

Pet Loss Grief Workbook for Children

A gentle place to draw, remember, and ask for help • Approximately ages 6 to 12

My name _____ Date started _____

A pet can be a companion, a family member, and part of daily life. Losing them can hurt deeply. Use these pages in any order. Write, draw, dictate, or skip any page; there is no deadline for grief.

Nothing you thought, said, wished, or did caused your pet to die. A trusted grown-up can help with questions and feelings.

A grown-up who can help me with this workbook



My pet and me

Write or draw your answers.

My pet's name and what they looked like

Something we liked doing together



My feelings

You might feel sad, angry, worried, lonely, confused, okay, or several feelings at once. Playing or laughing does not mean you forgot your pet.

Circle any words that fit: sad • mad • worried • lonely • confused • okay • grateful

A color or weather that matches my feeling

A question I want to ask



My safe people and comforting things

You can ask someone to listen, sit with you, look at photos, or help you rest.

Person I can ask	What I can say

One comforting activity or object



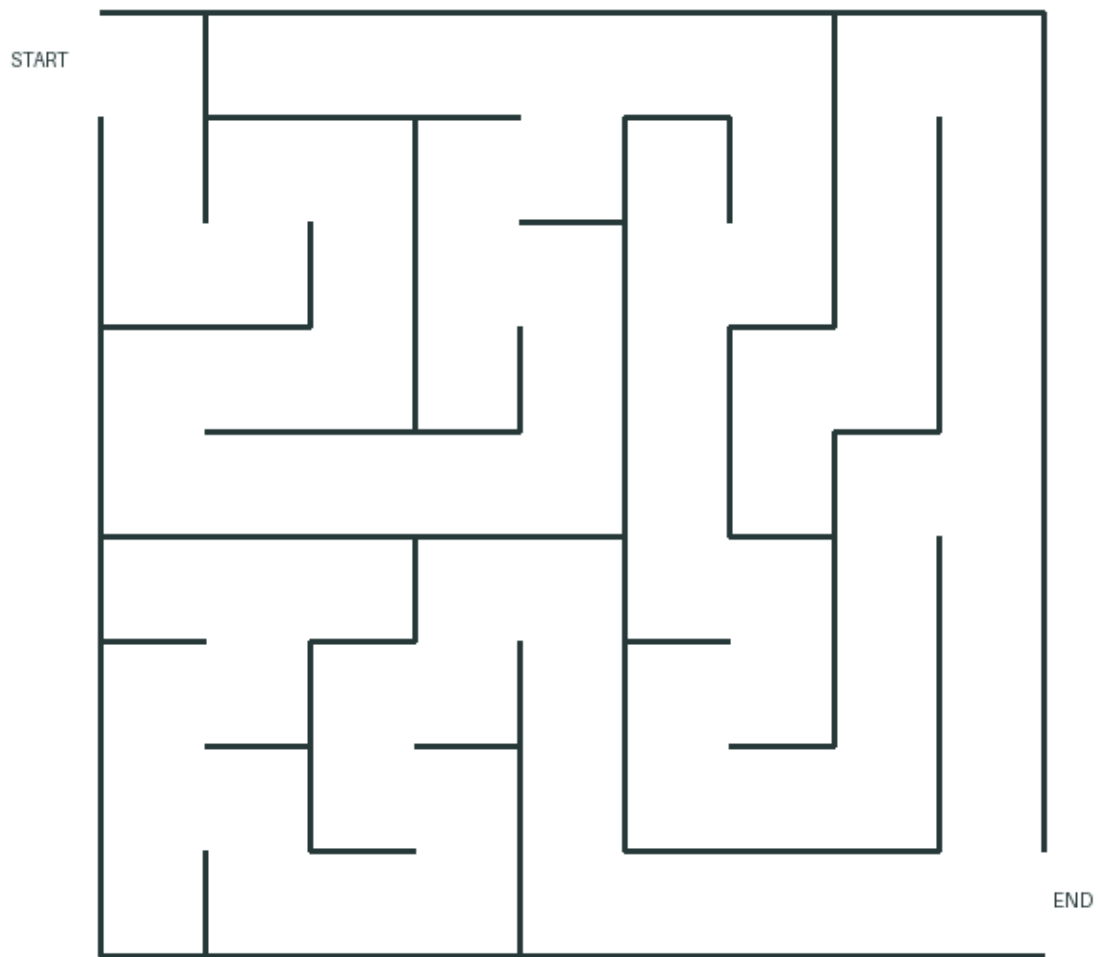
This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



GRIEF / PET LOSS / CHILDREN

A maze for a quiet moment

Trace the route from START to END. Take a break whenever you want.



When more support may help

Grief has no fixed timetable. Seek additional care if your well-being, daily life, or safety is affected.

Speak with a trusted adult, counselor, or clinician if you struggle to eat, sleep, attend school or work, or meet basic needs; if isolation or substance use increases; or if grief remains overwhelming. In the United States, call or text 988 if you are thinking about suicide or self-harm or cannot stay safe. For immediate danger, call 911 or go to an emergency department.



30 day journal

These prompts are optional. Use them in any order, repeat one, or leave a page blank.

Day 1

Draw your pet.

Day 2

What was your pet's favorite thing to do?



Day 3

What did your pet look or sound like?

Day 4

What is your favorite memory of your pet?



Day 5

What do you miss most about your pet?

Day 6

What made your pet feel safe or happy?



Day 7

What did your pet do that made you laugh?

Day 8

Draw your pet's favorite place.



Day 9

What would you tell your pet today?

Day 10

Who can listen when you miss your pet?



Day 11

What helps you feel calm when you are sad?

Day 12

What was your pet good at?



Day 13

What food or treat did your pet like?

Day 14

Draw you and your pet together.



Day 15

What is one thing your pet taught you?

Day 16

What is hard about your pet not being here?



Day 17

What is one thing you can do when you feel lonely?

Day 18

What do you want other people to know about your pet?



Day 19

What is one funny thing your pet did?

Day 20

What song, place, or object reminds you of your pet?



Day 21

What is one kind thing you can say to yourself today?

Day 22

Who else misses your pet?



Day 23

What would you put in a memory box for your pet?

Day 24

What is one way you can honor your pet?



Day 25

What made you smile today?

Day 26

What is something you still enjoy doing?



Day 27

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

Day 28

What does love for your pet feel like?



Day 29

What is one thing you learned about grief?

Day 30

Finish this sentence: "I will always remember my pet because

_____."



30 day mood and support tracker

Record a word, a number, or a small note if it helps. This is not a score for how well you grieve.

Day	Feeling or mood	Energy 0–5	What helped or what I needed
1			
2			
3			
4			
5			



GRIEF / PET LOSS / CHILDREN

Day	Feeling or mood	Energy 0–5	What helped or what I needed
6			
7			
8			
9			
10			



GRIEF / PET LOSS / CHILDREN

Day	Feeling or mood	Energy 0–5	What helped or what I needed
11			
12			
13			
14			
15			



GRIEF / PET LOSS / CHILDREN

Day	Feeling or mood	Energy 0–5	What helped or what I needed
16			
17			
18			
19			
20			



GRIEF / PET LOSS / CHILDREN

Day	Feeling or mood	Energy 0–5	What helped or what I needed
21			
22			
23			
24			
25			



GRIEF / PET LOSS / CHILDREN

Day	Feeling or mood	Energy 0–5	What helped or what I needed
26			
27			
28			
29			
30			



Closing reflection

Your connection with your pet mattered.

A memory I want to keep

What helped, even slightly

One support I need next

