

# My Pet Book

For when you lose a pet you love

*Forever my best friend.*

This book belongs to

.....

Draw, write, scribble, skip pages, come back later.
There is no wrong way to fill this in.

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# A note for the grown ups

For many kids, a pet is the first great love and the first great loss. Pet grief is real grief. This book gives your child a place to hold both the love and the missing.

> **How to use it together:** Let them lead. They can draw instead of write and skip any page. Avoid saying their pet was "put to sleep" or "went away," which can sound scary. Simple, honest words work best: their body stopped working, and they died. If they do not want to do it today, put it aside and try another day.

Watch for the guilt. Kids often secretly believe they caused it. Saying it out loud, that nothing they did made this happen, can lift a very heavy weight.

If grief ever feels too big for either of you, a school counselor or grief counselor can help carry it. In the US you can call or text **988** any time, day or night.

**A note about this book**

This book is not intended to diagnose or treat any condition, and it's not a substitute for a licensed counselor or psychologist.

# All about my pet

**My pet's name was**

**They were a** (dog, cat, hamster, fish...)

**They were this old**

**What they looked like** (color, size, fluffy or smooth...)

**Draw them here, or tape a photo in this box**

# What made my pet special

Every pet has their own funny little ways. Nobody else in the world was quite like yours.

**The silliest thing they ever did**

**Their favorite thing in the whole world**

**The sound or noise I will always remember** (their bark, purr, chirp...)

> **Grown up tip:** Laughing about the funny stuff is not disrespectful. It is love remembering out loud.

# My favorite memories

Close your eyes and visit your happiest times together. Pick your favorites and keep them here.

**My happiest memory with my pet**

**Something we did together almost every day**

**Draw your favorite memory**

# Saying goodbye

Pets do not live as long as people do. Most of the time they die because they got very old or very sick, and their body wore out. It is never your fault.

**What happened**

**Where I was when I said goodbye**

**Something I want my pet to know**

> **This part matters:** Nothing you did, said, forgot, or wished made this happen. Not playing enough, not being there, being mad at them once. None of it. Say it until you believe it.

# How I feel

Losing a pet can bring a whole storm of feelings, sometimes all at once. Every single one is okay. Circle the faces that feel like you, or draw your own.



Sad



Angry



Lonely



Confused



Okay sometimes

**Right now I feel**

**The hardest part of the day is**

# Ways to remember

Your pet is gone, but the love stays. Here are some ways to keep them close. Pick the ones you like.

- [ ] Write them a letter (use the box below)
- [ ] Keep something of theirs in a special spot
- [ ] Plant something in their honor
- [ ] Make a photo album or a drawing wall
- [ ] Visit their favorite place
- [ ] Tell someone your favorite story about them

**Dear** (your pet's name)

# When I miss them

Missing them means you loved them big. On the hard days, these things can help. Check the ones you want to try.

- [ ] Hug a stuffed animal or a pillow
- [ ] Look at photos or watch old videos of them
- [ ] Draw a picture of them
- [ ] Talk to a grown up about how I feel
- [ ] Play outside or do something I enjoy
- [ ] Cry if I need to. Crying is okay
- [ ] Remember that someday I might love a new pet, and that does not replace this one. Hearts can hold more than one love

> **For later:** Loving another pet one day does not mean you forgot this one. Your heart just grows a new room.

**The person I can talk to when I feel sad is**

*"Pets may only be part of our lives,*
*but to them, we are their whole life.*
*And that love does not end."*

**My pet will always be**

my best friend,
my family,
and a part of my story.

**Draw your pet with angel wings, or your favorite memory of them**



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