

I Heard Your Died

Here are some of my memories:



How 's face looked

What was most special about



What I miss the most

Favorite food

Favorite music

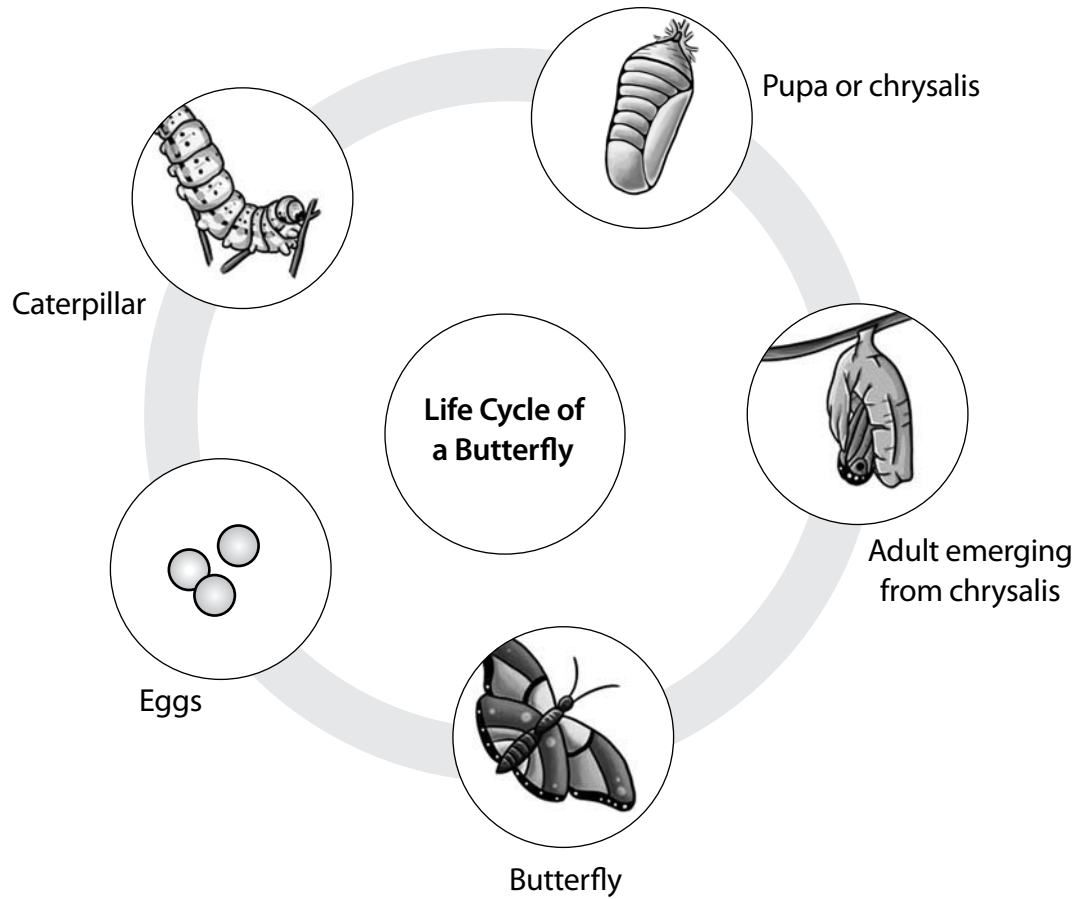
How I am feeling about the death



Here is one thing I can do to remember
my _____

Here is one thing I can do when
I'm angry

Life Cycle of a Butterfly



A butterfly egg is small and round with tiny bumps on the surface. The mommy butterfly attaches her eggs to leaves so the baby butterflies will be near food when they hatch into caterpillars.



The caterpillar looks long and worm-like. It often has an interesting pattern of stripes or patches, and it may have tiny hairs all over. Caterpillars shed their skin four or more times as they grow bigger and bigger.



The chrysalis is the transformation stage when the caterpillar turns into a butterfly. The cocoon of most species is brown or green and blends into the background. Many butterflies spend the winter in their cocoons.



The adult butterfly is the colorful bug we most often see. Adult butterflies mate and lay more eggs. They also migrate and sometimes colonize new habitats.

Missing the Five Senses of My Loved One

In the spaces below, write down words and draw pictures of what you miss the most about the person who died and each particular sense.



Sight

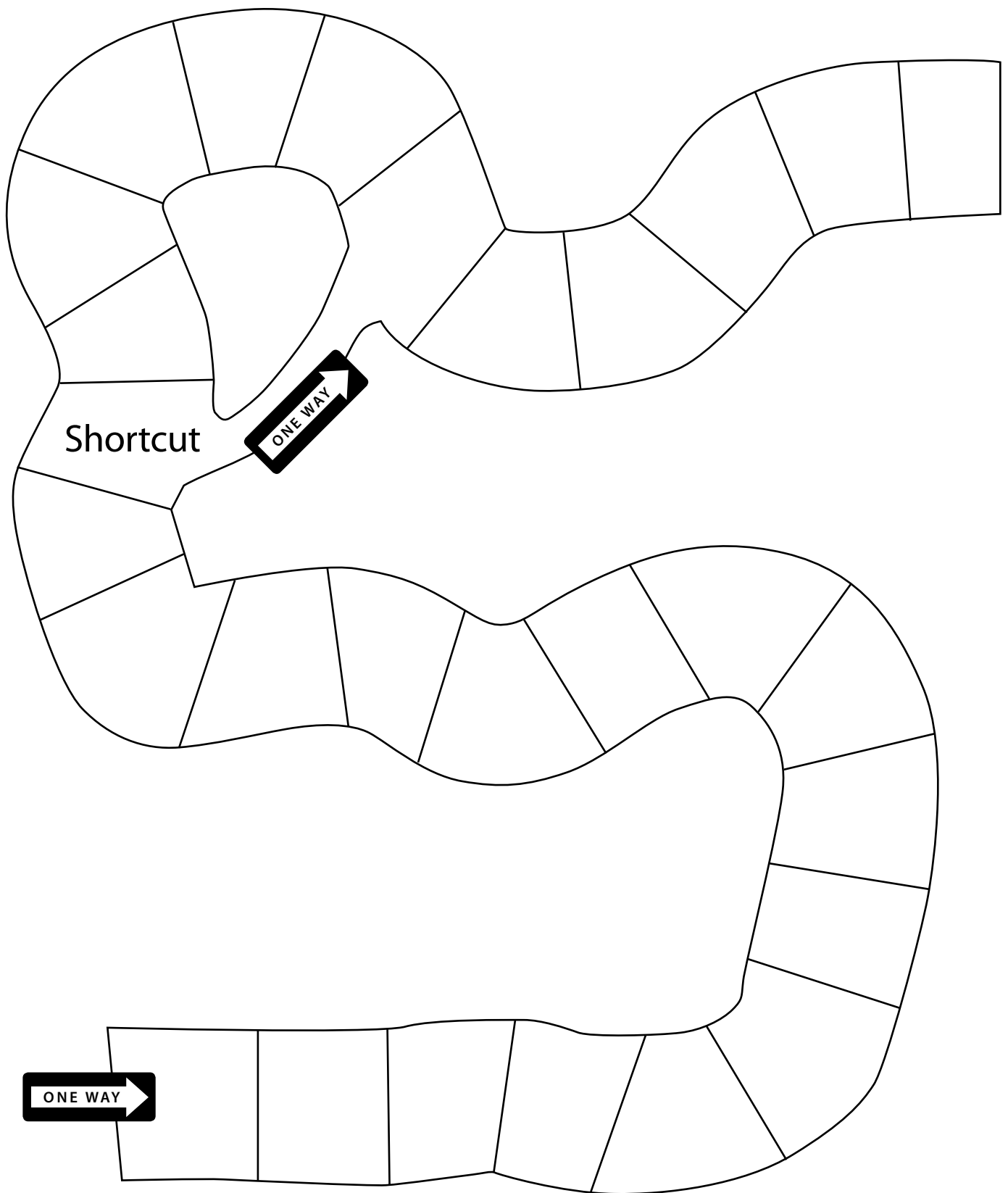
Sound

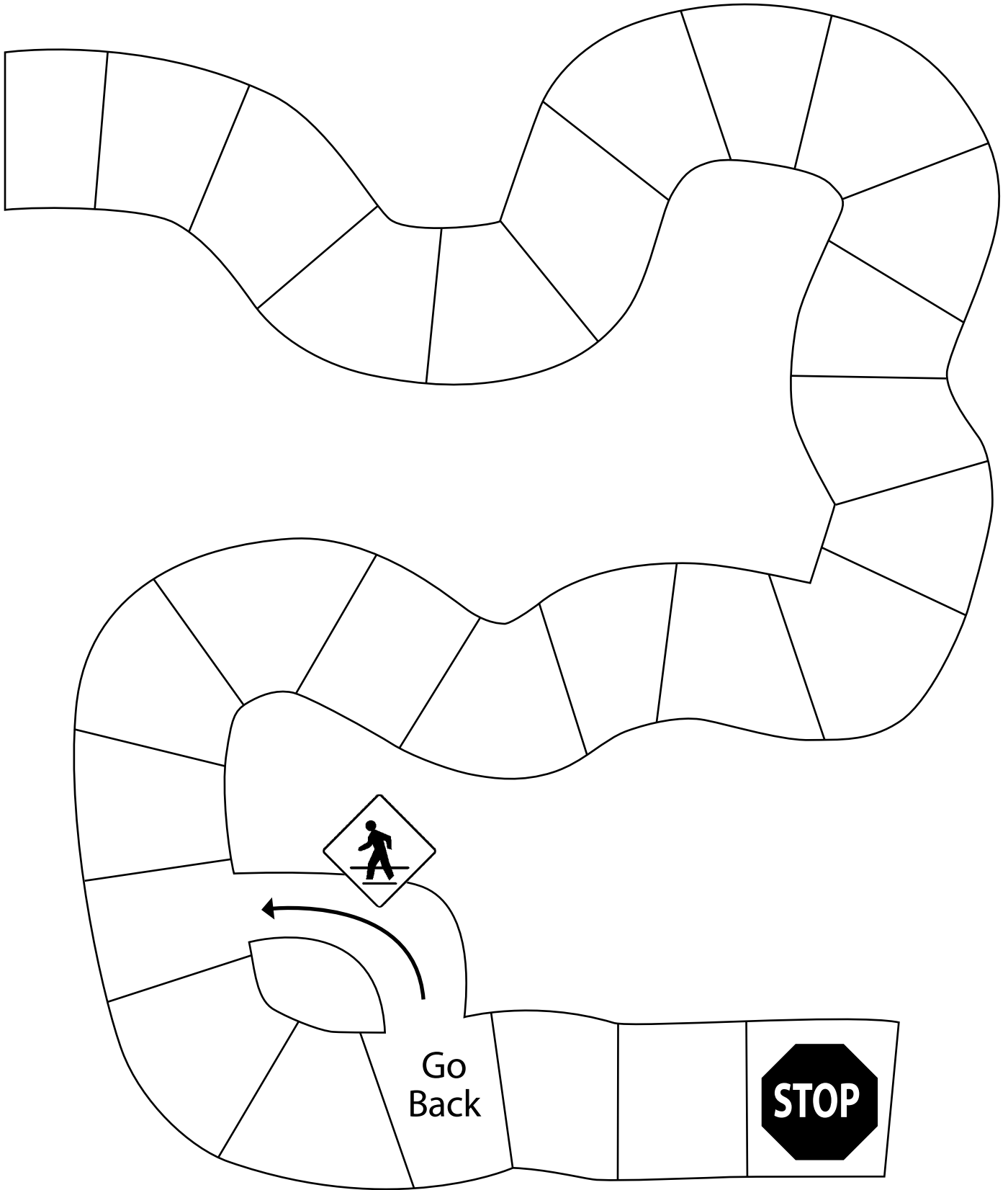
Smell

Touch

Taste/Food

I Have So Many Questions About Death game board







Children's Questions About Death

1. What does "dead" mean?
2. What happens when someone dies?
3. Why do some people cry when someone dies?
4. Does everyone cry when someone dies? Why or why not?
5. What is a "funeral"?
6. Was the death your fault?
7. Do people hurt after they die?
8. Where do you think people go after they die?
9. Why do you feel angry or mad sometimes?
10. Why do people send flowers to a funeral?
11. Is death forever?
12. Do people have souls?
13. Can the person who died see us now?
14. What happens at a funeral?
15. Can I catch cancer or a heart problem?
16. What will happen to me if someone else I love dies?
17. Who will help me with my homework and other things?
18. Will I ever feel happy again?
19. Can I make a card and send it to the person who died?
20. Will we be together again when I die?
21. What causes death?
22. What can you do when you feel really bad?
23. Why did someone I love have to die?
24. Will I forget the person who died?
25. Will the person who died ever come back?

Understanding Your Six Needs of Mourning for Teens

By Alan D. Wolfelt, Ph.D. and Megan E. Wolfelt

FROM THE HEALING YOUR GRIEVING HEART JOURNAL FOR TEENS



All of us, whether we are a child, a teen, or an adult, have six central needs or “yield signs” to confront when someone in our life dies.

Keep in mind that you will probably jump around in a random way while working on these six needs of mourning. Sometimes you will be working on more than one need at a time. Your awareness of these needs, however, will give you a great way to feel like you can do something to help yourself heal. While you have probably heard the saying “Time heals all wounds,” actually, only by working on these needs will your wounds heal!

NEED 1: ACKNOWLEDGE THE REALITY OF THE DEATH
Someone you love has died and can never come back. That’s a really hard thing to accept, but it’s true. It may take you weeks, even months, to really accept the fact that this person is gone. It’s normal for it to take that long.

First you’ll come to accept the death intellectually, with your head. Only over time will you come to fully accept it with your heart. Now and then, especially at first, you may push away or deny the reality to yourself. That’s also normal. You’ll accept the reality, bit by bit, as you’re ready.

NEED 2: LET YOURSELF FEEL THE PAIN OF THE LOSS
You need to let yourself feel the pain of your loss. You need to feel it before you can heal it. Of course, it’s easier to avoid, repress, deny, or push away the pain of grief than it is to confront it. The problem is, confronting it is what tames it. If you don’t confront it, it will lurk forever in your heart and soul.

You will probably need to “dose” yourself with your painful thoughts and feelings. In other words, you’ll need to let just a little in at a time. If you were to try to allow in all the pain at once, you couldn’t survive.

NEED 3: REMEMBER THE PERSON WHO DIED
When someone you love dies, that person lives on in you through memory. To reconcile your loss, you need to actively remember the person who died and commemorate the life that was lived. Talk about the person who died. Use his name. Look at pictures of her. Never let anyone try to take away your memories in a misguided attempt to save you from pain. You

need to remember, not to forget. Remembering the past makes hoping for the future possible.

Memories are not always pleasant. If that applies to you, this need can be very hard. Explore any painful memories with an adult you trust. You can also explore these kinds of thoughts and feelings in a private journal.

NEED 4: DEVELOP A NEW SELF-IDENTITY
The person who died was part of who you are. Part of your identity came from this person. Let’s say your best friend was Chris and she died. You probably thought of yourself not only as a son or daughter, a sibling, and a student, but also as “Chris’s best friend.” Others thought of you in this way too.

The way you defined yourself and the way society defines you has changed. Now you need to readjust your self-identity, to re-anchor yourself. This is really hard, especially if the person who died played a big part in your life.

NEED 5: SEARCH FOR MEANING
When someone we love dies, we naturally question the meaning and purpose of life and death. Why do people die? Why did this person have to die? What happens to people after they die? Why am I still alive? What’s life for? This may be the first time in your life that you’ve really thought about these questions. And questions just don’t get any harder than these.

Nobody really knows all the answers to these kinds of questions, not even grown-ups. But it’s OK to ask adults you care about and trust what they think. Some adults have lived enough, loved enough, experienced enough, and pondered enough to have some pretty good ideas. Hearing their philosophies might help you right now. Telling them what you think might help, too. Also, some of your best friends might be good listeners to your questions. Hearing what they think and feel might help you not feel so alone with these questions. Writing out what you think and feel in your own journal can also help.

NEED 6: LET OTHERS HELP YOU, NOW AND ALWAYS
When you’re a teenager, it’s natural to want adults to keep out of your face. You’re getting old enough now that you don’t need or want their help with

Understanding Your Six Needs of Mourning for Teens

Continued



every little thing, right? I agree with you. Growing up means finding your own way and doing things on your own.

But grief isn't an "on your own" kind of deal. It's probably the hardest work anyone ever has to do. And you just can't do it all on your own. Talk to adults who care about you. If you don't want to talk to them, at least let them talk to you. Or hang out with them without talking. Talk to your friends, instead. Join a support group. E-mail your thoughts and feelings to someone you don't have to look at every day.

RECONCILING YOUR GRIEF

As you know by now, grief and mourning are powerful experiences. So is your ability to help yourself heal. In doing the work of mourning, you are moving toward your healing.

But it's important to remember that everyone grieves in different ways and different times. There is no set timetable for grief. You may feel that you're healing six months, a year, or two years after losing someone special. Then one day you might feel incredibly sad or lonely because you miss that person so very much. Know that this is normal!

Everyone is changed by the experience of grief—children, teens like you, and yes, even adults. You are changed. The death of someone loved alters your life forever. The issue is not that you will never be happy again. It is simply that you will never be exactly the same as you were before the death.

Please remember that healing in grief is often a two-steps-forward, one-step-back process. You will never completely "get over" the death, but you will, over time and with the support of others, learn to reconcile yourself to it.

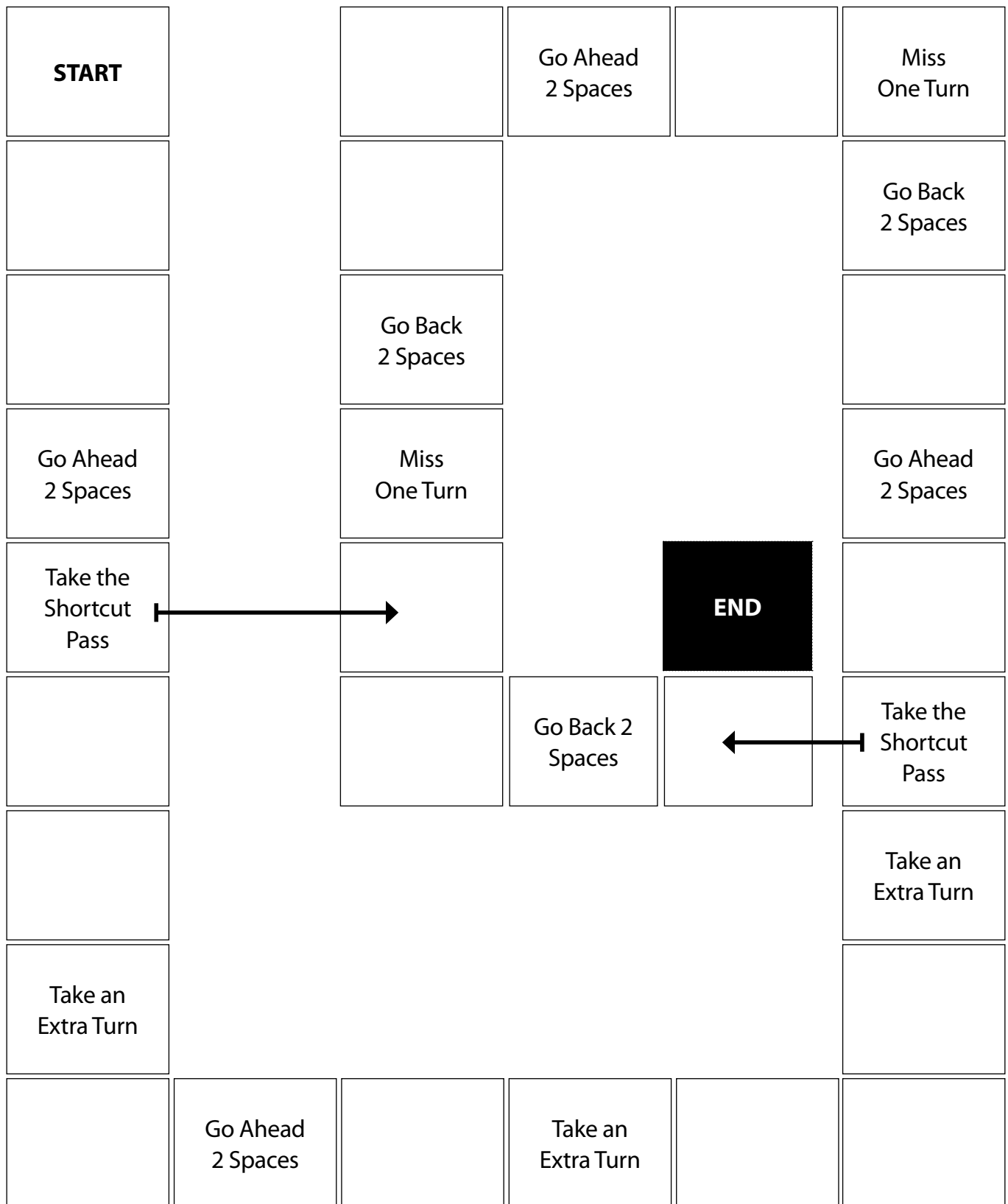
Healing is not a perfect state of "recovery" or "resolution." You can and probably will have pangs of grief years after the death. That revisiting of painful feelings doesn't mean anything is wrong with you. Healing does not mean forgetting.

In exploring what your eventual healing goal will and can be, consider using the term "reconciliation." I believe this term is more expressive of what occurs as you work to integrate the new reality of moving forward with your life without the physical presence of the person who died.

If you do the hard work of mourning, you can and will experience reconciliation, which consists of a renewed sense of energy and confidence; an ability to acknowledge the full reality of the death; the capacity to enjoy experiences in life that are normally enjoyable; the ability to organize and plan your life toward the future, while still remembering your past; the awareness that you have allowed yourself to fully grieve and mourn, and you have survived; the ability to love and be loved; and the capacity to get to know new parts of yourself that you have discovered in your grief journey.

Yes, if you keep embracing your grief and sharing it outside yourself, you can and will come to this reconciliation. As you do this work, your painful thoughts and feelings will soften and grow less frequent. Instead of being ever-present, sharp, and stinging, they will be occasional and more dull and mellow.

Six Needs of Mourning game board





Six Needs of Mourning Game Board Questions

How long do you think your grief will last?

What things are you currently doing to let others know your feelings about the death?

What part did you have in the funeral of the person who died?

Are there any things you wish you had done at the funeral that you were not able to do?

What are you trying to do for yourself to assist you with mourning the person who died?

What is the difference between mourning and grieving?

Why is it important to confront your grief and not bury it?

What is one thing that you are doing to distract yourself, at least for a while, from the death?

Why are memories so important when someone dies?

What does it mean to have a "continuous relationship" with the person who died?

What does the phrase "remembering the past makes hoping for the future possible" mean to you?

How has this death affected your self-identity?

What changes have occurred since the death?

Death can cause a lack of control. Is there anything spiritually you are doing to help you make sense of this death?

Has this death affected you spiritually or religiously? How?

How are your parents or other adults in your life supporting you at this time?

How are your friends supporting you through this grief journey?

What are some things you stopped doing after the death that you would now like to continue?

What are some things you are hoping for in the future?

What are the current reactions you are having in regards to the death?

My Grief Rights: Ten Healing Rights for Grieving Teens

By Alan D. Wolfelt, Ph.D.



Someone you love has died. You are probably having many hurtful and scary thoughts and feelings right now. Together those thoughts and feelings are called *grief*, which is a normal (though really difficult) thing everyone goes through after someone they love has died.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the adults in your life to read this list so they will remember to help you in the best way they can.

1. **I have the right to have my own unique feelings about the death.** I may feel mad, sad, or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.
2. **I have the right to talk about my grief whenever I feel like talking.** When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's OK, too.
3. **I have the right to show my feelings of grief in my own way.** When they are hurting, some kids like to play so they'll feel better for a while. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad; it just means I have scary feelings that I need help with.
4. **I have the right to need other people to help me with my grief, especially adults who care about me.** Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.
5. **I have the right to get upset about normal, everyday problems.** I might feel grumpy and have trouble getting along with others sometimes.
6. **I have the right to have "griefbursts."** Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes—even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.
7. **I have the right to use my beliefs about my god to help me deal with my feelings of grief.** Praying might make me feel better and somehow closer to the person who died.
8. **I have the right to try to figure out why the person I loved died.** But it's OK if I don't find an answer. "Why" questions about life and death are the hardest questions in the world.
9. **I have the right to think and talk about my memories of the person who died.** Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.
10. **I have the right to move toward and feel my grief and, over time, to heal.** I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.

All is Well

by Henry Scott-Holland



Death is nothing at all.

I have only slipped into the next room.

I am I, and you are you.

Whatever we were to each other, that we are still.

Call me by my old familiar name,

Speak to me in the easy way which you always used.

Put no difference in your tone,

Wear no forced air of solemnity or sorrow,

Laugh as we always laughed at the little jokes we enjoyed together.

Play, smile, think of me and if you want to, pray for me.

Let my name be ever the household word that it always was,

Let it be spoken without effect,

Without the trace of shadow on it.

Life means all that it ever meant.

It is the same as it ever was;

There is unbroken continuity.

Why should I be out of mind because I am out of sight?

I am waiting for you,

For an interval,

Somewhere very near,

Just around the corner.

All is well.

Autobiopoem About Myself

Write your first name:

Four adjectives that describe you:

.....
.....
.....

Brother or sister of:

Who loves to:
(List 4 things you like to do, people, ideas, etc.)

.....
.....

Who feels:
(List 3 ideas, i.e. "Sad when I hear music that reminds me of him/her.)

Who is afraid of :
(List 3 things or ideas)

.....
.....

Who would like to see:
(List 3 things or ideas)

.....
.....

Resident of:
(Name of city)

Write your last name:



SAMPLE:

Nancy

Honest, caring, funny, scared

Sister of David and Andrea

Who loves to sing, be with my friends, talk on the phone, God

Who feels happy when I am with friends, sad when I think about the death of my brother, angry when too many people want to talk to me about my brother's death, and happy when I think of seeing him again someday

Who is afraid of not being happy again, going to sleep because of bad dreams, spiders,

Who would like to see my brother again, the Atlantic Ocean, my family be happy again

Resident of Grafton

Haugen

Autobiopoem About the Person Who Died

Write the person's
first name:

Four adjectives that
describe this person:

Father/mother/
brother/sister/
aunt...of:

Who loved to:
(List 4 things things
this person liked to do,
people, ideas, etc.)

Who felt:
(List 3 feelings or ideas,
i.e. "Happy when he
was fishing.")

Who was afraid of :
(List 3 things or ideas)

Who would like to
have seen:
(List 3 things or ideas)

Resident of:
(Name of city)

Write the person's
last name:



SAMPLE:

Dad

*Hard-working, dependable,
funny, spiritual*

Father of Mason and myself

*Who loved to work, provide
for his family, have fun, and
race cars*

*Who felt happy when he was
with our family, sad when
his mother died, and angry
when he saw others being
bullied*

*Who was afraid of dying, not
having enough money, and
thunderstorms*

*Who would have liked to live
forever, see me grow up, and
be at my wedding*

Resident of Cedar Grove

Masona

Questions About the Acknowledgment of the Death



How would you like the adults and your friends to act?

What types of words would you like them to say?

Why do you think people don't talk about grief and death?

Is there a way to change the "elephant in the room"?

Writing an Obituary

NAME / ANNOUNCEMENT

Full name of the person who died, including nickname, if any:

Age at death:

Names of parents:

Childhood: siblings, stories, schools, friends:

Marriage(s): date of, place, name of spouse:

Name(s) and age(s) of children:

Education: school, college, university, and other:

Designations, awards, and other recognition:

Employment: jobs, activities, stories, colleagues, satisfactions, promotions, union activities, frustrations:





Hobbies, sports, interests, activities, and other enjoyment:

Charitable, religious, fraternal, political, and other affiliations; positions held:

Achievements:

Disappointments:

Unusual attributes, humor, other stories:

What she or he loved doing with his or her spouse:

What she or he loved doing with his or her child(ren) and/or grandchild(ren):

Some of my most treasured moments with this person:

What I loved most about this person:



What I will miss the most:

.....

.....

.....

Favorite music:

.....

.....

.....

.....

Three words that sum up this person:

.....

.....

.....

Other Information:

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What I want most to comfort me:

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.....

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.....

What I do not want said or done for me:

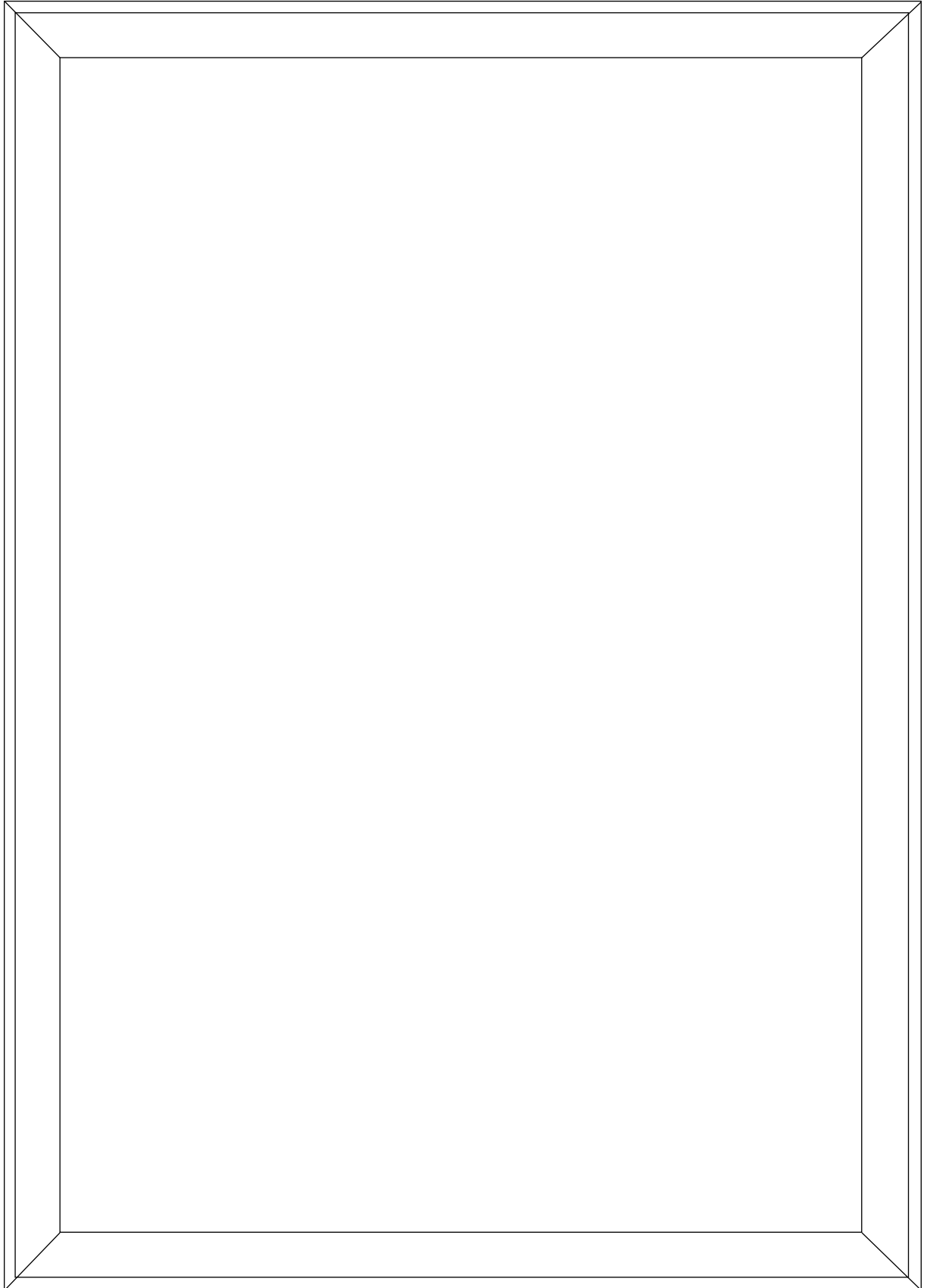
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My Mirror Image



Common Teen Responses to Grief

People often think of grief as an emotional experience. It is. Grief is also a physical, emotional, behavioral, and spiritual experience. It not only affects how a person feels but also how a person behaves. Here are some common ways teens respond to grief:



PHYSICAL RESPONSES

Deep sighing
Weakness and fatigue
Rapid heartbeat
Increased blood pressure
Increase in activity
Decrease in activity
Muscular tension
Sleep disturbances
Decreased resistance to illness
Change in weight and appetite
Neglect of self
Increased sensory awareness
Increase in self-care

EMOTIONAL RESPONSES

Numbness
Confusion
Sadness
Guilt
Euphoria
Yearning
Despair
Hopelessness
Helplessness
Feeling of being lost
Anger
Bitterness/vengefulness
Peacefulness
Spiritual connectedness

BEHAVIORAL RESPONSES

Searching for what was lost
Detaching from surroundings
Disoriented to time and place
Withdrawn from friends and activities
Unable to concentrate
Forgetful
Blameful of others
Apathetic regarding activities or future
Preoccupied
Crying
Seeking solitude
Finishing “unfinished business”
Seeking and providing forgiveness
Spontaneity

SOCIAL RESPONSES

Acting or trying to be like the person who died
Missing school a lot
Not wanting to leave home
Taking care of other people too much
Inability to talk about the death
Acting older than other kids in age group
Stealing things from others
Fighting with friends or other family members
Doing things that are high risk and could be dangerous
Feeling different from peers

SPIRITUAL RESPONSES

Searching for what was lost
Loss of faith
Renewal of faith
Feeling punished for some wrong
Anger at God
Helplessness
Confusion
Comforted by spiritual beliefs
Hopelessness
Insecurity

WARNING SIGNS

Destructive behavior
Compulsive caregiving
Taking on too much responsibility
A sustained drop in school performance
Independence beyond one's years
Stealing
Depression
Substance abuse
Early sexual activity or promiscuity
Getting stuck at an early developmental stage
Difficulty in relationships
School phobia
Increased fighting and aggression
Eating disorders
High risk-taking
Inability to talk about the loss of the person who died
Over-identification with the death of the person who died

Grief Response Cards - Emotional

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Irritability	Mood swings
Numbness	Panic
Confusion	Sadness
Hyperactivity	Detachment

Grief Response Cards - Emotional



Guilt	Euphoria
Despair	Hopelessness
Helplessness	Feeling lost
Anger	Bitterness/vengefulness

Grief Response Cards - Emotional



Peacefulness

Relief

Grief Response Cards - Physical

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Overactive	Tingling in the arms
Fast heartbeat	Diarrhea
Feeling out of energy	Getting tired a lot
Having trouble eating	Stomachaches

Grief Response Cards - Physical



Big change in weight or appetite	Getting sick a lot
Deep sighing	Feeling weak and tired
Increased blood pressure	Underactive
Feeling tense all over	Not sleeping well

Grief Response Cards - Physical



Taking more care of myself	Not taking care of myself
Feeling like my senses are working better	

Grief Response Cards - Behavioral

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Shorter attention span	Short-term memory loss
Difficulty concentrating	Getting distracted easily
Thinking about the death all the time	Searching for what was lost
Not paying attention to what's around me	Getting mixed up about what day it is and what I'm doing

Grief Response Cards - Behavioral



Withdrawing from friends and activities	Forgetting things
Blaming others for things that happen	Not caring about anything
Crying	Wanting to be alone
Making sure I say "sorry" to people before it's too late	Having a hard time with school work

Grief Response Cards - Social

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Spending a lot of time alone	Getting into trouble more
Not getting into trouble anymore	Fighting with people more
Acting younger than my age	Drop in school grades
Acting or trying to be like the person who died	Not wanting to leave home

Grief Response Cards - Social



Not getting along with friends or other family members	Not wanting to talk about the loss
Acting older than most of my peers	Doing things that are high risk and could be dangerous
Stealing things from others	Taking care of other people too much
Missing school a lot	

Grief Response Cards - Spiritual

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Searching for meaning	Loss of faith
Renewal of faith	Feeling punished for some reason
Feeling angry at God	Helplessness
Confusion	Finding comfort in spiritual beliefs

Grief Response Cards - Spiritual



Hopelessness

Feeling insecure

Grief Response Cards - Warning Signs

There are six sets of Grief Response Cards—emotional, physical, behavioral, social, spiritual, and warning signs. You can color-code the sets by printing them on different colored paper. Or you can mark the back of each card with a colored marker—a different color for each set.



Destructive behavior	Compulsive caregiving, taking on too much responsibility
Independence beyond my years	Habitual stealing
Severe, prolonged depression	Substance abuse
Early sexual activity or promiscuity	Getting stuck at an early developmental age

Grief Response Cards - Warning Signs



Having trouble with relationships	School phobia
Increased fighting and aggression	Eating disorders
Taking lots of risks	Inability to talk about the loss of the person who died
Over-identification with the loss of the person who died	A sustained drop in school performance

Common Coping Skills for Teens After the Death of Someone Loved



Grief is inevitable—it's just part of being human. Grief is difficult; there's no way out of it except to go through it. If there's no easy solution to a problem, what can you do about it? Should you just put up with the grief process and wait for it to be easy? Or are there steps you can take to help yourself? You can be active in coping with the death and your grief, and doing so can make the grief process a less unhappy experience.

ALLOW YOURSELF TO FEEL WHAT YOU'RE FEELING

You have a right to feel the death you've suffered. You have a right to experience grief in your own individual way. Other people in your family may not be affected as much, or they may be affected more intensely, or they may be affected in different ways. In any case, you shouldn't expect your grief to be exactly like anyone else's, and you should allow yourself to feel what you're feeling. Allow the others in your life to feel their grief in their own way, too.

LET YOUR EMOTIONS OUT

People feel many different emotions during bereavement, and it's okay to express them. Deeply felt emotions are normal in this situation. You may find the intensity of the grief alarming, but rest assured that what you're going through is all part of the journey. Crying, screaming, laughing, and other intense expressions of grief are not only acceptable but also good, as letting your emotions out in these ways are healthy expressions of what you're feeling.

Our society is often uncomfortable with grief and its emotional manifestations. Unlike cultures in Latin America, Asia, Africa, and many parts of Europe, where people accept and even encourage intense expressions of grief, American teens tend to be more reserved about these emotions.

Sometimes you'll even hear people praise a grieving person for their lack of emotion: "She's so dignified despite her pain" or "He's being so strong." Do these comments mean that not expressing grief is better than expressing it? No!! Do they mean that you should "hold yourself together" and stifle your grief-stricken tears, screams, or laughter? Not at all!!

It is rather suggested that you pick the right time and place. Our culture accepts the expression of intense feelings at a funeral or memorial service, but those events take up only a small period of time during the overall grief journey. What about the other weeks or months (or longer) when you feel intensely bereaved? It is suggested that you find a time and place when you either can be alone or with people you trust—people who will accept you, embrace you, and let you express whatever is in your heart during such a difficult time. There, you can let it all out, and feel better once you have.

TEARING DOWN YOUR WALL

Eventually, as you learn how to cope with the death of someone loved, you begin to grow tired of the hurt and pain you've experienced in your life. You need to be aware that you should not build an imaginary wall around yourself to protect you from any more emotional assaults. This often locks you into the very pain that you're trying to keep out. When you separate yourself from the world around you, you only trap yourself in a place that won't allow you to grow, adapt, and overcome. No matter how strange it may seem, feeling the pain is part of the healing process. Thus, it is important to maintain healthy relationships with family and friends, even though you may, at times, have disagreements with them. Communication is vital to any healthy relationship. You need to try and reach out to help break down any walls and old wounds and take care of those who mean the most to you.

What follows are possible coping skills as well as "reaching out" activities that may help you and others as you journey through grief.

1. Play Music

Play music that creates an emotion that is the opposite of the one you are struggling with. For example, if you are feeling very sad, play happy, upbeat music. If you are feeling anxious, play slow, relaxing music.

Common Coping Skills for Teens After the Death of Someone Loved

Continued



2. **Do Something**

Participate in a highly engaging activity. Television or computer activities do not count here—these are too passive. Instead, take a walk, dance, clean your house, or do some other activity that gets you engaged and distracts you from your current emotions.

3. **Call Someone**

Reaching out to others can really help when you are struggling with strong emotions. Call a supportive friend or family member. If you don't have someone in mind that is supportive, call a helpline (for example, in the U.S. you can call the National Suicide Hotline anytime at 1-800-273-TALK).

4. **Pray**

Are you a religious or spiritual person? If you are (or even if you're not but have considered trying), praying can be tremendously helpful in times of extreme stress.

5. **Ride It Out**

The peak of most strong emotional reactions (and the urge to engage in harmful activities, like self-harming or drinking, that can go along with these reactions) lasts for a few minutes and then begins to subside. Grab an egg timer from the kitchen and set it for 10 minutes. Wait the 10 minutes without doing anything and practice riding out the emotion.

6. **Be Mindful**

Practice mindfulness of your emotions. Notice the emotion you are having and let yourself experience it as a wave, without trying to block it, suppress it, or hold on to it. Try to accept the emotion for what it is.

7. **Breathe Deeply**

Sit or lie somewhere quiet and bring your attention to your breathing. Breathe evenly, slowly, and deeply. Watch your stomach rise and fall with each breath.

8. **Take a Warm Bath or Shower**

Try to lose yourself in the feel of the warm water, the smell of the soap, etc. Allow the sensations to distract you from the situation you are upset about.

9. **Ground Yourself**

When emotions seem to be taking you out of the current moment, do something to ground yourself. Grab an ice cube and hold it in your hand for a few moments or snap a rubber band against your wrist to “snap yourself back” into the moment.

10. **Help Someone Else**

Do something nice for someone else. It doesn't have to be something big; you can walk to the nearest store, buy a pack of gum, and give the cashier a smile and say, “Have a great day.” It may sound silly, but small gestures like this can really reduce emotional pain.

11. **Meditate**

Have you ever suddenly felt stressed? Has a teacher's question put you on the spot? Have you looked at test questions and drawn a blank? Here is a very short meditation to help out in those stressful moments so you can feel relaxed and calm again. Breathe in deeply for two counts, focusing on the inhalation, then breathe out for two counts, focusing on the exhalation. Repeat this as many times as you wish.

Just a few moments of even breathing gives you a chance to relax and get back in control of the situation again. Taking a short timeout for counted breathing calms both your body and mind. It is a short but sweet way to gain control at a moment's notice.

Common Coping Skills for Teens After the Death of Someone Loved

Continued



12. Stretch

Stretch at least three times a week, but do the stretching after you have warmed up or after a workout, when muscles are loose and relaxed. Stretching before warming up does not reduce the risk for injury during a sport, and fitness experts such as the American College of Sports Medicine no longer recommend it.

When stretching, hold each stretch, with no bouncing or jerking, for 20 seconds. Don't stretch to the point of pain. Repeat your stretches three times for each muscle group. Learn good stretching techniques, and practice them often.

13. Exercise Aerobically

Go for a swim, a bike ride, or a run to get your heart rate up and your lungs working harder.

Exercising releases endorphins, feel-good chemicals in the brain, that can last for while after you're done running.

14. Watch television or go to the movies
15. Read
16. Work on puzzles or play games
17. Do some work in the yard
18. Socialize with friends
19. Sit outside and relax
20. Talk to the dog or an empty chair to work through your feelings. Do not keep your feelings inside all the time.
21. Scream into a pillow to relieve your tension
22. Write poetry
23. Write in a journal
24. Paint, draw, doodle, or play with clay
25. Pamper yourself
26. Eat right
27. Get extra sleep
28. Take care of yourself
29. Enjoy nature
30. Take pictures
31. Do something to honor the person who died
32. Write a letter to the person who died
33. Volunteer at a place that could use your assistance
34. Get involved in a craft
- 35.
- 36.
- 37.



Checklist of Emotions

Name: _____ Date: _____

Read through the emotions in column one and place a checkmark in column two if you are experiencing this emotion. Rate the intensity of this emotion in column three, using a scale of 1-5, 1 meaning I hardly ever experience this and 5 meaning I experience this regularly. In column four, please explain when and where this emotion is experienced. Feel free to add any additional emotions at the bottom of this list.

Emotion	Experiencing this Emotion	Scale of 1-5	Explanation
Example: guilt	✓	3	I wish I had had a chance to say goodbye
Fear			
Anger			
Irritation at others			
Guilt			
Self-pity			
Numbness			
Sadness			



Checklist of Emotions

Continued

Emotion	Experiencing this Emotion	Scale of 1-5	Explanation
Anxiety			
Frustration			
Shame			
Denial			
Regret			
Lack of hope			
Hatred			
Embarrassed			
Distrustful			



Checklist of Emotions

Continued

Emotion	Experiencing this Emotion	Scale of 1-5	Explanation
Lost			
Pessimistic			
Tense			
Empty			
Aggressive			
Insecure			



Prepare Your Response Plan for Grief Triggers

Grief triggers—your loved one’s birthday, the anniversary of your loss, and holiday festivities—are a reconciliation challenge. How will you respond? Will you continue to move forward with life, or will the grief trigger stop you in your tracks? Worse, will you go backwards? These questions need to be asked when one encounters grief triggers. The outline below may assist you when triggers occur.

When and Where Trigger may Occur	Possible Tactics	Describe Support System
In general	Keep a calendar of birthdays, the anniversary of death, holidays, etc. Mark your calendar two weeks in advance so that you’re prepared.	Let my family, friends and teachers know that the next few days or weeks will be rough because of the anniversary date. Also let them know the exact day when the anniversary is occurring.
With family		
With friends		
At school		

Prepare Your Response Plan for Grief Triggers

Continued



When and Where Trigger may Occur	Possible Tactics	Describe Support System
In church		
By yourself		
"Out of the blue"		

My Favorite Little Memories



Bedtime

Dinner

Saturday Morning

Indoor Play Times

Outdoors

(fill in the blank)

A List of Possible Gifts *(Kids will come up with many others)*



Always ready to help someone

Being cooperative with my friends and adults

Being dedicated to my family and friends

Being honest with everyone

Being polite to others

Being a role model to those younger than me

Being trustworthy (not telling secrets or lies)

Spending time with my family and friends

Doing my homework without being asked

Being a good friend

Giving my love to my family and friends

Keeping my room organized and cleaned

Paying attention when someone is talking

Performing chores for my family without being asked

Playing by myself instead of saying, "I'm bored"

Telling jokes and making people laugh

Sharing my talents with others (i.e., art, music, etc.)

Sharing my energy when someone older than me is tired

Showing compassion to others when they are hurting

Sharing my feelings with those I love

Showing courage when I am scared

Showing patience when I get frustrated

Showing respect to others

Speaking out against bullies

Spending time with family

Taking the dog for a walk

Volunteering time to help others

Watching less TV and playing with my family more

Working hard when I do things

Fifty Ways to Remember

Below is a list of 50 ways to help you as you remember and grieve.



1. Start a journal, recording all the memories of the person who died that you can think of.
2. Reminisce with friends about good times you shared with the person who died.
3. Put all your photos of the person who died in one place where you can look at them easily.
4. Save a copy of the memorial service flyer or photos. Laminate them for safekeeping.
5. Take two pieces of the dead person's favorite food and eat one piece for you and one for him or her.
6. Plant a special garden and put a small statue, maybe an angel or a fairy, in it.
7. Watch home videos of times you spent together.
8. Make personalized memorial cards for the person who died and his or her family.
9. Call the person's family on the anniversary of the death.
10. Create a memorial web page in honor of the person who died.
11. Wear an item of clothing that reminds you of the person who died.
12. Climb into the person's bed, and pull the covers over your head. Or climb into your own bed and do the same.
13. Have a birthday party without the birthday boy but in honor of him.
14. Visit the family of the person who died or make a phone call to them and listen.
15. Get flowers or a plush toy that the person would have liked. Cuddle the toy.
16. Help make a display of meaningful objects for the funeral or memorial service. Or create a display on a tabletop at school or home.
17. Speak at the memorial service.
18. Always refer to the person who died by name in conversation.
19. Write out your favorite memories of the person who died and give it to his or her family.
20. Invite other survivors to join you in activities honoring the dead in your community.
21. Share a book on grief.
22. Write a poem about the person who died and have it printed in the school paper.
23. Have your own ceremony of good-bye in which you write a note to the person who died and then release it in a balloon.
24. Light a candle at mealtime.
25. Burn incense.
26. Read the person's favorite poem or short story aloud.
27. Make a mix tape with songs from the person's list of favorites.
28. Put on perfume like the scent that the person who died wore.
29. Display a special object from the person's own collection or an object that person gave you.
30. Memorialize the person who died in a short prayer.



Fifty Ways to Remember

Continued

31. Wear a colored ribbon in honor of the person who has died and in honor of others who have gone before.
32. Display a special photo of you with the person who died.
33. Volunteer your time to a group or cause that was important to the person who died.
34. Volunteer at a hospice.
35. Make a memory collage from old photos and magazine clippings.
36. Make a shadow box with three-dimensional objects or art in memory of the person and ask your school to hang it in the library.
37. Donate books in memory of your friend.
38. Plant a tree in the name of the person.
39. Wear jewelry or carry an object that belonged to the person.
40. Paint a picture and hang it in your school library in honor of a friend or teacher who has died. Have everyone sign his or her own message on the painting.
41. Set aside some quality time alone to meditate.
42. Spend an afternoon doing exactly what your friend or family member used to like doing best (going to an art museum, bowling, etc.).
43. Read stories about losing someone loved.
44. Talk to other mourners in an online chat and share your memories in cyberspace.
45. Do something to help a stranger.
46. Do something to help your grandparents or parents.
47. Do something to help a teacher after class.
48. Visit the cemetery.
49. Clean your room and do other chores.
50. Sculpt a bowl or vase and paint it the favorite color of the person who died. Fill it with flowers regularly to remember how much you care about that person.



Dear

Love,



Dear

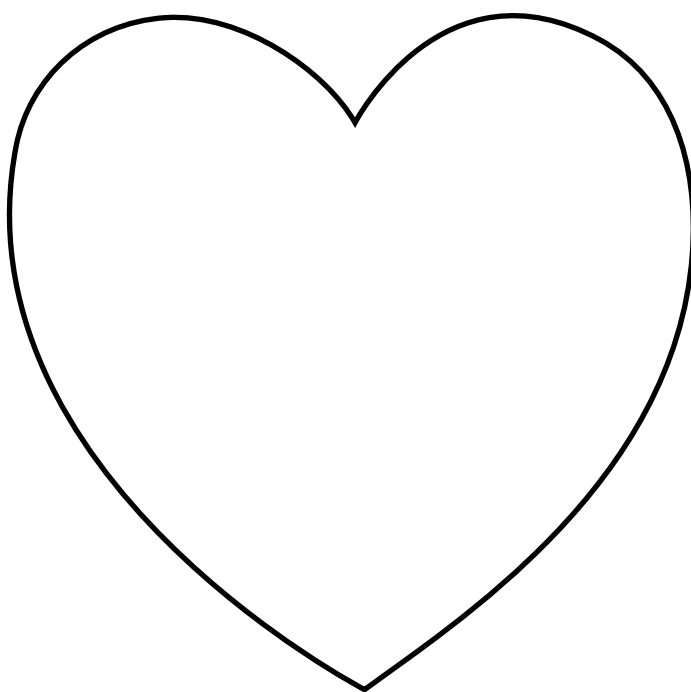
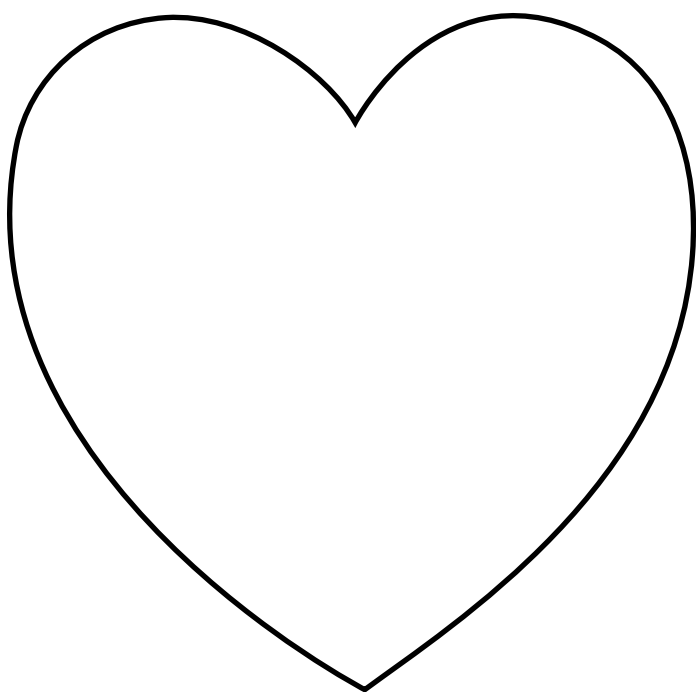
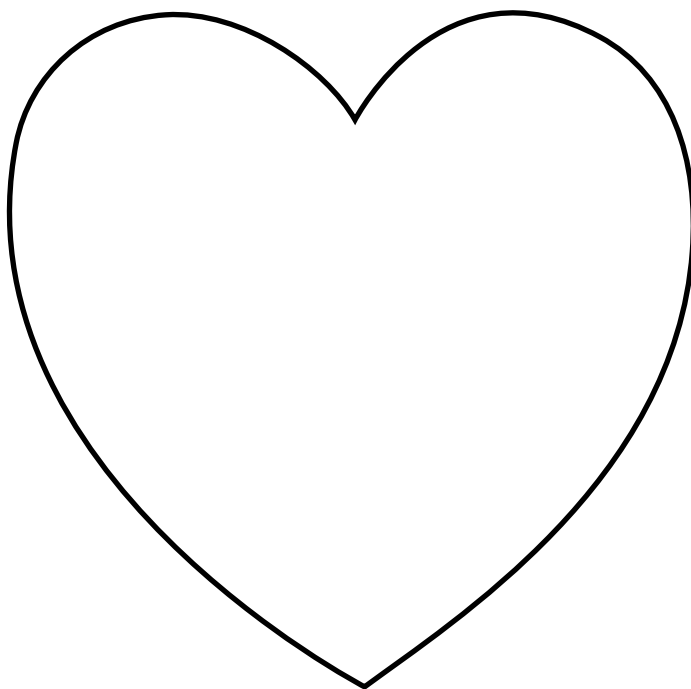
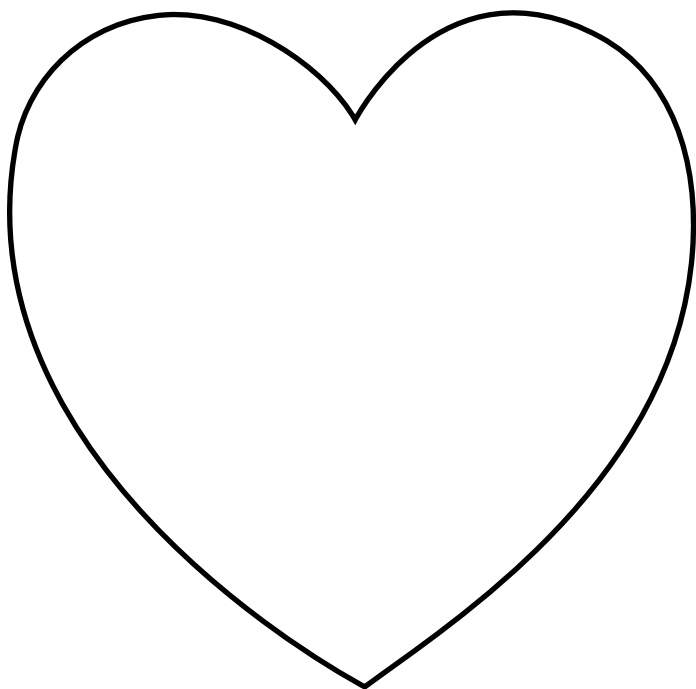
Love,



Jenga Questions

1. My first experience with death was when...
2. Share how the death is discussed in your home.
3. To the best of your memory, at what age were you aware of death?
4. What do you think happens after death?
5. Do you think about your own death?
6. If you could pick an age to die, what would it be? Why?
7. Describe a favorite memory of the person who died.
8. What memories do you have of the day the person died?
9. What type of funeral do you want for yourself?
10. Describe the funeral of the person who died.
11. Which of the five senses triggers the most memories of the person who died?
12. If your parent died, what do you think of your surviving parent dating?
13. What is better now than it was just after the death?
14. Have you had any dreams about the person who died? If so, please describe them.
15. If one of your friends' loved ones died, what would you say to him or her?
16. What memorials have you had for the person who died?
17. If you were told that you have a terminal disease, would you change any part of your life?
18. If you knew a friend was suicidal, what would you do?
19. What did the person who died wear in the casket (if there was one)?
20. Was there special music at the funeral?
21. What was the person who died's favorite kind of music?
22. Have you ever heard of anyone leaving a "gift" in the casket? What do you think about this idea?
23. What is one of the most positive things you remember about the funeral?
24. At the time of the death, who was most helpful to you?
25. What have been some helpful things that people have said or done?
26. Tell a funny memory of the person who died.
27. Tell a tender memory of the person who died.

Heart Templates





Sample Change Questions

What is one thing that has changed at home since the death?

What is one thing that has changed at school since the death?

What is one thing that helps you with the changes in your life?

Do you think change lasts forever?

What is one change that has been easy for you?

Who is one person who understands the changes you are going through?

If you had a magic wand and could change anything in your life, what would that be?

Do you feel like the same person since the death or do you feel different?

Why do you feel things change?

If you had a magic wand and could cause one thing to happen to you in your future, what would that be?

Since died...

How I am the same

How I am different

How my family is the same

How my family is different

Name and self-portrait

Who Am I?



Who was I?
(List some of your qualities)

Who am I now?
(List some of your qualities)

Draw or cut out pictures to illustrate each of these columns

Who was I?

Who am I now?

Sample Questions About Change



What is one thing that has changed at home since the death?

What is one thing that has changed at school since the death?

What is one thing that helps you with the changes in your life?

Do you think change lasts forever?

What is one change that has been easy for you?

Who is one person who understands the changes you are going through?

If you had a magic wand and could change anything in your life, what would that be?

Do you feel like the same person since the death or do you feel different?

Why do you feel things change?

If you had a magic wand and could cause one thing to happen to you in your future, what would that be?

Notes About Me



My age:

My grade:

My family:

Interests that I have:

My hobbies:

Things I like:

Things I do not like:

Favorite types of music:

Positive characteristics:

Notes About Me

Continued

Below is a list of some positive characteristics. Feel free to circle some of these if they truly reflect you.



accepting of others	confident	gentle	leader	selfless
always ready to lend a hand	considerate	giving	loving	sense of humor
animated	cooperative	gracious	loyal	spiritual
appreciative	courageous	great friend	organized	strength of character
artistic	courteous	hard working	patient	sweet
assertive	creative	helpful	peaceful	thoughtful
aware of others' feelings	curious	honest	persevering	trustworthy
bright	dedicated	honorable	persistent	vivacious
caring	diligent	inner strength	positive attitude	warm smile
charismatic	empathetic	inspirational	polite	warmth of personality
charming	energetic	intuitive	problem solver	whimsical
collaborative	funny	integrity	respectful	
comical	friendly	intelligent	resourceful	
compassionate	full of life	kind	responsible	
	generous	knowledgeable	role model	

Other positive characteristics I have are:

Characteristics I have that I don't like but am working on getting better at:

My plans for the future:

Anything else?

How to Write a Personal Ad



- Capture the reader's attention with some aspect of your personality.
- Start listing some of your favorite things to do.
- Tell some interesting things about yourself...your age, interests, hobbies, grade, family, your likes, and your dislikes.
- Use humor!
- Include things in your ad that you are not 100% happy about (things you are working on).
- Don't brag...just tell the truth.
- Be positive and polite.



Sample Personal Ad

By the author

Positive, outgoing, compassionate person who very much enjoys being with other people. I am an older woman who is creative, loves to be with children, and has a sense of humor. If you were to secretly watch me during a day, you would see me writing my book about grief and immensely enjoying working with children and families and volunteers at Mourning Cloak. I also adore spending time with my husband, playing with my two cats, walking near the lake in Port Washington, riding my new recumbent bike, and being with my son and my daughter and her family, including my two granddaughters. Having grown up in Michigan near Grand Haven, I especially love swimming in Lake Michigan, in particular when I can ride my boogie board on the waves. Riding my bike and being with my family and close friends are also passions of mine. Although I would love to be in better shape, working out and sweating are not some of my favorite activities! My favorite types of music are Irish, Christmas, musicals, folk, pop, and classical. I hope someday to do some more traveling to Ireland, Scotland, and Switzerland. Leading a simpler, less stressful life is a goal for me in the future.

Crossing the Bridge

by Jeanette Hollyday, reprinted with permission
<http://jnetsworld.wordpress.com>



I can't stay here; standing alone in the dark
patiently weathering the winds of indecision
when I know I will stay warm
by just walking on toward the light of my dreams.

I'm crossing the bridge.

Patiently I speak to the wind and don't expect to
control the clouds.

And I hear the voice of Wisdom and feel warmth
coming from the Unknown
compelling me toward the light of my dreams.

I'm crossing the bridge.

Wisdom gives me comfort to laugh with the
Unknown and

Feel the warmth of uncertainty
and the surprise that I am not alone as
I'm crossing the bridge.

A bridge can signify important turning points in your life. As you take your first steps across the bridge after someone loved dies, for example, you may find yourself returning back to the start; at this point in time your bridge is looking like a rickety rope bridge as you rush for safety. But, as most young people do, you'll get back on the bridge and continue walking. Most steps are positive ones but setbacks may occur. Life happens to us all, setbacks are all too common, and you have to accept that they are just part of living. The key here is to realize that there are two ways to view life, either as something that happens to you or something that you have an element of control over. When you feel you have control, you have the ability to make decisions. Instead of turning backward after a setback, you'll be asking yourself, "What coping skills can I use to help me continue on a positive life journey?" Crossing a bridge requires discipline, diligently following the system that is laid out before you. Encourage yourself to keep moving in the right direction, keeping the other side of the bridge in your mind. While on the bridge, you surround yourself with positive friends and those who can and will help, encourage, and guide your journey to the other side of this bridge.

Directions for Building the Bridge

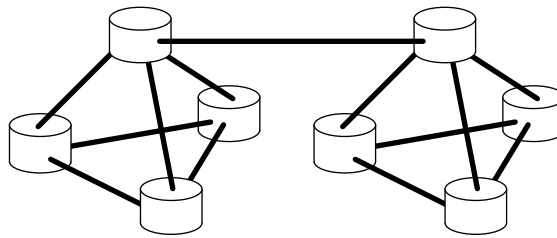


MATERIALS NEEDED:

Marshmallows
Spaghetti pieces
Linguine pieces

DIRECTIONS:

1. Construct two pyramids of equal size with marshmallows and spaghetti pieces.
2. Connect the pyramids with a single strand of linguine. To create a broader bridge, use larger marshmallows at the top of the pyramids and more pieces of linguine.
3. To make a longer bridge, create another pyramid and link your already assembled bridge to the new pyramid with more linguine.
4. As a bonus, your bridge is edible!





List of Possible Priorities

Life priorities are the values that drive our lives and define our spiritual essences. We all talk about our priorities in life. We can list them without a second thought. But sometimes our list of priorities falls into the same wastepaper basket as our New Year's resolutions. We talk about them, but that's as far as it gets. Our task is to put our life priorities into action. Here is a list of some possible priorities:

- Particular relationships, such as family or friends
- Beliefs in a Higher Power
- Having rewarding work- or school-related experiences
- Being well respected
- Making the most of creative talents
- Living somewhere comfortable
- Being in good health
- Physical fitness
- Partaking in sports
- Using coping skills to help with things like anger, guilt, rudeness, disrespect, etc.
- Being a respected member of a particular group or community
- Independence
- Having time to relax
- Making a dream become a reality
- Helping others
- Life itself



Circle of Life

Words by Tim Rice, Music by Elton John
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From the day we arrive on the planet
And blinking, step into the sun
There's more to be seen than can ever be seen
More to do than can ever be done
Some say eat or be eaten
Some say live and let live
But all are agreed as they join the stampede
You should never take more than you give
In the circle of life
It's the wheel of fortune
It's the leap of faith
It's the band of hope
Till we find our place
On the path unwinding
In the circle, the circle of life
Some of us fall by the wayside
And some of us soar to the stars
And some of us sail through our troubles
And some have to live with the scars
There's far too much to take in here
More to find than can ever be found
But the sun rolling high through the sapphire sky
Keeps great and small on the endless round.

How I Am the Same As



Qualities and physical things that my

had:

(Example: Funny)

Qualities and physical
things that I have:

(Example: Funny)



What Does Death Look Like?

IMAGES

Coffin

A rainbow

A tree

BELIEFS AND QUESTIONS

There is an afterlife

Where does the body go?

My loved one lives on in me

What Does Life Look Like?

IMAGES

Sun

Being with friends

Music

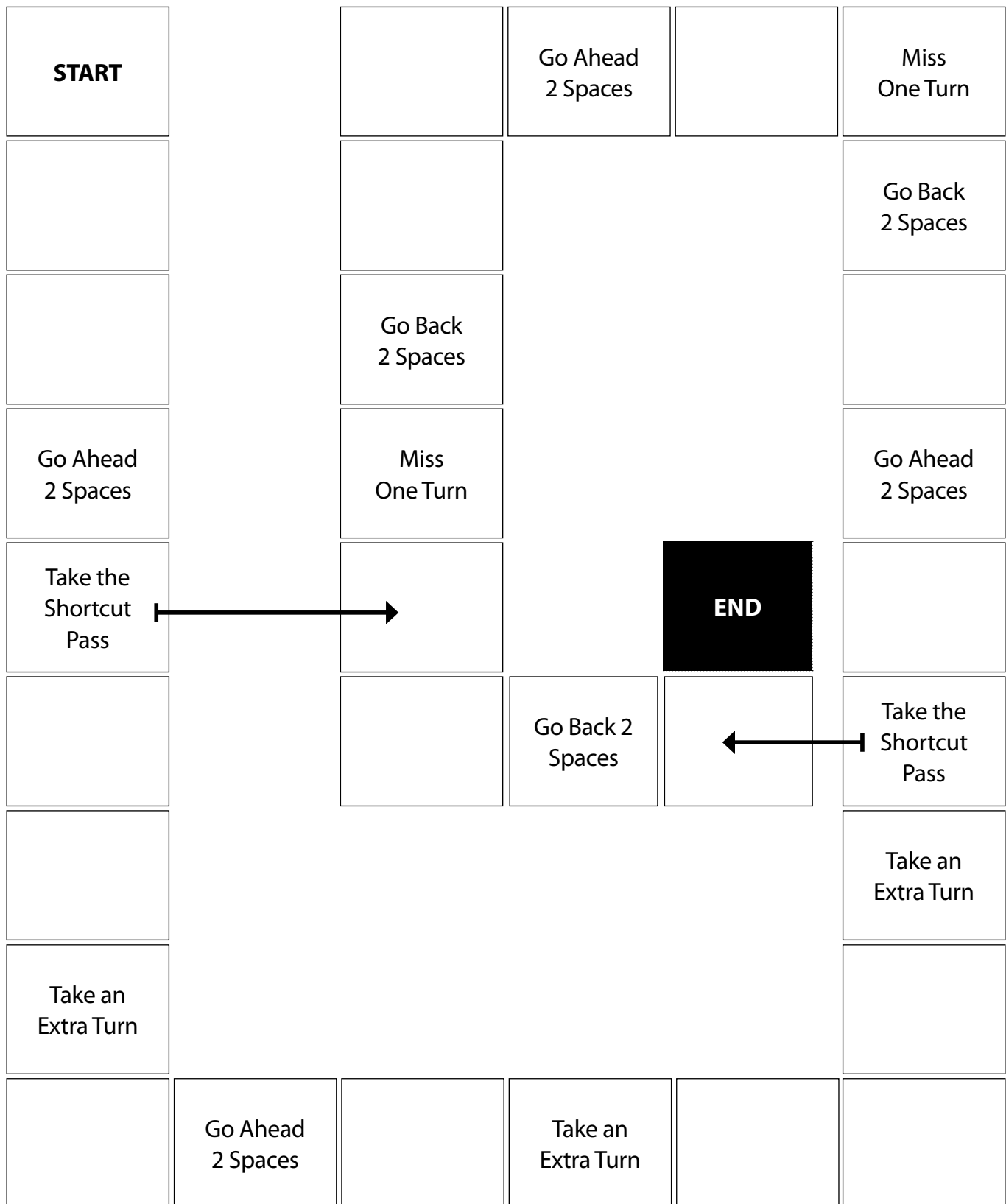
BELIEFS AND QUESTIONS

How long will I live?

What does my future hold?

It is important to have fun

Living with No Regrets Game Board





Viktor Frankl's Quotes

1. "The meaning of our existence is not invented by ourselves, but rather detected."
2. "It is the very pursuit of happiness that thwarts happiness."
3. "Being tolerant does not mean that I share another one's belief. But it does mean that I acknowledge another one's right to believe, and obey, his own conscience."
4. "Everything can be taken from a man but one thing; the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way."
5. "Man does not simply exist, but always decides what his existence will be, what he will become in the next moment."
6. "Love is the only way to grasp another human being in the innermost core of his personality."
7. "A human being is a deciding being."
8. "What is to give light must endure burning."
9. "Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."
10. "Ultimately, man should not ask what the meaning of his life is, but rather must recognize that it is he who is asked. In a word, each man is questioned by life; and he can only answer to life by answering for his own life; to life he can only respond by being responsible."
11. "What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him. What he needs is not the discharge of tension at any cost, but the call of a potential meaning waiting to be fulfilled by him."
12. "Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."
13. "Everyone has his own specific vocation or mission in life... Therein he cannot be replaced, nor can his life be repeated. Thus, everyone's task is as unique as is his specific opportunity to implement it."
14. "The existential vacuum manifests itself mainly in a state of boredom."
15. "We can discover this meaning in life in three different ways: 1. By doing a deed; 2. By experiencing a value; and 3. By suffering."
16. "We must never forget that we may also find meaning in life even when confronted with a hopeless situation, when facing a fate that cannot be changed. For what then matters is to bear witness to the uniquely human potential at its best, which is to transform a personal tragedy into a triumph, to turn one's predicament into a human achievement. When we are no longer able to change a situation—just think of an incurable disease such as inoperable cancer—we are challenged to change ourselves."
17. "Life can be pulled by goals just as surely as it can be pushed by drives."
18. "The last of the human freedoms is to choose one's attitudes."
19. "Ever more people today have the means to live, but no meaning to live for."



Spirituality Questions for Ker Plunk

Why do bad things happen to good people?

Do you think the person who died is aware of your daily activities?

Where do the spirits or souls of people who die go?

Is there a place after earth?

Do you think you will see the person who died again?

How do you feel the connection to the person who died?

Has the person who died come to you in a dream? Describe it.

Where do you most feel the presence of the person who died?

Can you talk to the person who died?

How do you deal with people in your life who have hurt you deeply?

What do you think your soul is? Is it different for each person?

Do you believe in a Higher Power? Has this Higher Power assisted you in your grief journey? If so, how?

What have you read or heard about “near-death experiences”? What do you think of them?

Have you changed any of your values since someone loved died?

Have you changed any of your priorities since someone loved died?

What are your hopes for an afterlife?

Do you like the idea of everyone living forever? Why or why not?

How does life move on after death?

Name a song or other music that deals with spirituality, the whys and hows of life.

Comforting Adults in My Life



The main adult in my life
who helps me is

I feel most safe
when I am with

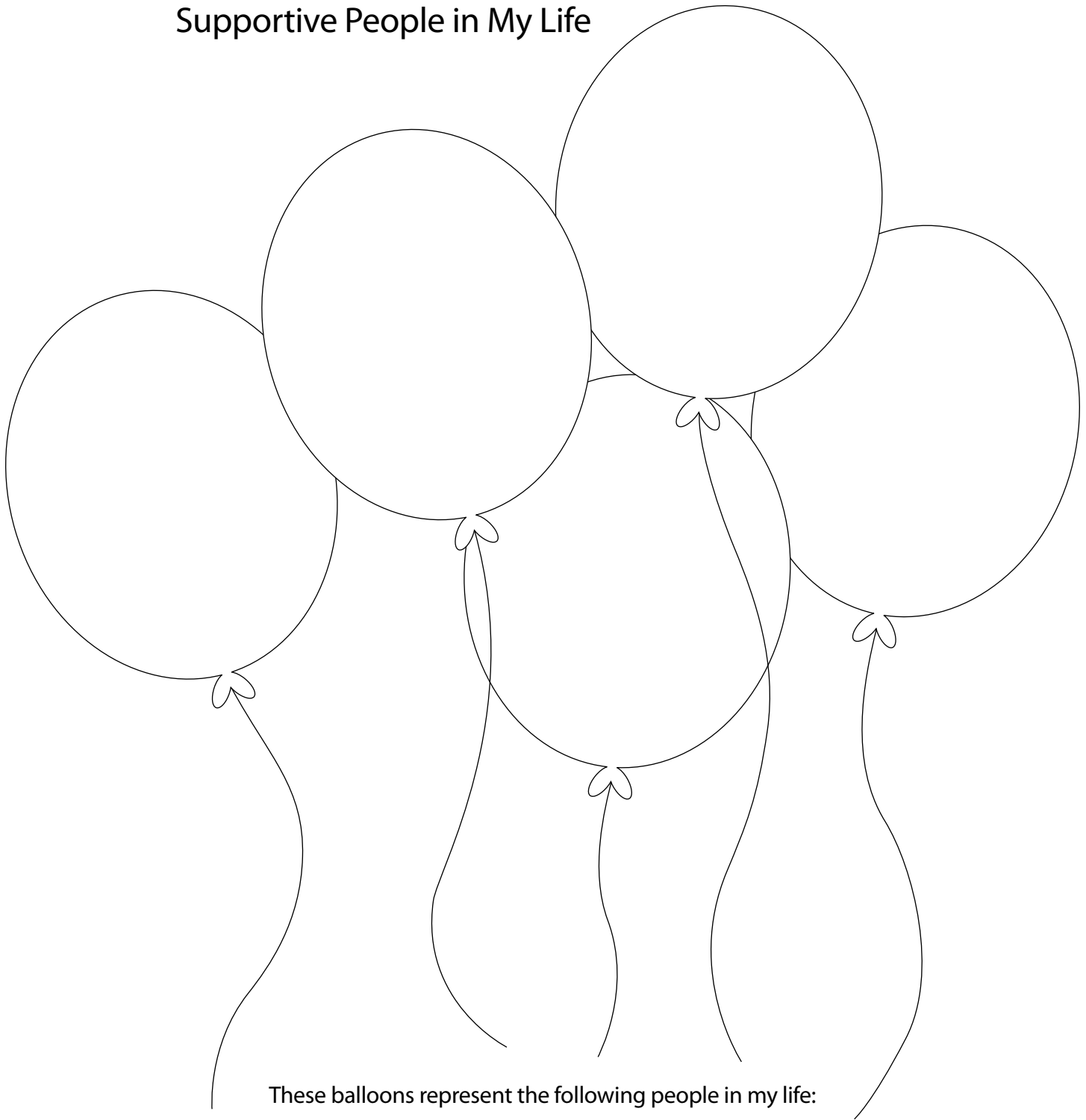
The adult I share my feelings with is

Another important adult in my life is

When I am sad, an important
adult in my life tells me

The best advice that I have received
from an adult in my life is

Supportive People in My Life



1.	2.	3.	4.	5.
----	----	----	----	----

Appreciation of Others

In each of the boxes, complete the sentences to show appreciation to those who are helping you with your grief



Appreciation of your mom, dad, or caregiver in your life

I like it when you

.....

.....

.....

because

.....

.....

.....

I appreciate it when you

.....

because

.....

because

.....

.....

.....

I am happy you

.....

.....

.....

Thank you for

.....

.....

.....

Appreciation of the friends in your life

I like it when you

.....

.....

.....

because

.....

.....

.....

I appreciate it when you

.....

because

.....

because

.....

.....

.....

I am happy you

.....

.....

.....

Thank you for

.....

.....

.....

Appreciation of Others

Continued



Appreciation of other adults in your life

I like it when they

because

I appreciate it when they

because

I am happy they

Thanks for

Appreciation of you!

I like it when I

because

I appreciate it when I

because

I am happy for me because

Thanks for

Questions for Ker Plunk



What qualities do supportive adults and good friends have?

What does it mean when someone loved dies?

Do you feel ready to say goodbye to the person who died?

Who are the adults in your life that are helping you with the death?

What are adults in your life doing to help you with the death?

Name a place you can go to that is comfortable and safe.

Name three things you can do when your life feels out of control.

Name some things that can help get your mind off the death.

What is one thing that the person who died would want to know about you since the death?

What is something comforting that someone has said to you about the death?

Which adults are the most difficult to talk to about the death?

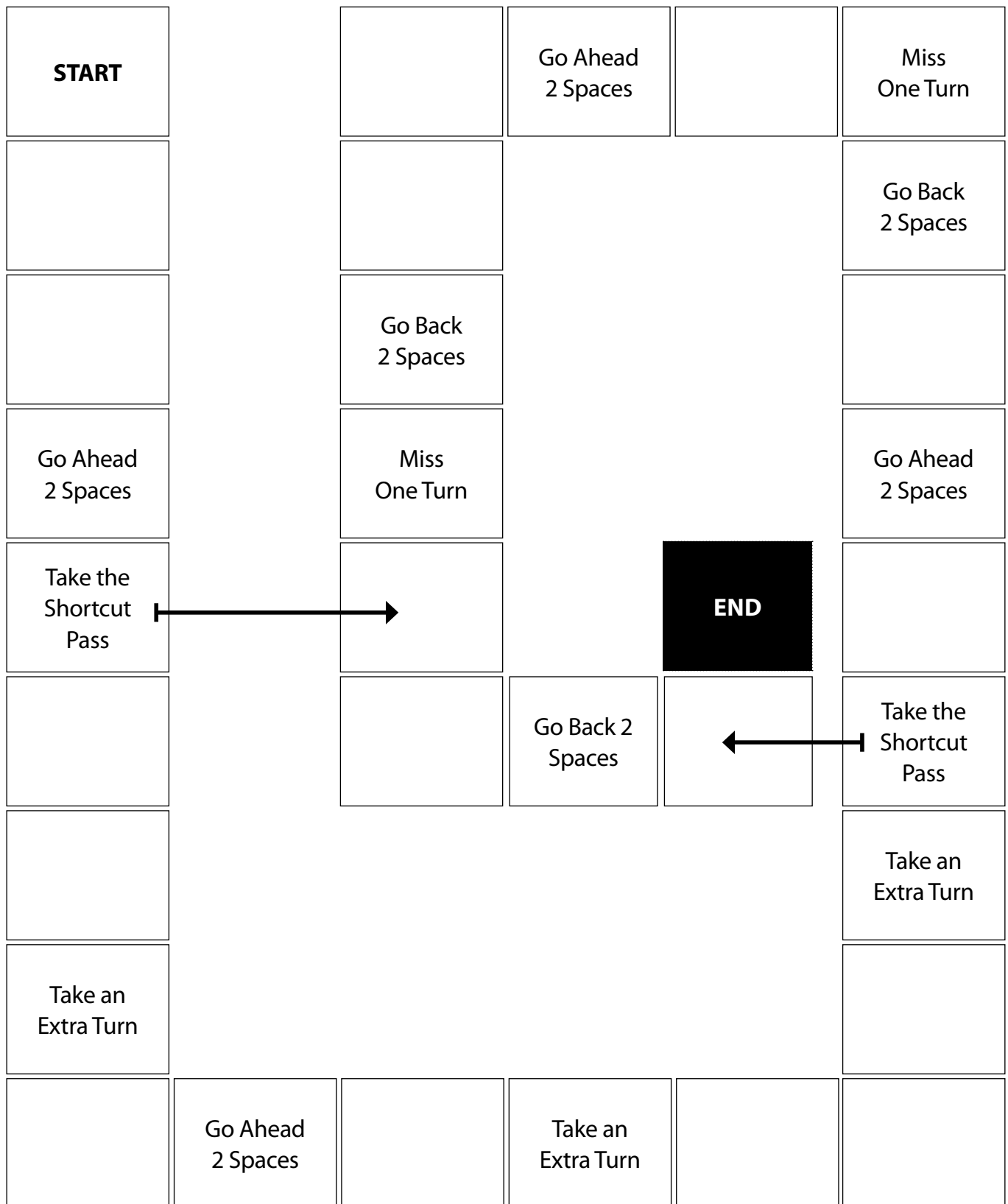
What do you think is the most important thing you learned from the person who died?

Did anyone lie to you about the death or how it happened?
If so, how did that feel?

Complete this sentence: I wish my teachers could understand...

Is there an adult in your life you want to talk to about the death but haven't yet?

The Game of Support





Questions for the Game of Support

Which family members have been really supportive of me?

Which friends have been really supportive of me?

I feel most loved and understood when...

Some people want to help, but don't know how. This is what I would like from them...

Some people want to help but I don't want to accept it because...

Sometimes I want to be left alone so I can...

At times, I feel so angry and alone when...

If the person who died were here right now, I would tell him or her that...

If the person who died were here right now, I would ask him or her...

My favorite teacher is because....

The people in my life who are most supportive are...

If I could ask for more support, I would tell someone...

I try to talk to, but he or she does not always listen.
I wish I could tell him or her...

Late at night when I can't sleep, I am thinking about...

The Supports in My Life

Create booklets by printing the front and back of a letter-sized sheet of paper with the booklet pdfs (page 80 and 81). Then fold the pages in half to form the booklet.



I also have interests that are important to me:

School related:

Spiritual:

Sports:

Arts/Music:

Other:

By _____

THE
Supports
IN MY
Life

Since _____ died,
I have been feeling: _____

*I know that there are people who care about me.
These people are:*

My family: _____

My relatives: _____

My neighbors: _____

My teachers: _____

My counselor: _____

My priest/minister/rabbi: _____

Other adults: _____

Draw a picture of yourself and
paste or tape it into this frame

By _____

*Fold in half to create
the booklet*

*Front and back pdf files printed
on one letter-sized sheet of
paper*

School related:

Spiritual:

Spiritual:

Sports:

Arts/Music:

Other:

.....

Draw a picture of yourself and paste or tape it into this frame

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By

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My counselor: _____

My priest/minister/rabbi: _____

Other adults: _____



Positive Self-Talk Messages

I can be good to myself.

There are things that I do well.

I am wiser and stronger now.

My painful feelings are fading away a little each day.

I can't change others but I can change myself.

I can be grateful for all that I have.

I take pride in my accomplishments.

I can follow my dreams.

There are people who care about me.

I am courageous.

I can be as happy as I choose to be.

I will survive.

I may not trust everyone, but I can trust some people.

I can find healthy ways to express my feelings.

I can adjust to the many changes of loss, a little at a time

I have to power deep within me to get through this.

I can learn from my mistakes.

It is all right to take breaks from my grief and do fun things.

Starburst Game Cards

PRINT RED

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<p>Complete this statement: I feel alone when</p> <p>.....→</p>	<p>Complete this statement: I feel guilty when</p> <p>.....→</p>	<p>What were some of the reactions of the adults around you to the death? How did their reactions make you feel?</p>
<p>Did your parent(s) try to protect you in any way when the person died or was dying?</p>	<p>When the person died or was dying, were any emotions encouraged or discouraged? By whom? How?</p>	<p>Tell of something that has made you angry since the death. What can you do with your anger so that you don't carry it with you for the rest of your life?</p>
<p>Have your beliefs or understanding about death changed since the person died?</p>	<p>Tell us how your family has changed since the death.</p>	<p>Tell of a way you have changed since the death.</p>

Starburst Game Cards

PRINT RED

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Which adults positively or negatively impressed you with their reaction to the death?	Has anyone said anything that helped or comforted you since the death? Tell us what they said or did.	Is there a smell that reminds you of the person who died?
Has anyone said or done anything that irritated or angered you? Tell us what they said or did.	Is there a special place that reminds you of the person who died?	Tell us of a way you are similar to the person who died.
What do you want others to understand about you and how you feel about the death?	How has your everyday routine changed since the death?	Did the person who died have a favorite food or restaurant? What was it? How do you feel when you eat that special food now?

Starburst Game Cards

PRINT ORANGE

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What is the one thing you think the person who died would like to know?	Complete this statement: I would feel better if only I could 	When you think about what happened, what is one thing you are thankful for?
If you could change one thing about the death or how the person died, what would it be?	Complete this statement: When I let my feelings out, I 	What is one thing you wish you had not done?
What do you think is the most important thing that you learned from the person who died?	What is something that you can do now to show your love for the person who died?	If you could tell the person who died just one thing, what would it be?

Starburst Game Cards

PRINT ORANGE

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<p>Complete this statement: I think what I need most now is</p> <p>.....</p>	<p>Which people were the most difficult to tell about the death? Why?</p>	<p>What reactions have you gotten from people when you tell them about the person who died?</p>
<p>If you had a friend who had someone loved die, what advice would you give him or her that you wish someone had said to you?</p>	<p>How does being in your house feel now that the person died? Is it still home?</p>	<p>Is there a place you now avoid since the person died?</p>
<p>Who told you that the person died or was dying?</p>	<p>Complete this statement: When I hear the name of the person who died, I</p> <p>.....</p>	<p>Complete this statement: The last thing I remember I did with the person who died was</p> <p>.....</p>

Starburst Game Cards

PRINT YELLOW

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<p>Complete this statement: Since the person died, my life</p> <p>.....→</p>	<p>Complete this statement: I wish I had</p> <p>.....→</p>	<p>Complete this statement: I wish the person who died had</p> <p>.....→</p>
<p>If you had a dream about the person who died, tell us about it. If you have not, what would you like the dream to be?</p>	<p>How do you think your life would be different now if the person who died was still alive?</p>	<p>Complete this statement: I miss</p> <p>.....→</p>
<p>Complete this statement: My greatest surprise since the person died is</p> <p>.....→</p>	<p>Complete this statement: I find it hard to forgive</p> <p>.....→</p>	<p>Complete this statement: What scares me most is</p> <p>.....→</p>

Starburst Game Cards

PRINT YELLOW

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<p>Complete this statement: When I think of the person who died, I don't miss</p> <p>.....</p>	<p>Has anyone lied to you since the death or about the details of the death? How did that feel?</p>	<p>Sometimes your pain may seem different from what others say about theirs. Have you ever experienced this? How did you feel?</p>
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Starburst Game Cards

PRINT PINK

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Do you think people treat you differently now that you have had a loss?	Sometimes after someone loved dies, people wear or carry something that belonged to the person who died. These are called "linking objects." Do you have such an object? If you don't, what could it be?	The news of a death can leave you thinking that it really didn't happen. This is called "denial." Has this happened to you?
Have you ever felt ashamed of your feelings about your loss? Tell us about that.	Is there a song that comes to mind when you think of the person who died? Do you use music to help you cope with your grief?	Have you ever felt responsible or blamed yourself for the death?
Complete this statement: "The biggest loss or change (other than the death) to my life has been "	In what ways have your hopes and plans for the future changed as a result of the death?	Have your relationships with your friends changed as a result of the death? Who has been a good friend and what do they do to be a good friend to you?

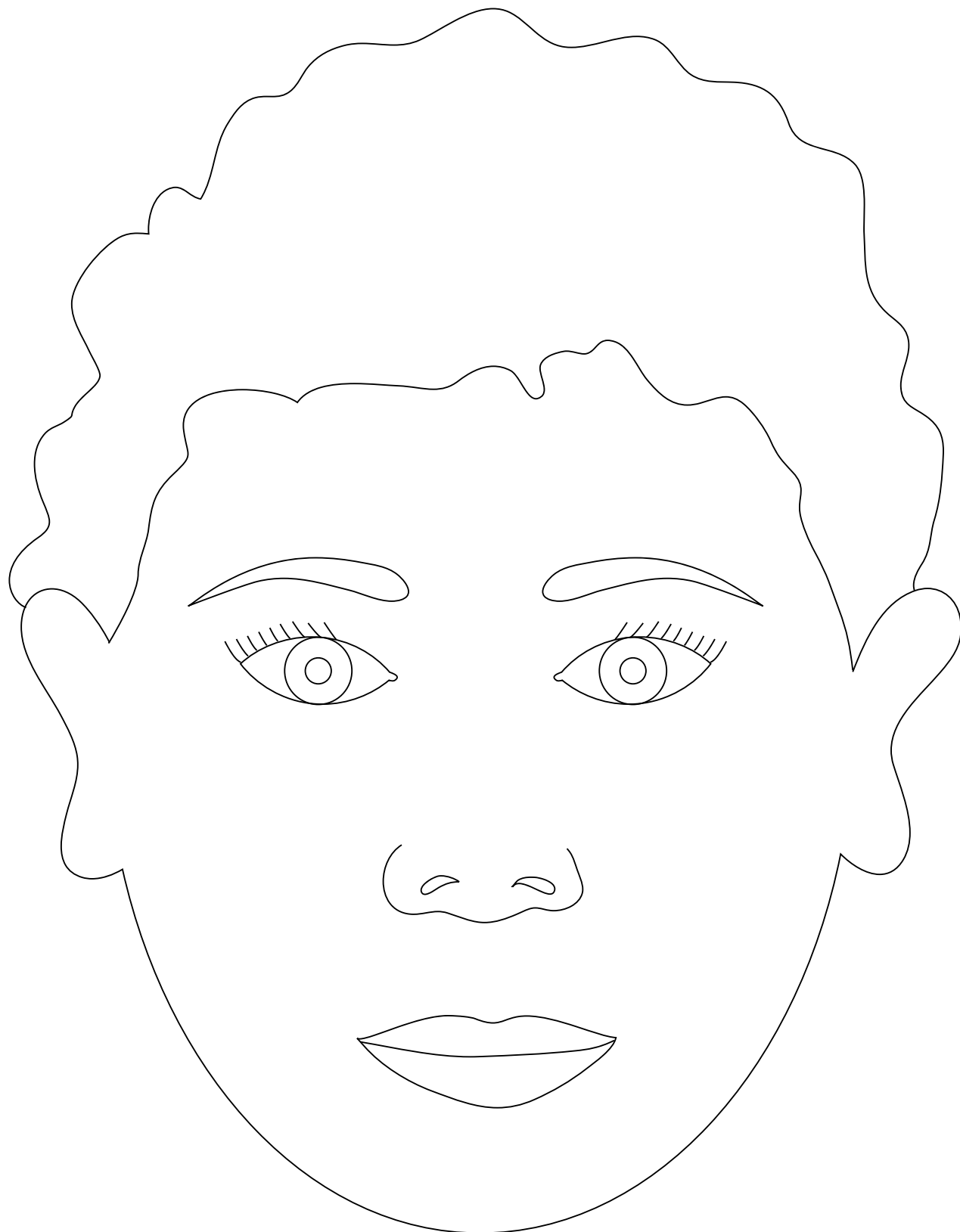
Starburst Game Cards

PRINT PINK

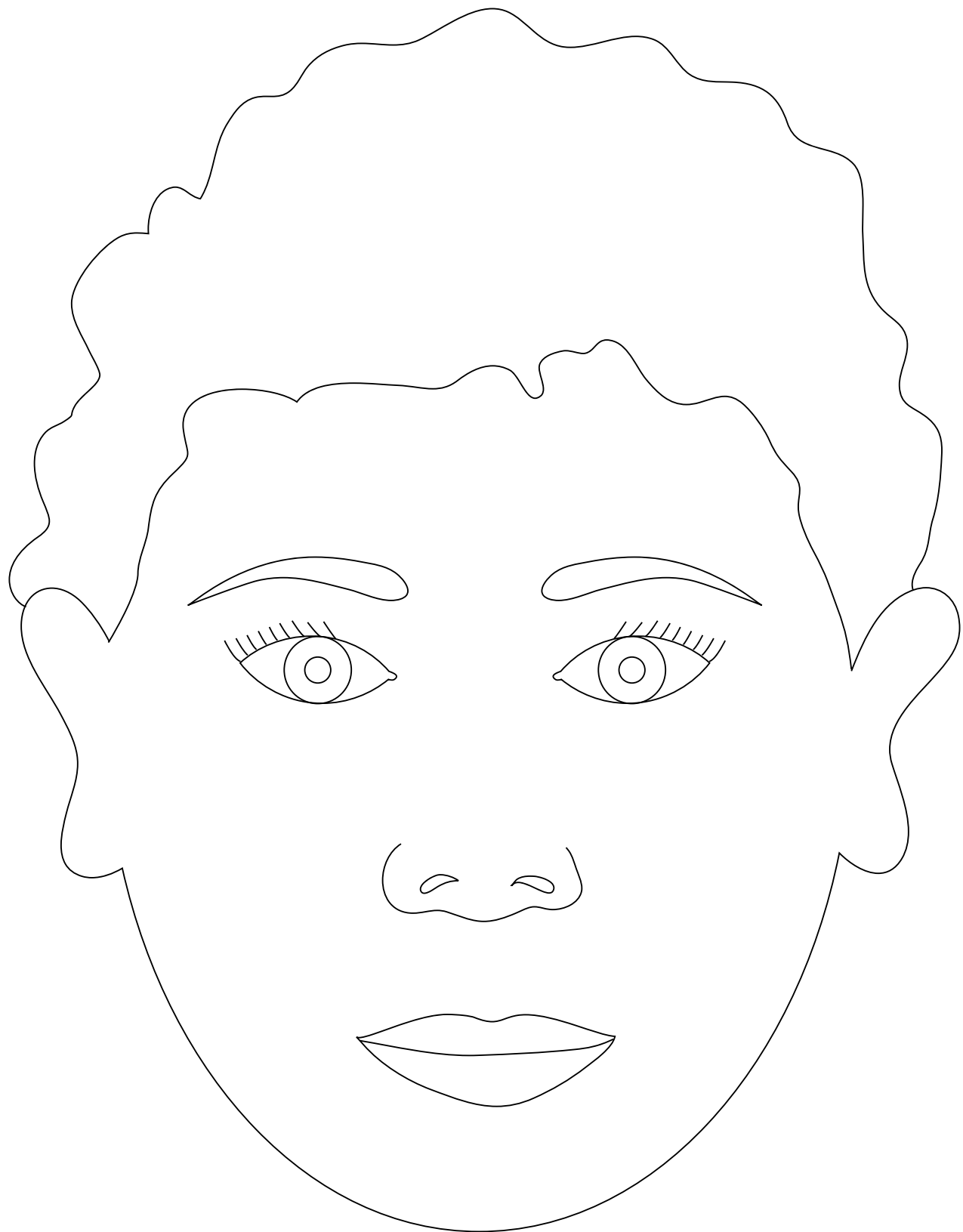
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<p>Complete this statement: It isn't easy for me to admit</p> <p>.....→</p>	<p>Have your attitudes toward what is most important in life changed as a result of the death? If so, in what ways?</p>	<p>Complete this statement: I wish my teachers could understand</p> <p>.....→</p>
<p>When you need to talk to someone, whom do you go to? If you haven't reached out to someone, is there someone you might want to try to reach out to?</p>	<p>Complete this statement: I wish my parent(s) could understand that</p> <p>.....→</p>	<p>Tell of a time when you have felt different or uncomfortable at school.</p>
<p>Is there something that you do by yourself now that you used to do with the person who died?</p>		

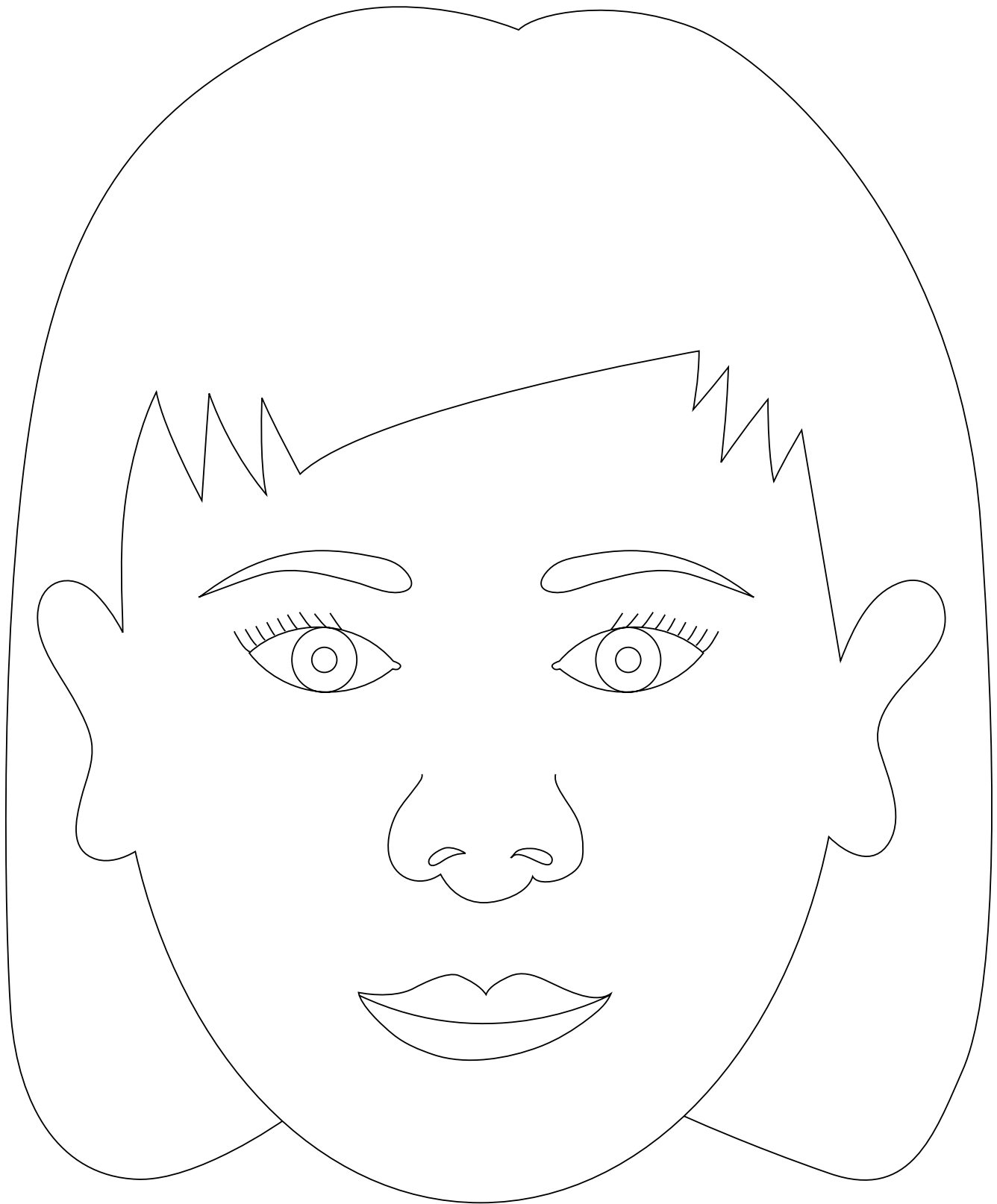
Faces - Some Aspects of My Current Life



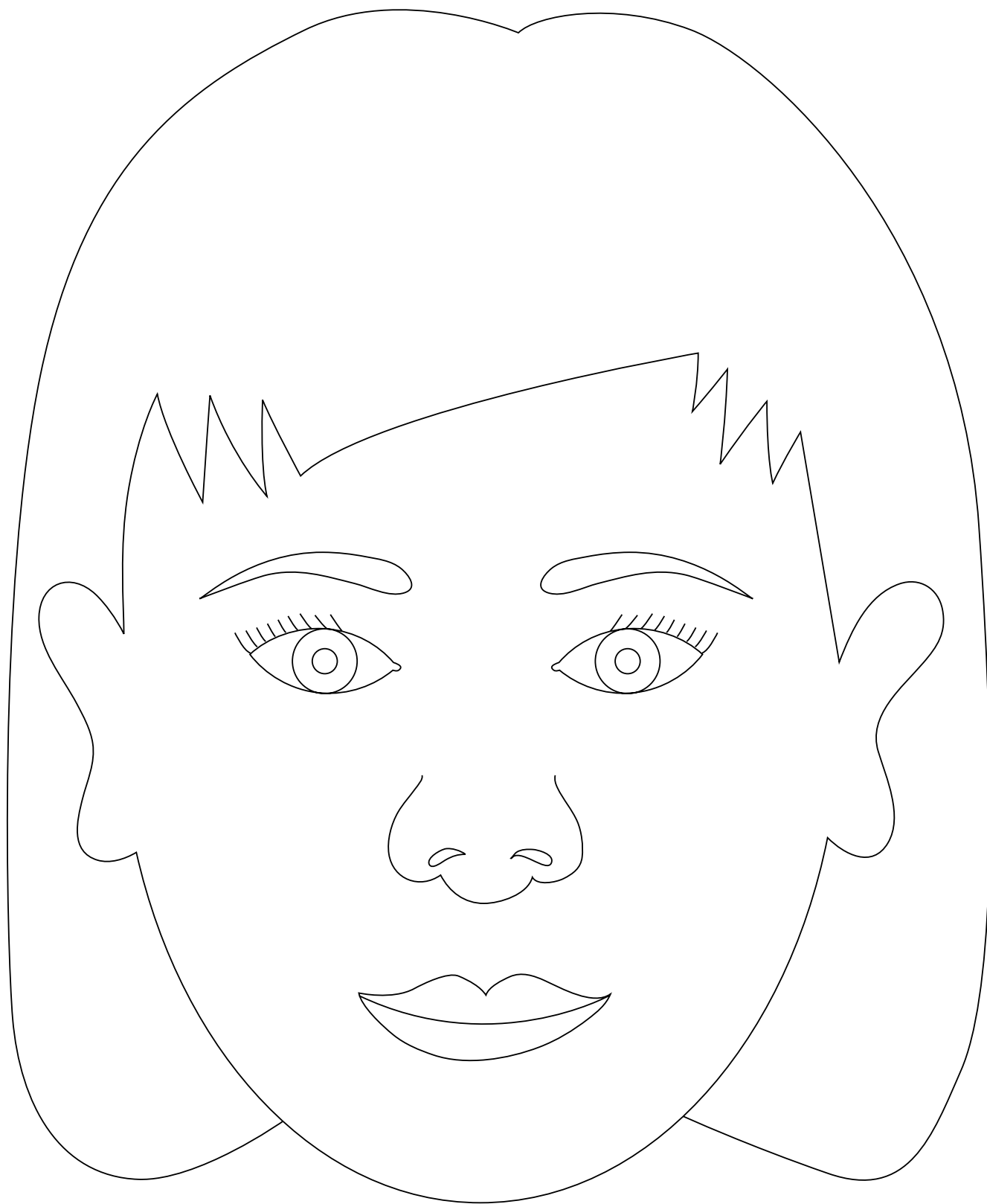
Faces - How I Want My Life to Be



Faces - Some Aspects of My Current Life



Faces - How I Want My Life to Be



Important Events

Important Events in My Current Life

(List the event and age you were when it happened)



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.

Important Events I Hope will Happen in the Future

(List the event and the approximate age you think you might be when the event occurs.)

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

Personal Timeline: The Present

Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date:

Personal Timeline: The Future

Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date:
Event and Date:	Event and Date:	Event and Date:	Event and Date: