

My Sibling Grief Workbook

A companion for siblings and surviving children after the death of a child

My name _____ My sibling's name _____

A trusted adult who can help me _____ Date started _____

When a sibling dies, you may miss them, worry about your family, feel angry or confused, and still have moments when you laugh or play. All of those feelings can happen. Nothing you thought, said, wished, or did caused your sibling's death. You deserve care, answers, and time to be a child.

Draw, write, talk with a trusted adult, or skip a page. Use this workbook in any order.



Remembering my sibling

Your sibling was a person with their own stories, favorite things, and ways of being.

Three words that describe them

Something they loved

A funny or special memory

What I want others to know about them



My feelings today

Feelings can change or overlap. Circle any words that fit, or add your own.

sad • angry • worried • lonely • confused • numb • okay • hopeful

The feeling I notice most right now

Where I feel it in my body

Something I need today



Questions I want to ask

It is okay to ask the same question more than once. A trusted adult can answer honestly in words you understand.

Something I wonder about my sibling's death

Something I worry could happen to my family

The adult I can ask

What I wish someone would explain again



My family has changed

Adults may be sad or busy, but your needs still matter. Write or draw what changed and what would help.

What feels different	How I feel	What could help

Time I would like to spend with a grown-up



Talking with my family

Different people grieve differently. You can ask for attention without needing to protect everyone else from your feelings.

Something I want my family to know

A question I want to ask

One way a grown-up can help me

Words I can use when I need a break



School and friends

School can feel different after a loss. You can decide what you want friends to know and ask an adult for help.

Person at school	What I may ask for

What I want friends to know or not ask

Words I can use: "I miss my sibling today. Can I have a quiet break or talk with someone?"



When feelings feel too big

Pick an activity that feels safe. You can ask a trusted adult to stay with you.

What I notice	Something I can try	Who can help

Ideas: feel your feet on the floor, breathe slowly, hold a comforting object, draw, rest, or talk with someone.

My safe place

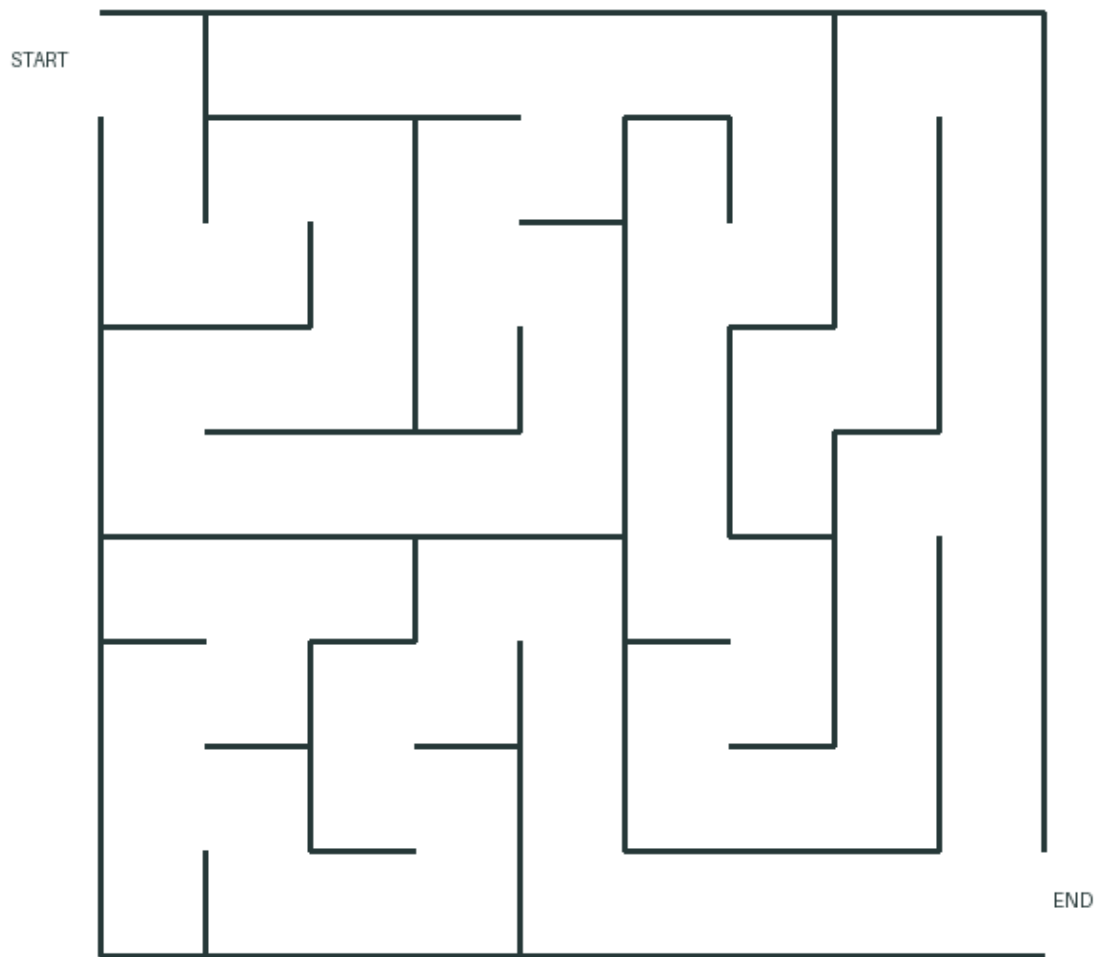


This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



A maze for a quiet moment

Trace the route from START to END. You can stop and return later.



Remembering them in my own way

You can say their name, share a story, keep a photo, make art, or choose no activity today.

A story I want to keep

Something that reminds me of them

A way I might remember them on a birthday or holiday



When I need more help

Tell a trusted adult if you feel unsafe, think about hurting yourself, or struggle for many days to eat, sleep, go to school, or enjoy anything. A grown-up can help you contact a counselor or doctor.

In the United States, you or a trusted adult can call or text 988 for crisis support. If there is immediate danger, call 911 or go to an emergency department. Outside the United States, use local crisis and emergency services.

A trusted adult I can tell right away



30 day journal

Use these optional prompts in any order. Draw, write a few words, or talk them through.

Day 1

Write or draw your sibling's name and something special about them.

Day 2

What is your favorite memory of your sibling?



Day 3

What did your sibling like to do?

Day 4

What do you miss most today?



Day 5

What has changed at home since your sibling died?

Day 6

What feeling has been strongest today?



Day 7

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

Day 8

What is one funny or happy memory you have?



Day 9

What do you wish other people understood about your sibling?

Day 10

What do you wish other people understood about your grief?



Day 11

What question do you have about what happened?

Day 12

What helps you feel safe when you are worried?



Day 13

What is hard about school right now?

Day 14

Who helps you feel less alone?



Day 15

What is one thing you miss about your home before your sibling died?

Day 16

What makes you angry or feel that this is unfair?



Day 17

What do you need from your parent, caregiver, or other adult?

Day 18

What can you do when you feel lonely?



Day 19

What song, food, place, or object reminds you of your sibling?

Day 20

What is one quality you admired in your sibling?



Day 21

What is one way you are like your sibling?

Day 22

What is one way you are different from your sibling?



Day 23

What do you want to remember about your sibling forever?

Day 24

What is one way you can take care of yourself today?



Day 25

What makes you smile, even for a short time?

Day 26

What difficult date, event, or reminder may be coming up?



Day 27

What could help you on that day?

Day 28

What is one thing you want to do in the future?



Day 29

What does it mean to carry your sibling's memory with you?

Day 30

Complete this sentence:



30 day feelings tracker

If it helps, record a feeling and what support you wanted. There is no score for grief.

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



GRIEF / SIBLINGS AND SURVIVING CHILDREN

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



GRIEF / SIBLINGS AND SURVIVING CHILDREN

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



GRIEF / SIBLINGS AND SURVIVING CHILDREN

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



GRIEF / SIBLINGS AND SURVIVING CHILDREN

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



GRIEF / SIBLINGS AND SURVIVING CHILDREN

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



Monthly reflection

You can return to these questions whenever you want.

A memory I want to keep

A feeling I learned to name

Who helped me

What I need next



For a trusted adult

Let the child choose whether to write, draw, talk, or pause. Answer questions honestly in age-appropriate words; repeat reassurance that the death was not their fault. Check in about their needs even when the family is grieving. Ask the child's pediatrician, school counselor, or bereavement program for help when concerns persist.

Additional reading: American Academy of Pediatrics, "Supporting a Family After the Death of a Child or Adolescent."

