



Memories Help You Remember Your Special Person Who Died

Draw Your Favorite Memory

Activities to Help You Remember Your Special Person Who Died

- ◇ Make a goodbye poster, goodbye picture or goodbye card. You can even pretend that you are writing to your special person who died.
- ◇ Create a special story book or memory book. Fold some paper in half or use a notebook or journal to make your book. Be sure to decorate the cover!
- ◇ Make a photo album or scrapbook.
- ◇ Plant some flowers, a tree, or a whole entire garden in memory of your special person who died.
- ◇ Make a memory box. Decorate a wooden box or old shoe box. Inside you can put things that remind you of your special person who died.
- ◇ Have a special goodbye party or create your own memorial service. Include poems or special prayers. Plant some flowers or just talk about the person who died.
- ◇ Draw pictures about your funniest time, favorite time, saddest time or happiest time with the person who died. Draw your dreams or nightmares. Draw or paint a picture of your special person who died the way you'd like to remember them.
- ◇ Keep a journal and write down your thoughts.
- ◇ Read books about death to help you understand the way kids feel when someone they love has died.
- ◇ Create a collage about the person who died. Decorate a piece of paper or poster board by using pictures from magazines that remind you of your time together or use photographs (after you get permission from a grown-up) and glue them to your paper/poster.
- ◇ Write a poem.
- ◇ Share your memories with someone else you love.

It is normal to have lots of different feelings inside when someone dies. These feelings are called "grief". It is ok to cry or to be happy, sad or angry. It is also ok to play and have fun. Talking with a grown-up about your grief may help you feel better.