me or help me?"



A memory I want to keep

Draw, write, or tell a grown-up about a memory. What happened? What do you want to remember?

My worry plan

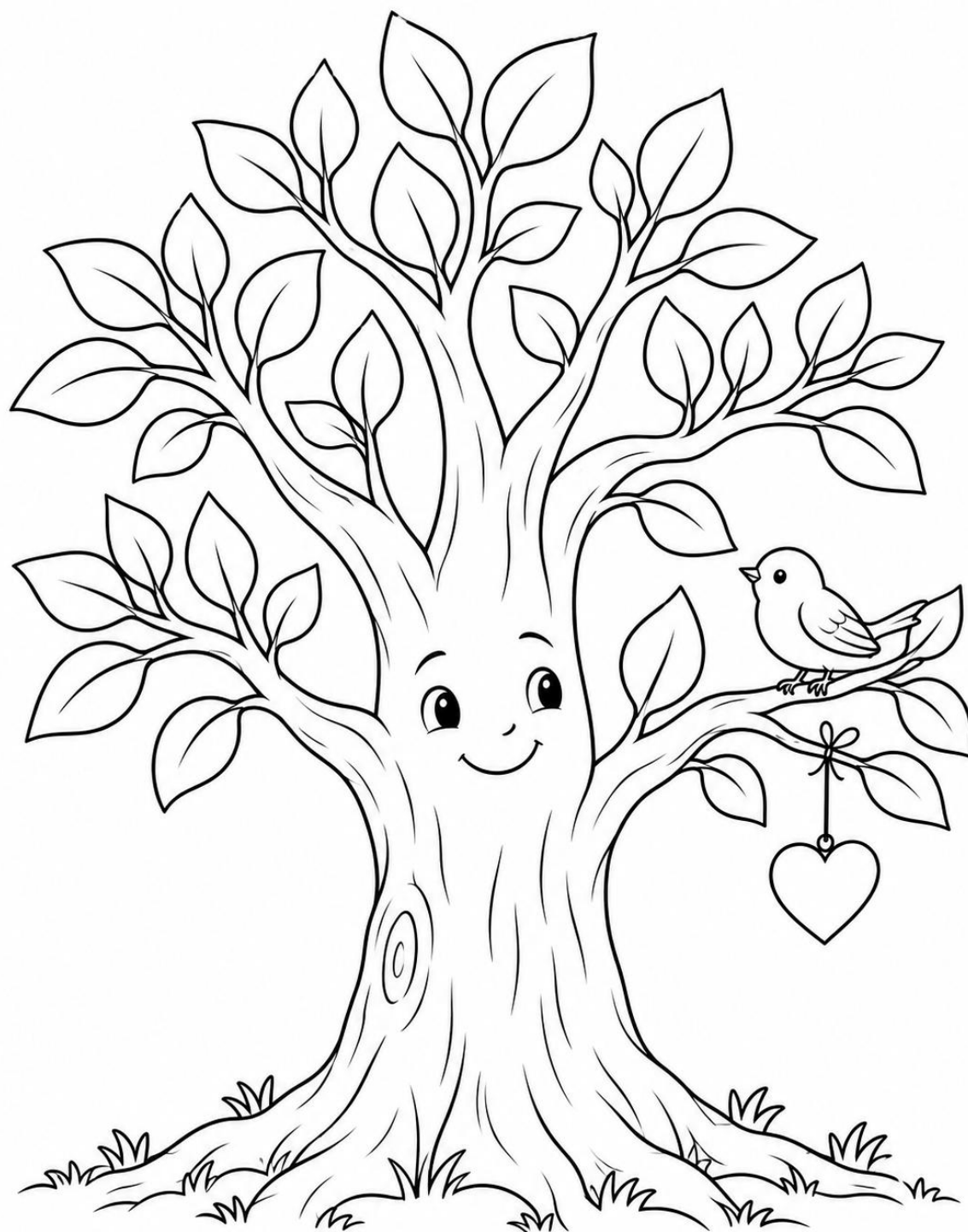
A question or worry I have:

A grown-up who can help me find an answer:



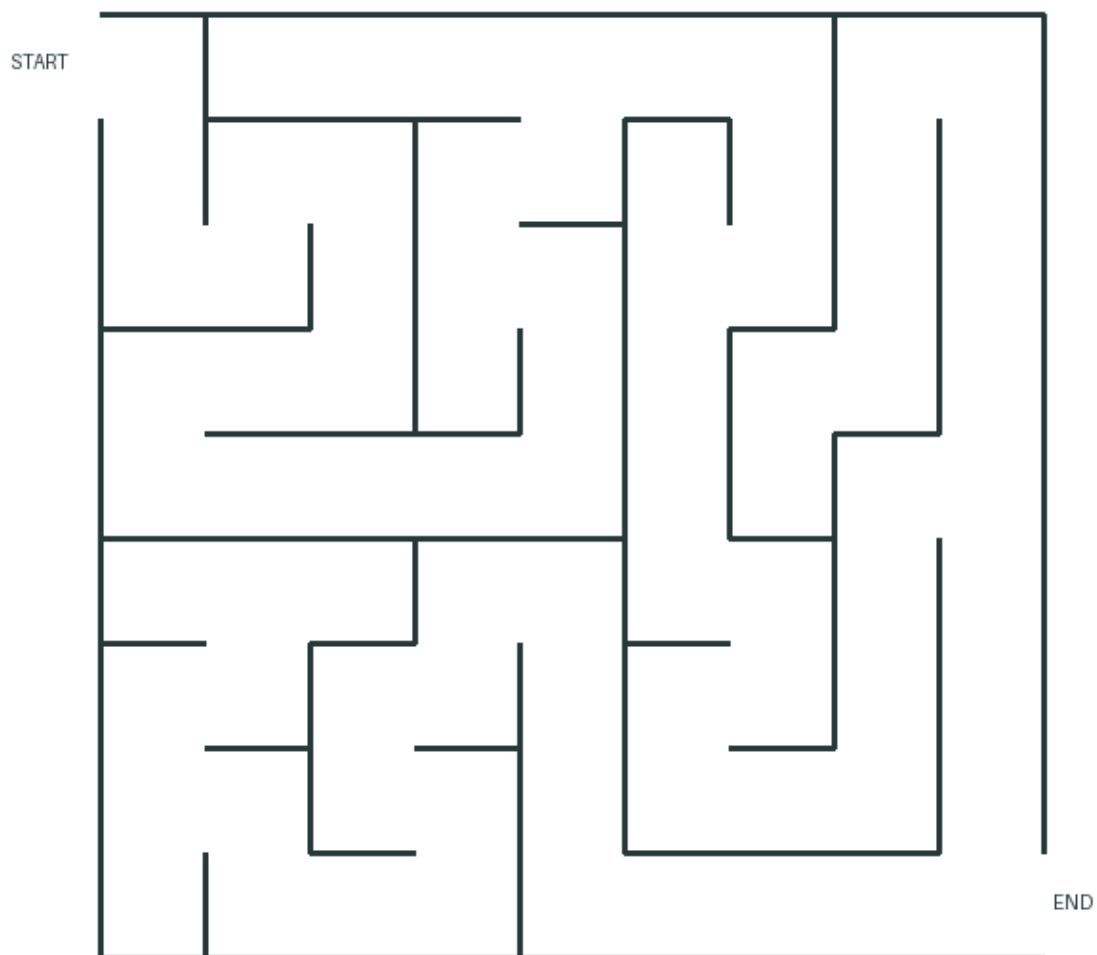
Color a place to remember

Choose colors that match your feelings, or any colors you like. You can leave it unfinished.



Help the path reach its end

Trace the route from START to END. You can ask someone to do it with you.



When to get more help

Tell a trusted adult right away if you feel unsafe, think about hurting yourself or someone else, or feel so worried or sad that you cannot eat, sleep, play, or go to school for many days. A grown-up can help you find support.

United States: Call or text 988 for the Suicide & Crisis Lifeline. If there is immediate danger, call 911 or go to an emergency department. Outside the United States, use local crisis and emergency services.

A 30 day journal

These are 30 optional prompts, not a deadline. Work in any order. Leave pages blank whenever you want.



Journal prompts 1 to 5

Day 1 Draw your feeling today. What color is it?

Day 2 Write or draw one thing you miss.

Day 3 Who is a safe person you can talk to?

Day 4 Draw a place where you feel calm.

Day 5 What is one good memory you have?



Journal prompts 6 to 10

Day 6 What is something your body needs today: rest, food, play, quiet, or a hug?

Day 7 Draw a heart. Inside it, write or draw someone or something you love.

Day 8 What makes you feel worried? Who can help with that worry?

Day 9 Write three things that help when you feel sad.

Day 10 Draw your favorite food, activity, or place.



Journal prompts 11 to 15

Day 11 What would you like to say to the person or pet you miss?

Day 12 Write one thing that makes you feel safe.

Day 13 What is something kind you can do for yourself today?

Day 14 Draw a memory box. What would you put inside?

Day 15 What is one thing you wish grown-ups understood about your feelings?



Journal prompts 16 to 20

Day 16 What helps you when you feel mad?

Day 17 Write about someone who makes you smile.

Day 18 What is one question you have about your loss?

Day 19 Draw yourself doing something you enjoy.

Day 20 What is one thing you are proud of yourself for doing?



Journal prompts 21 to 25

Day 21 What does love feel like to you?

Day 22 Write about a time someone helped you.

Day 23 What is one thing you can do when feelings get too big?

Day 24 Draw or write about a special place you remember.

Day 25 What would you like to remember forever?



Journal prompts 26 to 30

Day 26 Write a kind sentence to yourself.

Day 27 What is one small thing you are looking forward to?

Day 28 What helps you feel close to the person or thing you miss?

Day 29 Write about a happy memory.

Day 30 Finish this sentence: "I can feel sad and still _____."



For a trusted grown-up

Let the child set the pace. Offer choices to draw, talk, play, or skip. Answer questions honestly in age-appropriate language, avoid promising that everyone will always be safe, and revisit questions as understanding changes. Notice persistent changes in sleep, eating, play, school, or safety, and contact a pediatric or mental-health professional when needed.

