

My Remembering Book

A keepsake for kids who miss someone

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

This book belongs to your child. It is a soft place to land while they figure out what missing someone feels like.

> **How to use it together:** Let your child lead. They can draw instead of write, skip any page, or fill the whole thing in one sitting. There are no wrong answers. If they do not want to do it, put it aside and try another day.

You do not need perfect words. Sitting nearby while they draw is enough.

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 gentle tip:** Keep talking about the person who died. Say their name. Tell the funny stories. Kids take their cues from us, and your openness tells them it is safe to miss someone out loud.

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 person

Their name was

I called them

Three words that describe them

Draw them here, or tape a photo in this box

My favorite memories

My favorite memory with them is

Something funny they did

Draw a favorite memory

Things I never want to forget

> Elephants have the best memory of almost any animal. They never forget their family. This page is your elephant memory. Fill it with everything you want to keep forever.

Their voice sounded like

They always said

Their favorite food was

They loved to

Something only they did

How I am feeling

There is no wrong way to feel. Circle the faces that feel like you today. You can circle more than one.



Happy



Sad



Angry



Surprised



Okay



A little bit of everything

> Sometimes you might feel sad in the morning and silly by lunch. That does not mean you are not really missing them. Feelings can change fast, and that is normal.

Draw what your heart feels like today

A letter to my person

If you could say anything to them right now, what would it be?

Dear

Love,

Ways to remember them

Check the ones you want to try. You can do them alone or with someone you love.

- [ ] Light a candle for them
- [ ] Make their favorite food
- [ ] Look at photos together
- [ ] Tell a story about them
- [ ] Draw them a picture
- [ ] Visit a place they loved
- [ ] Plant flowers for them
- [ ] Play their favorite song
- [ ] Celebrate their birthday
- [ ] Do something kind for someone else, in their honor

My own idea

.....

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My keepsake page

Tape or glue something special in this box. A photo, a ticket stub, a dried flower, a drawing, anything that reminds you of them.

Why I picked this

"Missing someone means you loved them.

That love does not go away."

> It is okay to feel happy and sad at the same time. It is okay to laugh. The people we love stay with us in our stories, and you are one of their storytellers now.

If you ever need someone to talk to,
call or text **988** any time.

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