

Grief After a Suicide Death Workbook for Children

A gentle workbook to remember, ask questions, and find help • Approximately ages 6 to 12

My name _____ Their name _____

Date started _____

Someone important died by suicide. Their life was more than their death. This workbook avoids details of how they died and offers space to remember them, name feelings, and ask for help. You may skip pages or use them in any order. The death was not your fault.

A grown-up who can help me with this workbook



My person

Write, draw, or tell someone about the person you miss.

Something I loved about them

Something they liked

A memory I want to keep



My feelings today

You may feel sad, mad, worried, confused, numb, guilty, calm, or several feelings. You can also play and laugh.

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

My biggest feeling today

Something I need today



My questions and worries

It is okay to ask a trusted adult the same question more than once. They can tell the truth in words you understand.

A question I have

Something I worry about

A grown-up I can tell

Words I can use: "I am worried. Can you sit with me and answer a question?"



My comfort plan

Choose what feels useful. You can ask an adult to stay with you.

What I notice	What I can try	Who can help

Ideas: hold a comforting object, look around the room, draw, rest, move, or ask for company.

A safe place for a break



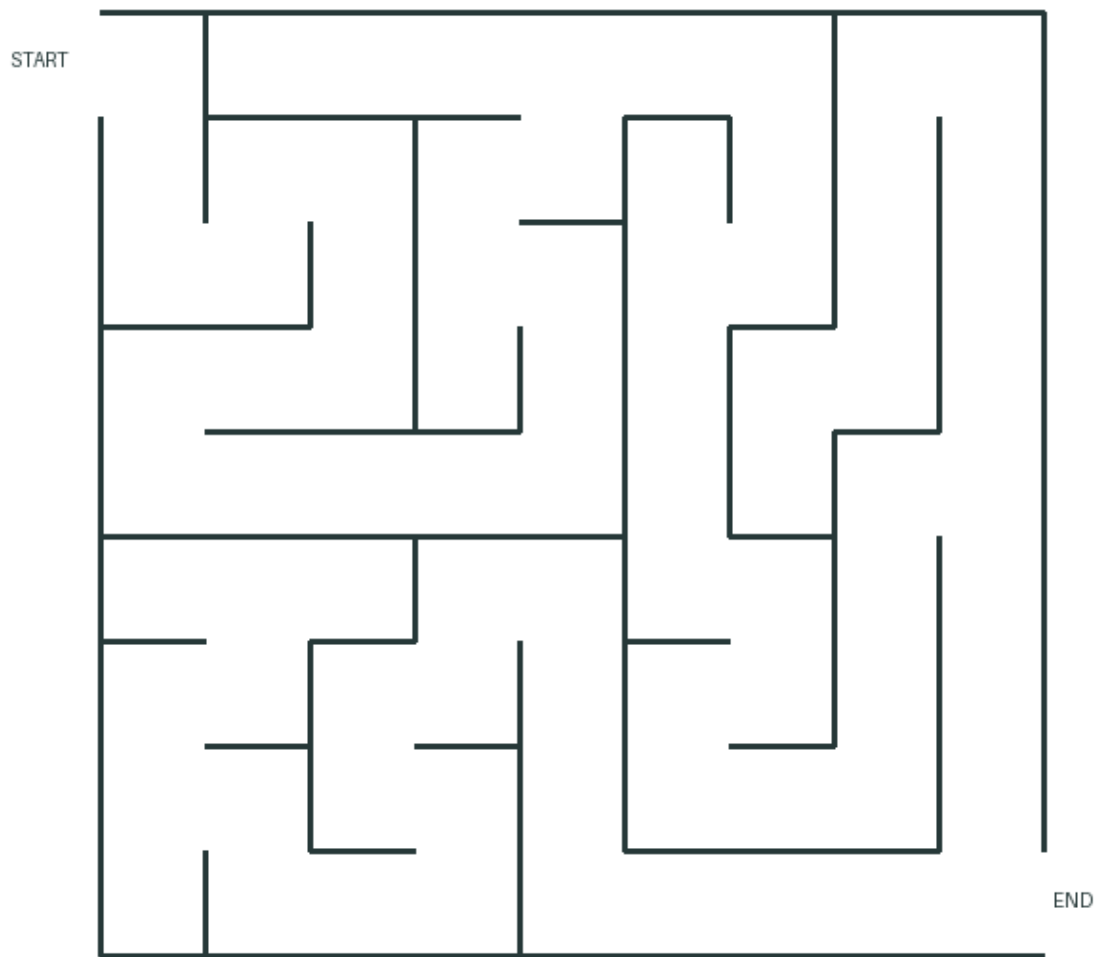
A memory picture

Draw a memory of your person, a place, or something they enjoyed.



A quiet maze

Trace a path from START to END. Stop whenever you want.



When I need more help

You deserve support, whether for grief, trauma, depression, or an immediate safety concern.

If you are thinking about suicide or self-harm, feel unable to stay safe, or are in emotional crisis, call or text 988 in the United States. For immediate danger, call 911 or go to an emergency department. A child or teen should tell a trusted adult right away. Outside the United States, use local crisis and emergency services.



14 day guided journal

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

Day 1

Draw or write their name and one thing you remember about them.

Day 2

What did you like to do together?



Day 3

What is one question you have?

Day 4

What do you miss today?



Day 5

Who helps you feel safe?

Day 6

What feeling is biggest today?



Day 7

Write or draw something you wish you could tell them.

Day 8

What is one happy memory?



Day 9

What helps when you feel worried?

Day 10

What do you want adults to understand about your feelings?



Day 11

What makes you feel calm?

Day 12

What is one way you can remember them?



Day 13

What is something you enjoy doing?

Day 14

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 / SUICIDE LOSS / CHILDREN

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



GRIEF / SUICIDE LOSS / CHILDREN

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



GRIEF / SUICIDE LOSS / CHILDREN

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



GRIEF / SUICIDE LOSS / CHILDREN

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



GRIEF / SUICIDE LOSS / CHILDREN

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



Closing reflection

There is no deadline for this page.

A memory I want to keep

What helped, even slightly

What support I need next

Further support: 988 Suicide & Crisis Lifeline resources for loss survivors; American Foundation for Suicide Prevention resources for children, teens, and families.

