MY SPECIAL BOOK



NAME:_____

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CONTENTS

WORKBOOK SECTIONS

- All About Grief
- My Beliefs
- My Thoughts
- My Feelings
- My Memories
- My Self-Care

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ALL ABOUT GRIEF

Grief refers to the response a person has after a loss or death of someone. This response may include how someone feels (emotionally and/or physically), what they think, how they act, etc.



EVERYONE EXPERIENCES GRIEF...
AND EVERYONE EXPERIENCES IT DIFFERENTLY.

IT'S AS UNIQUE AS YOU!

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ALL ABOUT GRIEF

I HAVE A SPECIAL SOMEONE WHO DIED.

HERE IS A PICTURE OF

_____.

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ALL ABOUT GRIEF

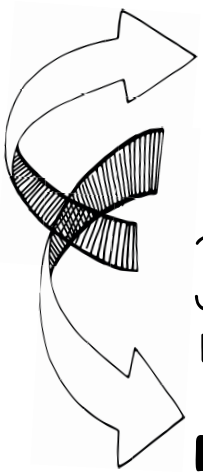
DR. KÜBLER-ROSS WAS AN EXPERT IN GRIEF, DEATH, AND DYING. SHE BELIEVED THAT THERE ARE 5 STAGES OF GRIEF.

1. DENIAL
2. ANGER
3. BARGAINING
4. DEPRESSION
5. ACCEPTANCE

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ALL ABOUT GRIEF

THE 5 STAGES OF GRIEF AREN'T LINEAR. THIS MEANS THAT PEOPLE MAY NOT EXPERIENCE THEM IN ORDER.



1. DENIAL
2. 2. ANGER
3. BARGAINING
4. DEPRESSION
5. ACCEPTANCE

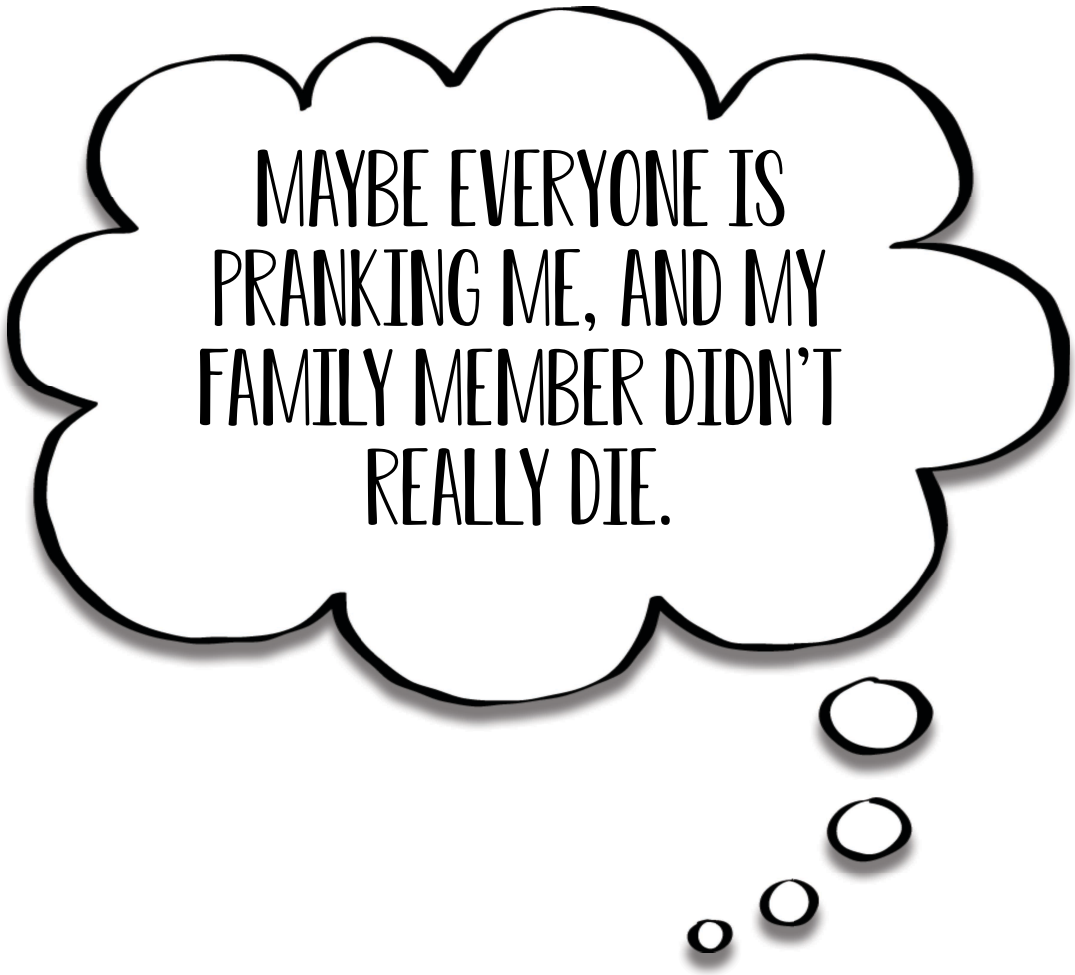
GUESS WHAT ELSE? SOME PEOPLE MAY NOT EXPERIENCE THESE STAGES AT ALL!

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ALL ABOUT GRIEF

WHAT MIGHT THIS LOOK LIKE?

1. DENIAL



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ALL ABOUT GRIEF

HAVE YOU HAD ANY THOUGHTS RELATED TO DENIAL?

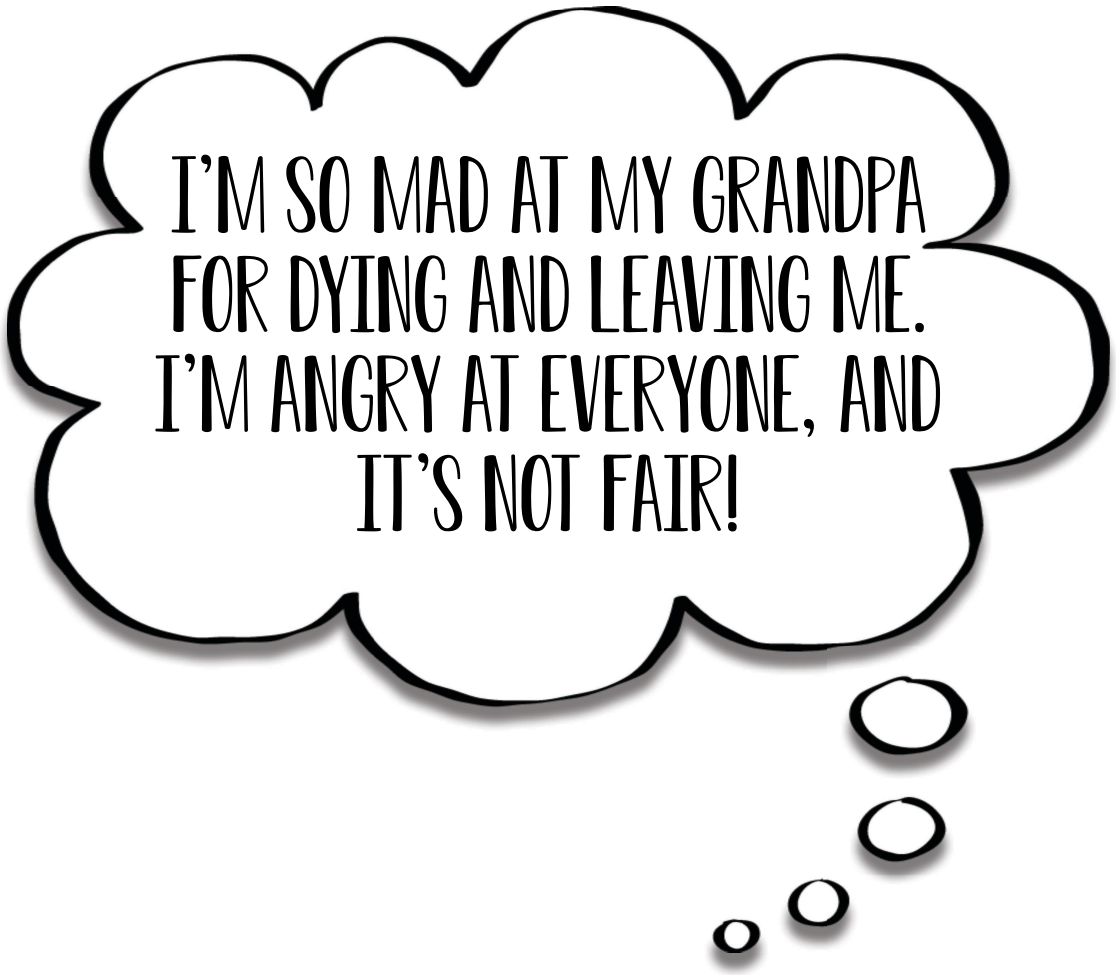
Write them in the thought bubble below.



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WHAT MIGHT THIS LOOK LIKE?

2. ANGER



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HAVE YOU HAD ANY ANGRY THOUGHTS?

Write them in the thought bubble below.

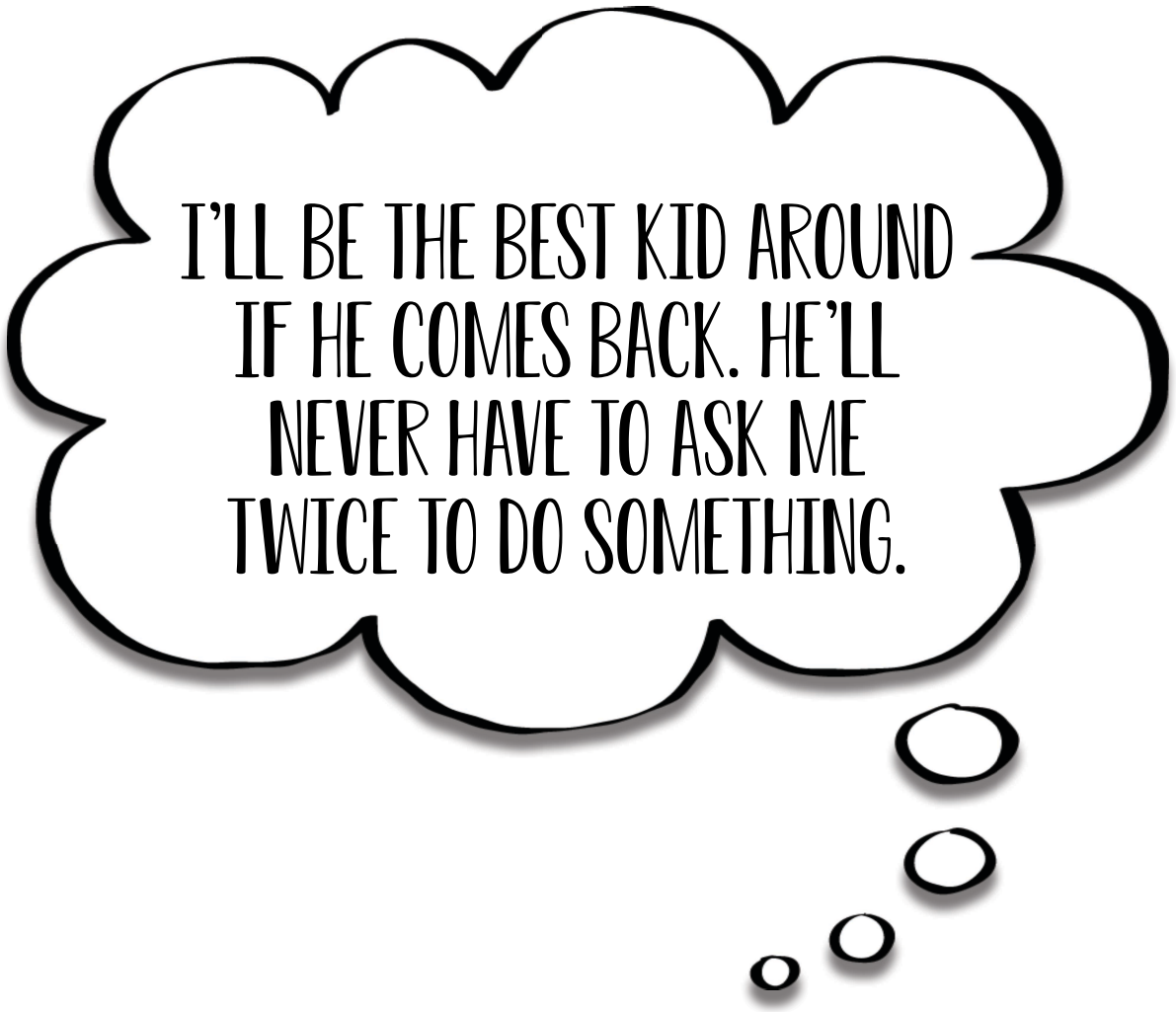
2. ANGER



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WHAT MIGHT THIS LOOK LIKE?

3. BARGAINING



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ALL ABOUT GRIEF

HAVE YOU HAD ANY THOUGHTS LIKE THIS?

Write them in the thought bubble below.

3. BARGAINING

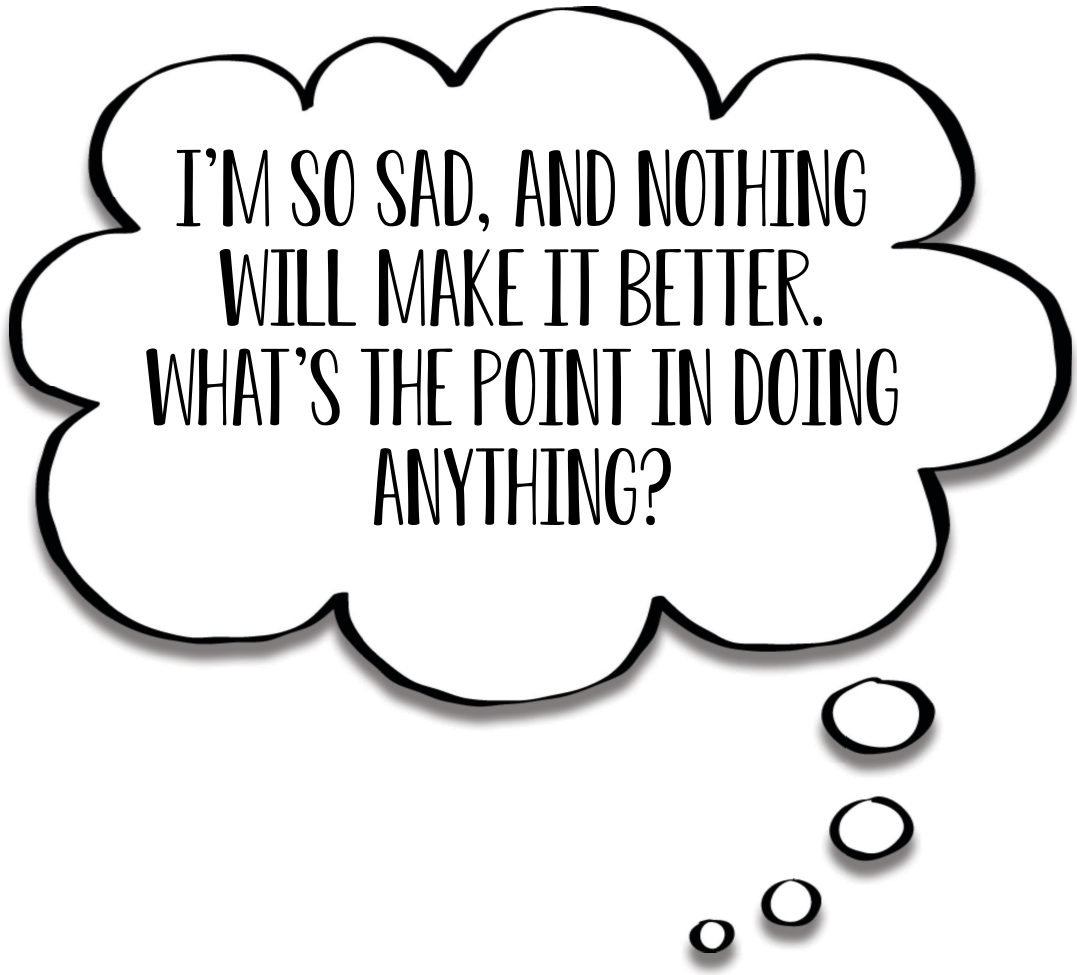


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ALL ABOUT GRIEF

WHAT MIGHT THIS LOOK LIKE?

4. DEPRESSION



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ALL ABOUT GRIEF

WHAT MIGHT THIS LOOK LIKE FOR YOU?

Write them in the thought bubble below.

4. DEPRESSION



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WHAT MIGHT THIS LOOK LIKE?

5. ACCEPTANCE



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ALL ABOUT GRIEF

WHAT MIGHT THIS LOOK LIKE?

Write them in the thought bubble below.

5. ACCEPTANCE



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MY BELIEFS

Grief may also be different across cultures and belief systems. When someone dies, his or her body stops working. The heart stops beating, and all physical and mental functions stop. Beyond that, people have different beliefs about what happens after death based on personal, cultural, religious or spiritual beliefs.

What do you think happens after someone dies? Draw it below.



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MY BELIEFS

Families may participate in cultural, religious, spiritual, or memorial-based rituals, events or activities after someone dies. Sometimes services are to honor and celebrate a loved one.

After your loved one died, what did your family do? Did you attend or participate?

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MY BELIEFS

Families may participate in cultural, religious, spiritual, or memorial-based rituals, events or activities after someone dies. Sometimes services are to honor and celebrate a loved one.

After your loved one died, what did your family do? Draw it below.

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MY BELIEFS

Families may participate in cultural, religious, spiritual, or memorial-based rituals, events or activities after someone dies. Sometimes services are to honor and celebrate a loved one.

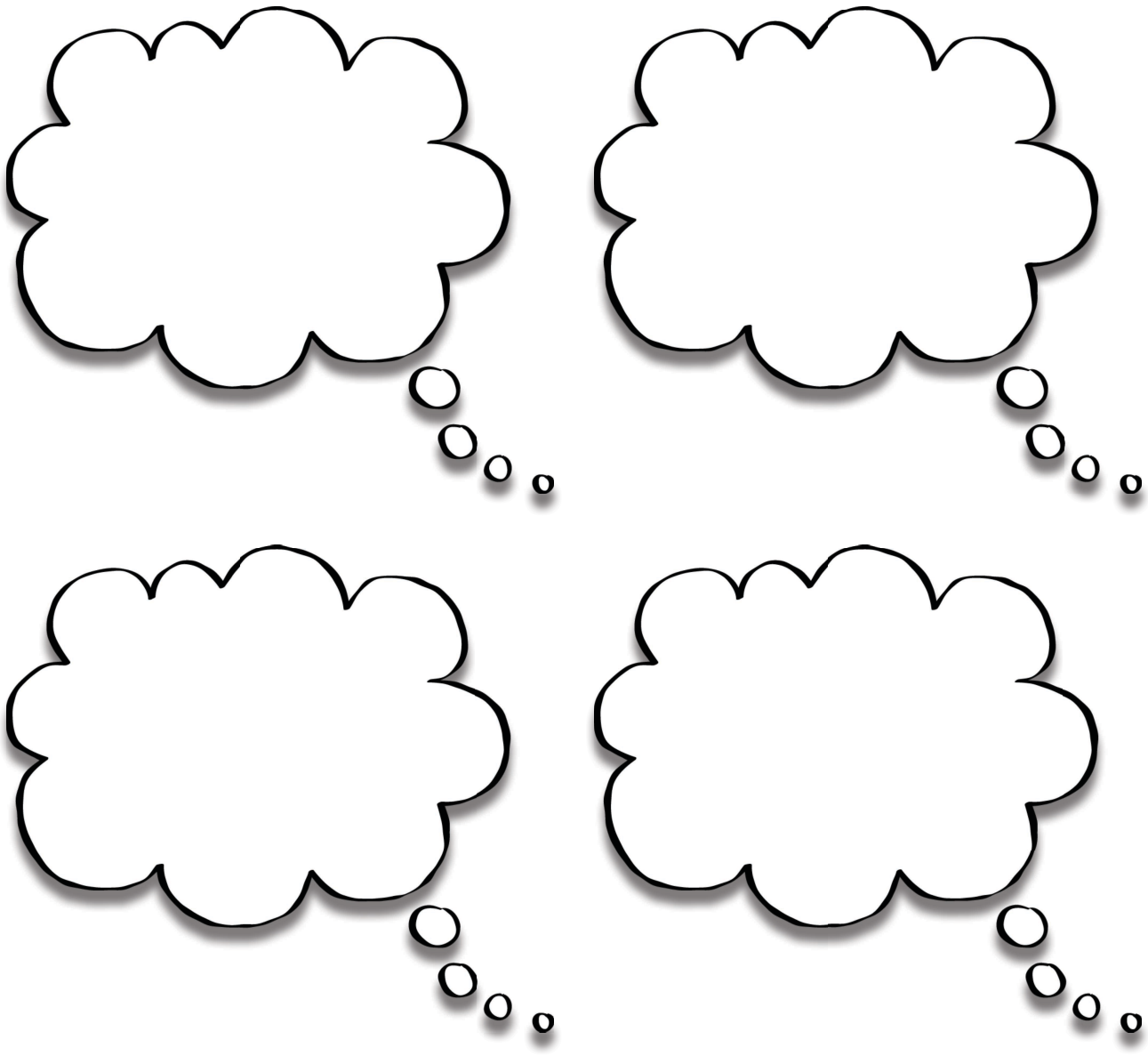
After _____ died, I did _____ with my family. Here is a picture of how I felt during this time:

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MY THOUGHTS

QUESTIONS ON MY MIND...

You might have a lot of questions about grief or your loved one. Draw or write them in the thought bubbles below.



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MY THOUGHTS

THOUGHTS ON MY MIND...

Draw or write more about your thoughts and questions in the spaces below.







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MY THOUGHTS

THOUGHTS ON MY MIND...

Write more about your thoughts in the space below.

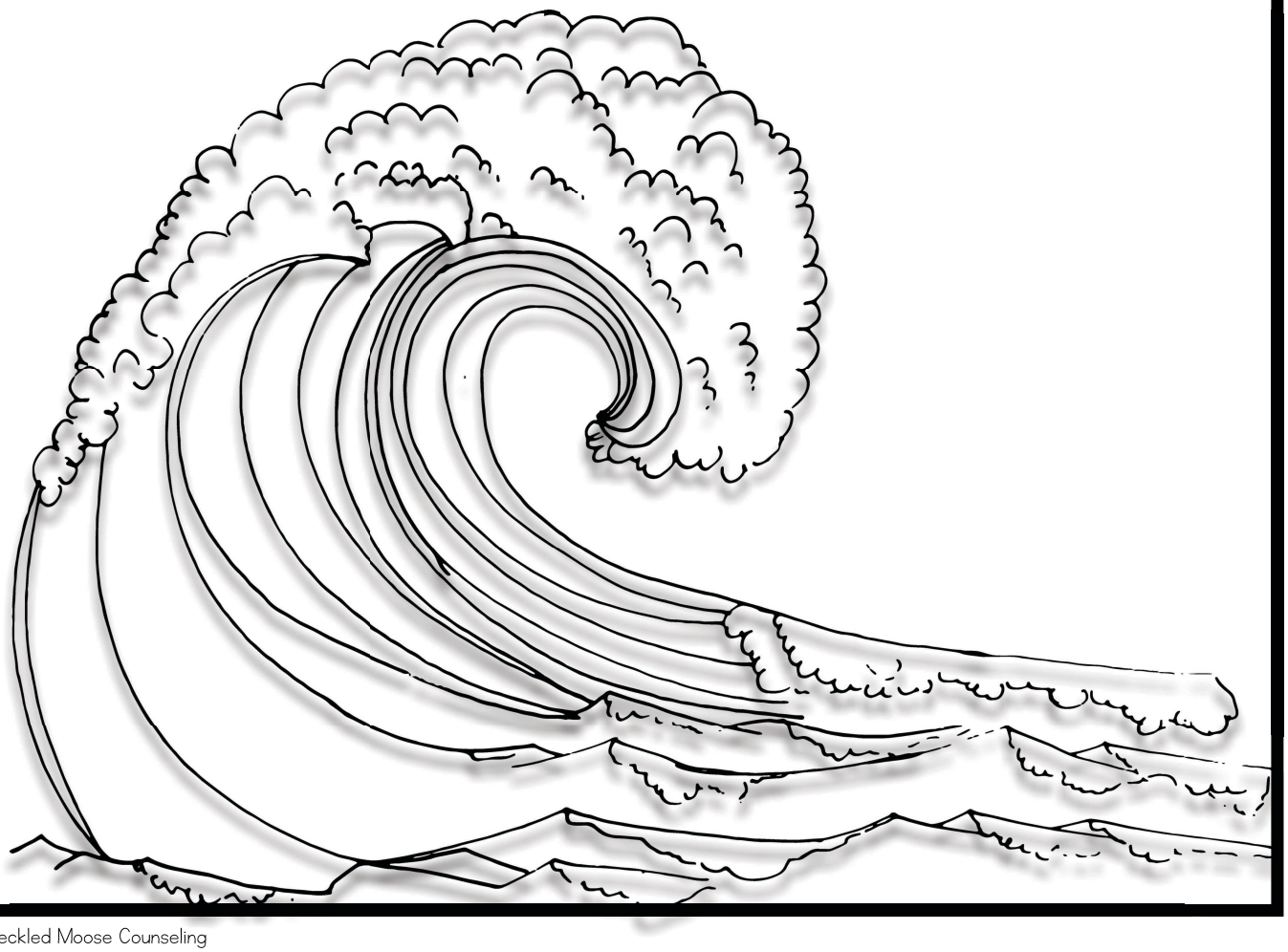
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MY FEELINGS

OCEAN WAVES

Everyone has big feelings sometimes, especially when someone they love died. Sometimes grief-related feelings are like ocean waves. They might roll in small and quickly, and other times they are further apart and huge!

Color and label the big wave below with big emotions that you've experienced.

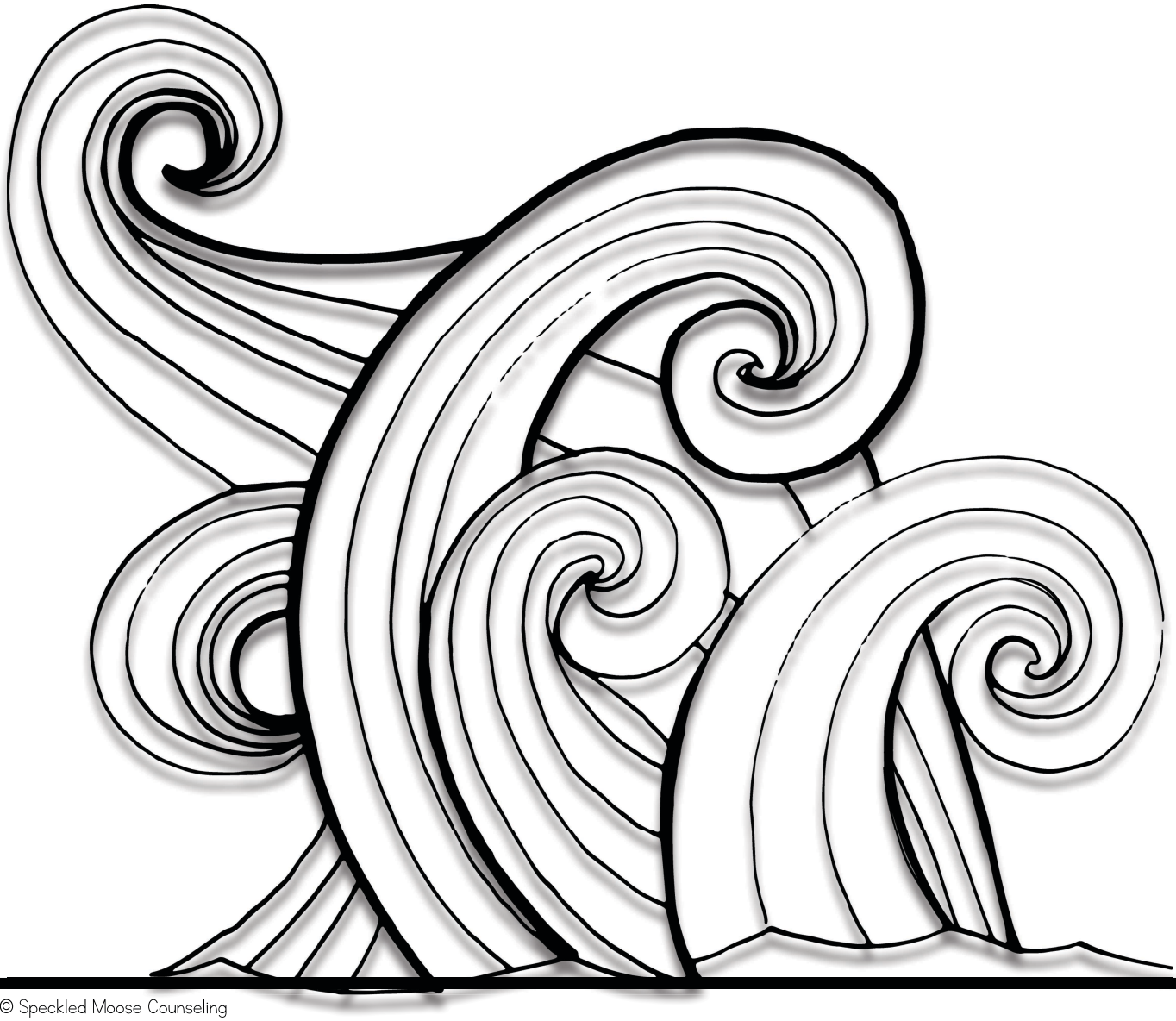


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MY FEELINGS

OCEAN WAVES

Like ocean waves, sometimes our feelings knock us over, and other times we show that we can roll with the waves. Your feelings might change a lot, feel tangled up together, or seem overwhelming at times. That's all normal for grief!



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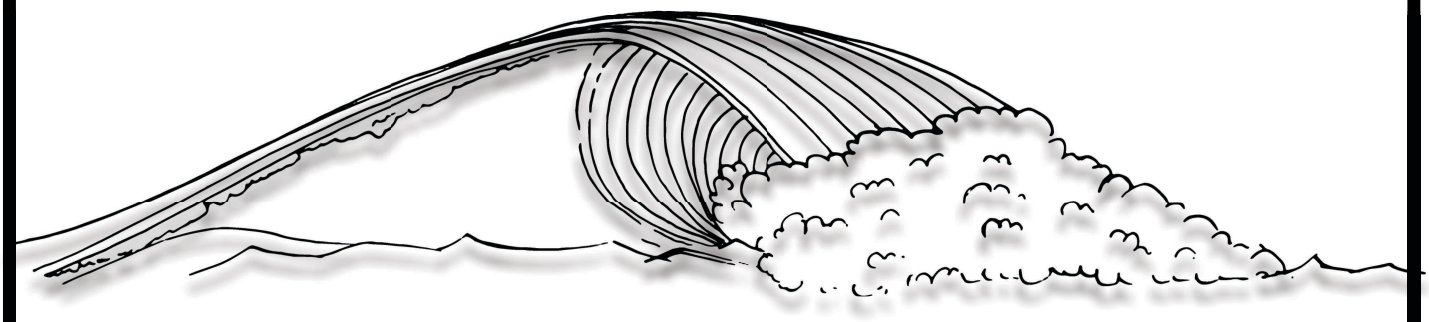
EXPRESSING MY FEELINGS

It may be hard sometimes to share with others how you feel. It can be helpful to share emotions and grief with people you trust. Using an "I message" can be an effective way of communicating your needs.

For example:

I feel sad because it's the anniversary of my dad's death. I need a hug.

I feel upset because Mother's Day is coming up soon and I miss my mom. I need to look at pictures of her and cry.



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MY FEELINGS

PRACTICING EXPRESSING MY FEELINGS

Now it's your turn. Practice expressing yourself using an "I message."

I feel _____

because _____.

I need _____.

I feel _____

because _____.

I need _____.

I feel _____

because _____.

I need _____.

I feel _____

because _____.

I need _____.

I feel _____

because _____.

I need _____.

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MY FEELINGS

SENDING A MESSAGE

If I could send a message to _____, I would say...

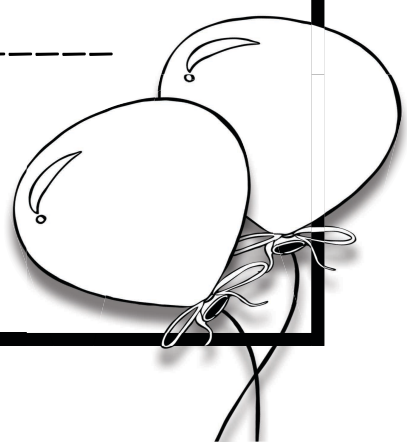
(draw or write your message in the balloons below.)



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MY FEELINGS

DEAR _____,

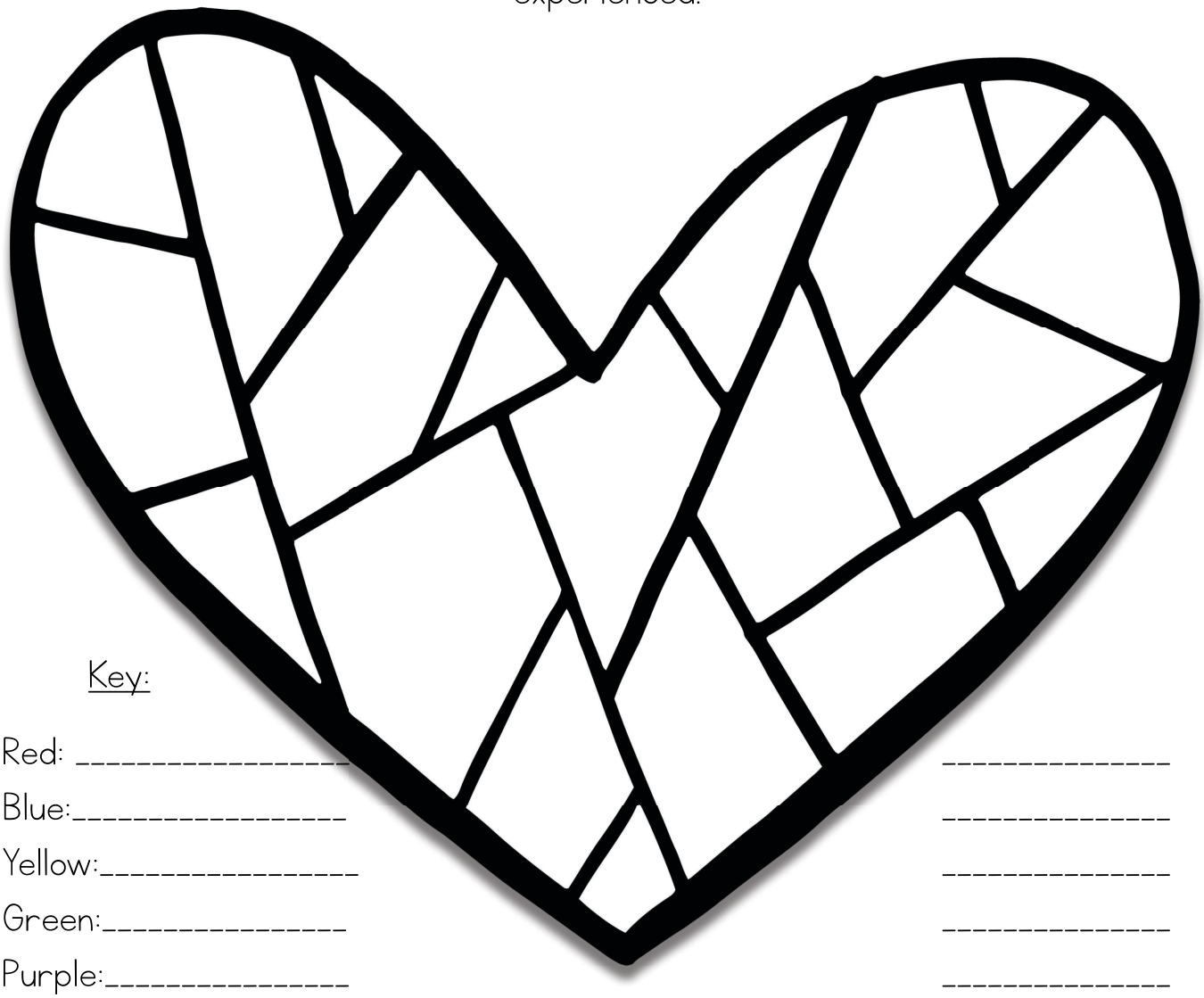


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MY FEELINGS

IN MY HEART

Color in the heart below to represent the different feelings you've experienced.



Key:

Red: _____ _____

Blue:_____ _____

Yellow:_____ _____

Green:_____ _____

Purple:_____ _____

Black:_____ _____

Brown:_____ _____

Orange:_____ _____

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MY FEELINGS

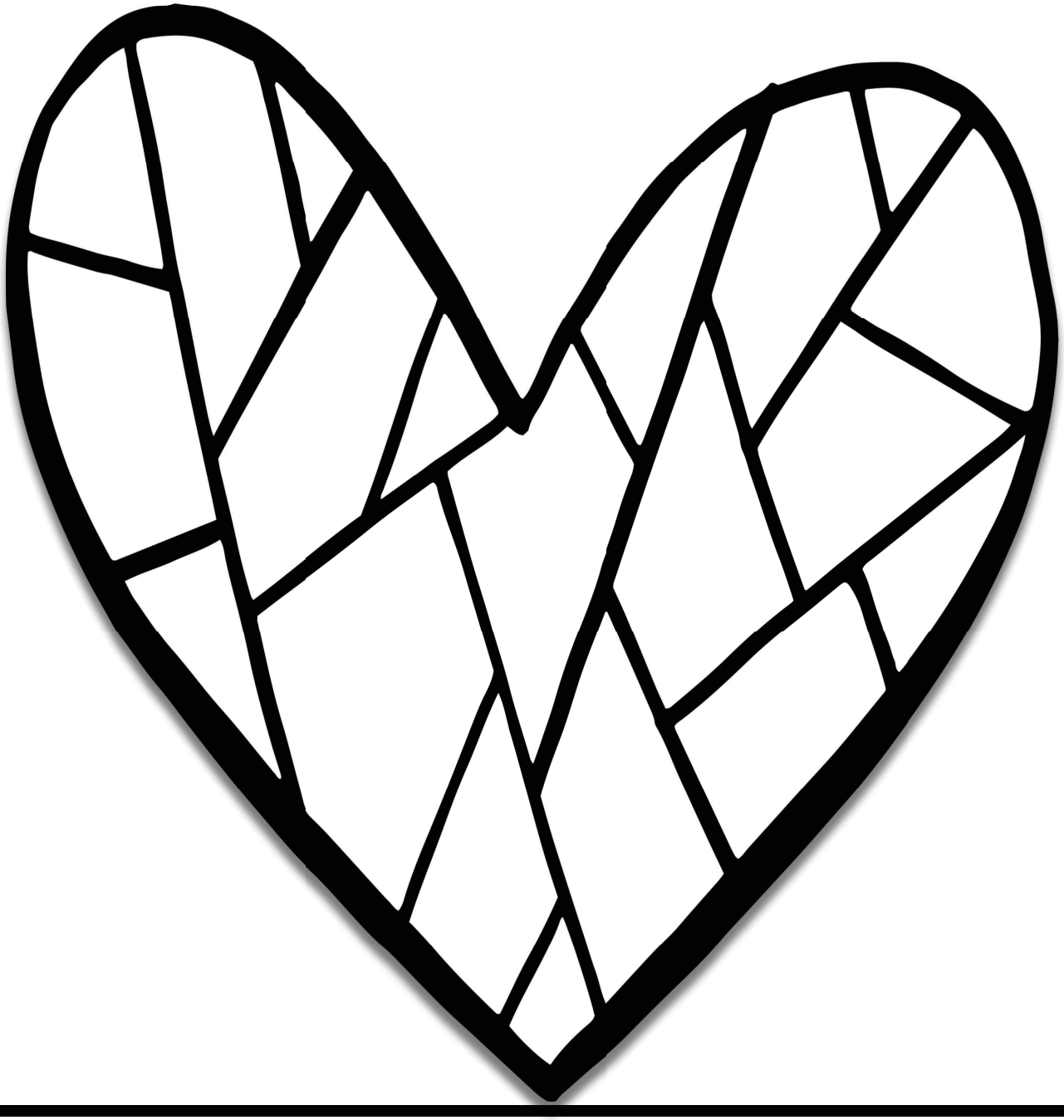
Draw 3 faces to show feelings you have experienced recently in the circles. Write more about them in the space provided below.

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MY MEMORIES

IN MY HEART

You might hear people say that we keep our loved ones in our heart. Draw or write special memories of your loved one in the heart below.

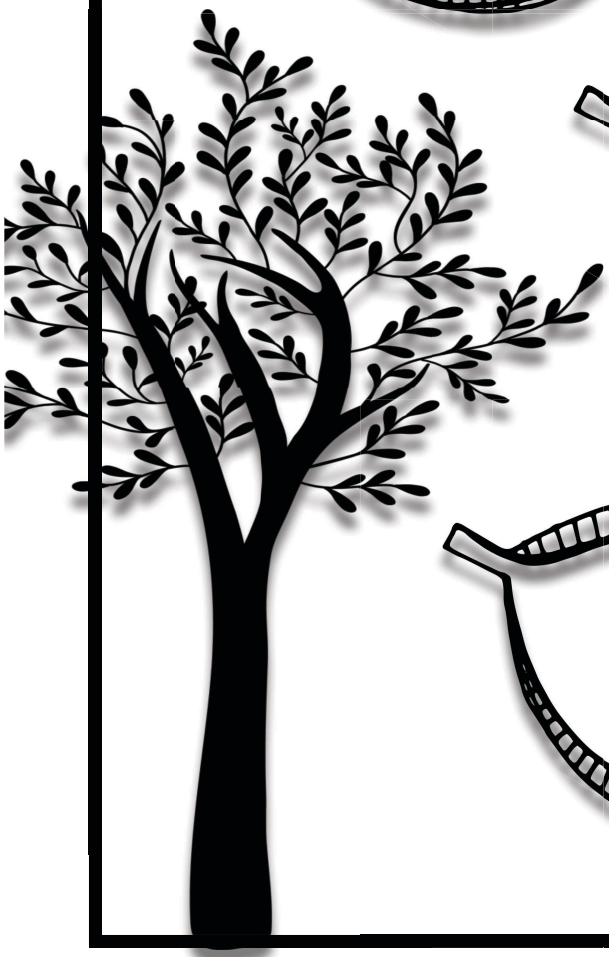


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MY MEMORIES

MY MEMORY TREE

Write special memories of your loved one in the leaves below.



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MY MEMORIES

MY MEMORY BOX

It may be helpful to create a memory box or container to store special mementos, photos, or items that remind you of your loved one. It can be something that a trusted adult helps you make. Below, draw or write down some ideas of what you would put in your memory box.



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MY MEMORIES

MY MEMORY BOX

Here are some ideas on how to create a memory box.

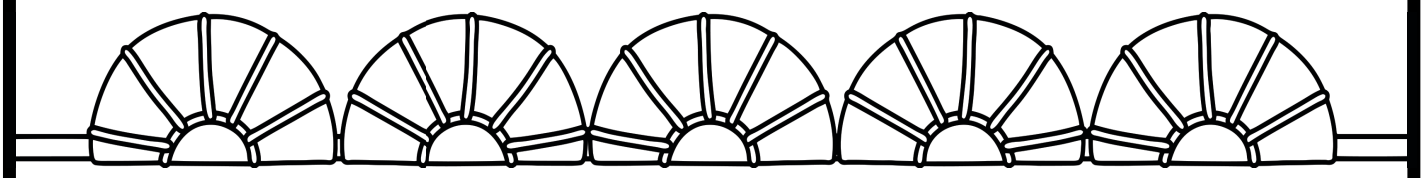
- ❑ Find a box or container that will hold special items.
- ❑ Decorate the outside of the box. You can cover it with paper, stickers, etc.
- ❑ Think about if you want to draw or add any other designs to the outside or inside of the container.
- ❑ Have someone help you find or print photos of your loved one.
- ❑ Place other special items or reminders of your loved on in the container. This might include special events that you did together, movie ticket stubs, or things that you'd want your loved one to know about.
- ❑ Identify a safe place to store the container. Make sure it's in a location that it cannot get damaged (Do you have pets? Younger brothers or sisters?).
- ❑ As you find items that are special to you or to your loved one, place it in the container for safe keeping.
- ❑ When you're feeling sad, or missing your loved one, take your memory box and look through all your special memories.

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MY MEMORIES

A STORY ABOUT US

Here is a special story about me and my loved one!

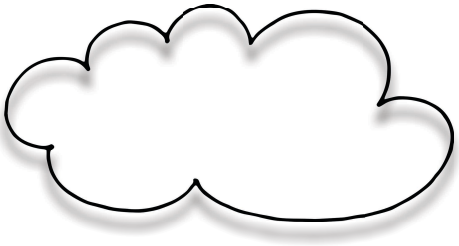


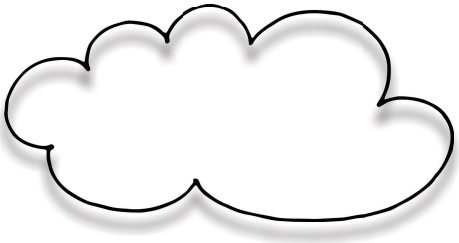
© Speckled Moose Counseling

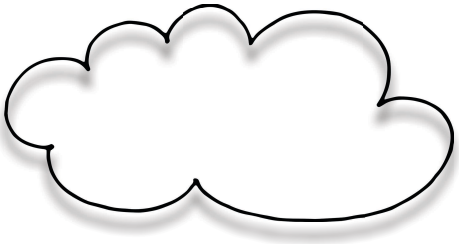
MY MEMORIES

THE GOOD IN US

There are so many amazing strengths I share with my loved one. Here are a few.





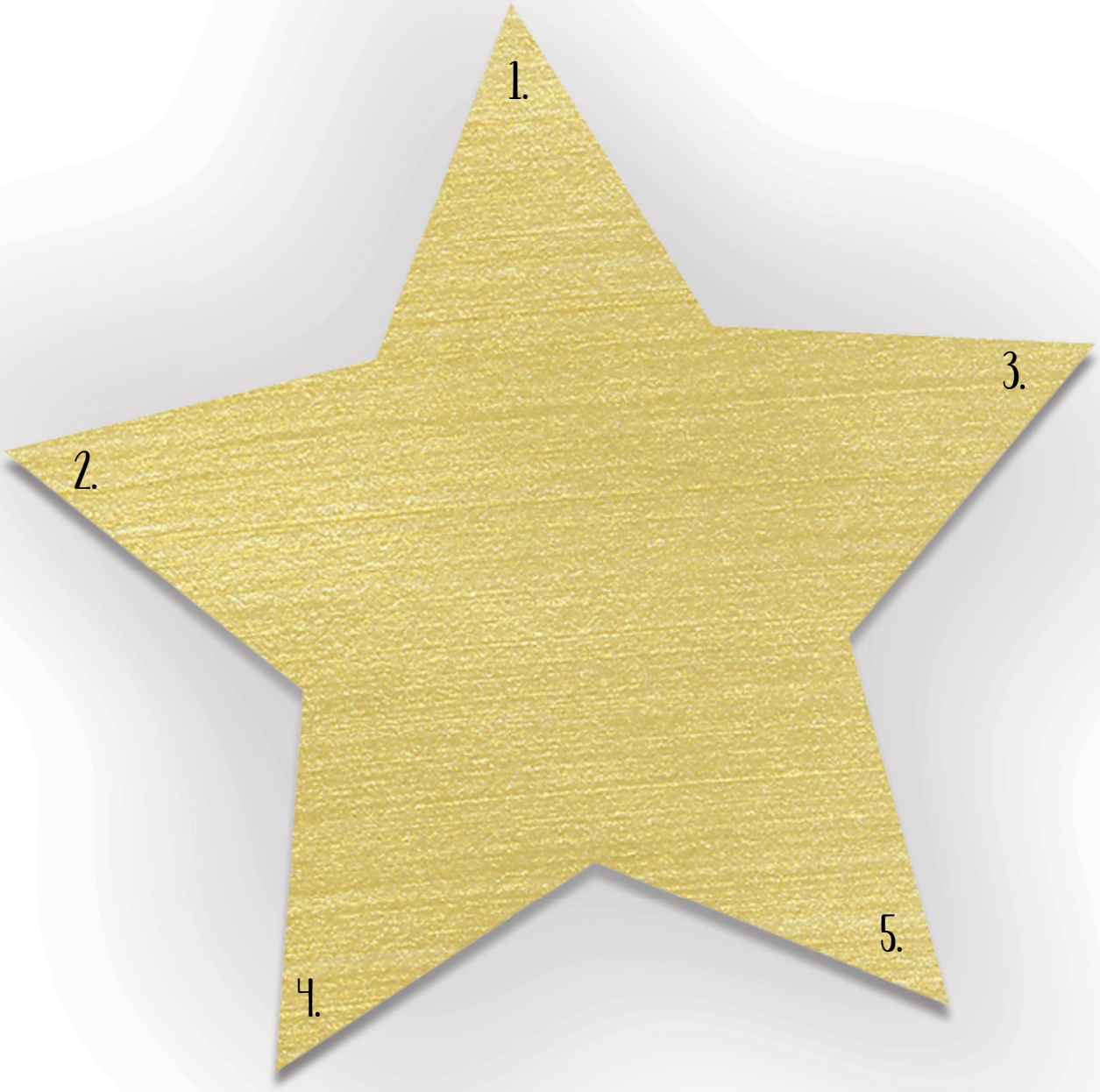


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MY SELF-CARE

MY SAFETY STAR

Write in names of safe, trusted adults you can go to when you need help or support.



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MY SELF-CARE

COPING SKILLS

There are so many different coping skills or calming strategies that help people manage big feelings. Everyone needs to use strategies sometimes! Here is a list of ideas.

- ❑ Write in a journal.
- ❑ Draw a picture.
- ❑ Color in a coloring book.
- ❑ Talk to a safe, trusted adult.
- ❑ Go for a walk.
- ❑ Exercise.
- ❑ Do something out in nature (a hike, sit by a pond, etc.).
- ❑ Use a calm down glitter jar.
- ❑ Listen to music.
- ❑ Dance.
- ❑ Read a book.
- ❑ Take deep breaths.
- ❑ Do yoga or stretching.
- ❑ Squeeze a stuffed animal.
- ❑ Count to 10.
- ❑ Participate in counseling or in a support group.

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MY SELF-CARE

COPING SKILLS

There are so many different coping skills or calming strategies that help people manage big feelings. Everyone needs to use strategies sometimes! Here is a list of MORE ideas.

- ❑ Do art journaling.
- ❑ Use a relaxation app on a device.
- ❑ Blow bubbles.
- ❑ Sing or hum a song.
- ❑ Ask someone (you know and trust!) for a hug.
- ❑ Play an instrument.
- ❑ Do progressive muscle relaxation.
- ❑ Use a grounding technique.
- ❑ Give yourself a hug.
- ❑ Build something out of blocks.
- ❑ Do wall push-ups.
- ❑ Listen to a story.
- ❑ Get cozy in a safe place.
- ❑ Squeeze a stress ball or piece of pool noodle.
- ❑ Picture your happy place.
- ❑ Squeeze clay.

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MY SELF-CARE

5-4-3-2-1

This grounding technique is an effective strategy to help you refocus on the present moment, especially if you are feeling overwhelmed. Take a big belly breath to begin, and then follow the steps below.

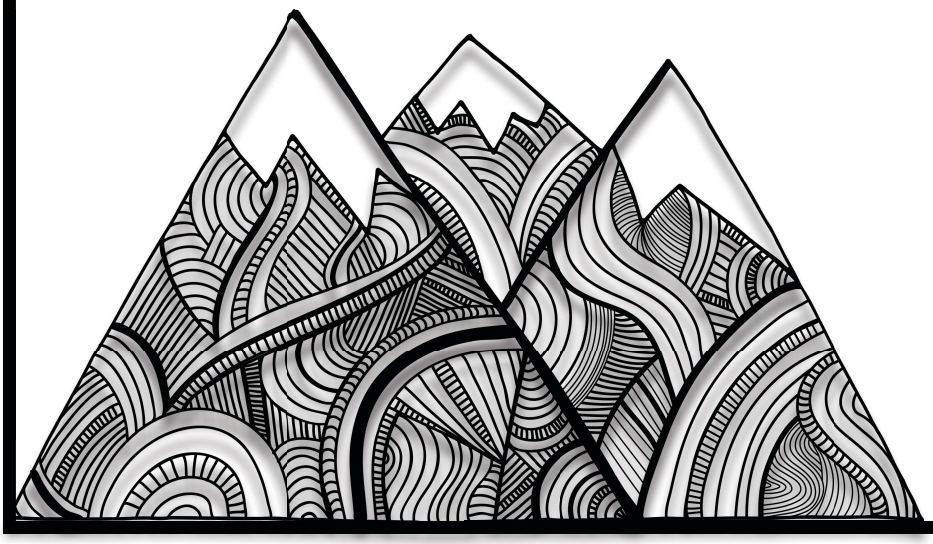
IDENTIFY 5 THINGS YOU CAN SEE.

NOTICE 4 THINGS YOU CAN FEEL WITH YOUR BODY.

LISTEN FOR 3 THINGS YOU CAN HEAR.

SAY 2 THINGS YOU CAN SMELL.

SHARE 1 THING YOU CAN TASTE.

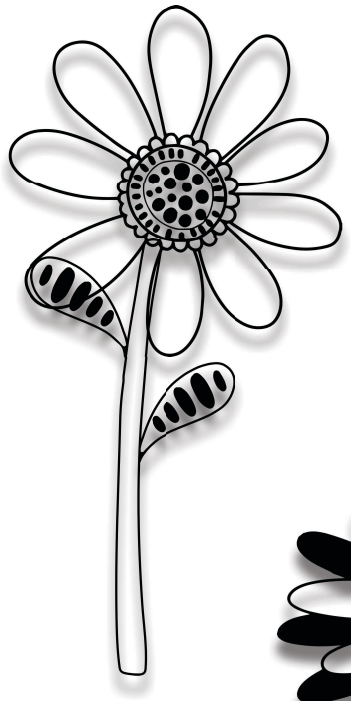


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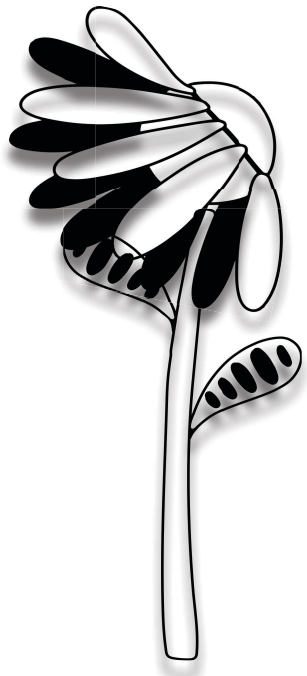
MY SELF-CARE

DEEP BREATHING

Taking deep breaths is an excellent calming strategy. There are many different ways to do it. Practice a few so that you learn which one works best for you! Follow the steps below for flower breathing.



1. SLOWLY INHALE THE SCENT OF THE FLOWER.



2. SLOWLY BREATHE OUT AND BLOW THE PETALS.

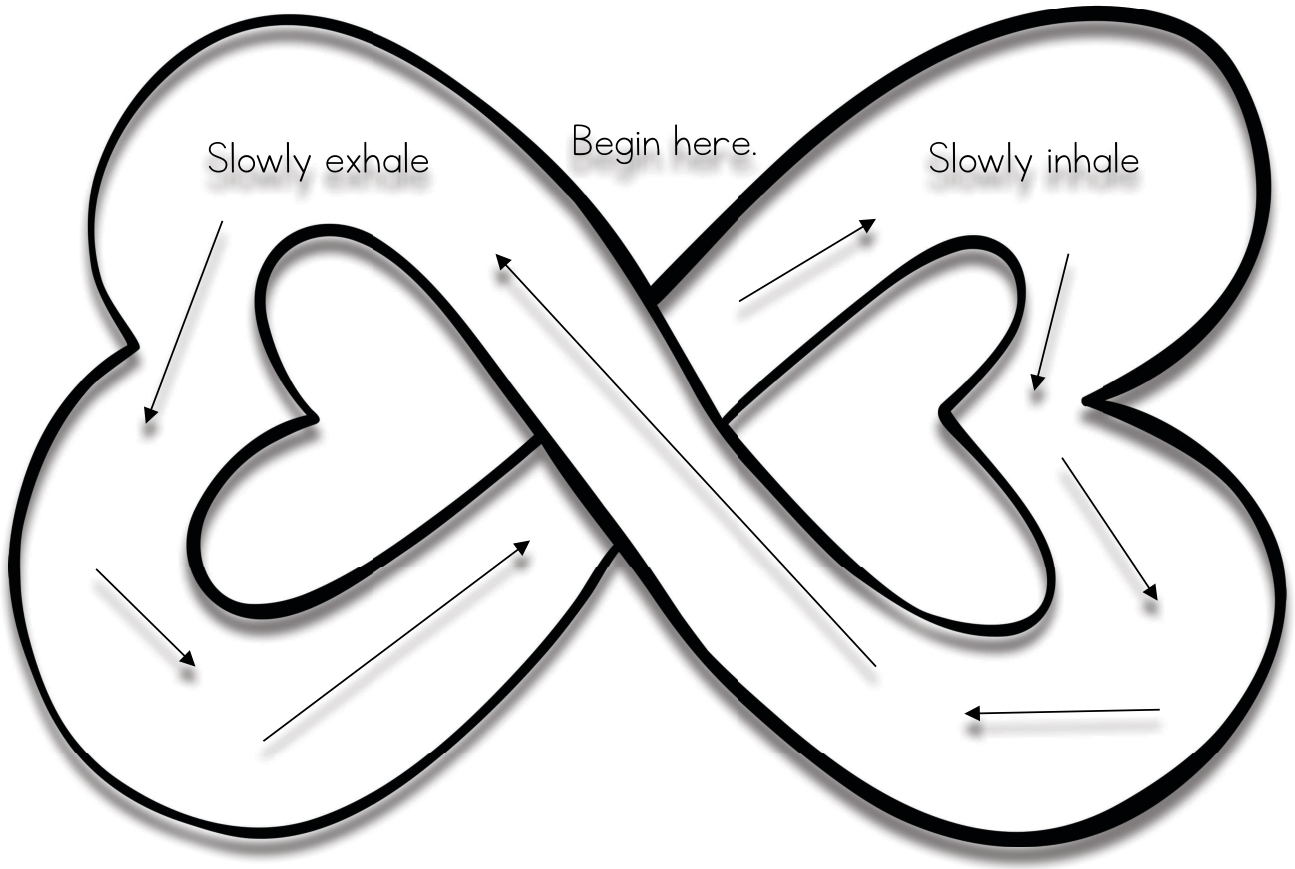
3. REPEAT 5 TIMES.

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MY SELF-CARE

INFINITY HEART BREATHING

Slowly trace the infinity heart below. Slowly inhale around one heart and slowly exhale as you trace the other heart.



REPEAT 5 TIMES.

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MY SELF-CARE

MY SAFE SPACE

Think about a place where you feel safe, comfortable and calm. It might be someplace that you know really well (like a cozy corner in your bedroom) or it might be a place that you imagine in your mind. When you picture it, think about what your senses notice in this space. What does it smell like? What do you touch? Any sounds? What else do you see? Draw your safe space below, including the details you described. Having these details in your mind can help you picture it when you're feeling upset, and it can be a soothing image in your mind!





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MY SELF-CARE

GET SOME REST

Grief can be exhausting! Sometimes you might be feeling tired or worn out. It's okay to rest! Draw a picture below in your cozy space where you can rest your body and your mind.

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MY SELF-CARE

JOURNAL

Express your thoughts and feelings through journaling. Write whatever comes to your mind below.

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MY SELF-CARE

ALWAYS MY SUPPORT

Here are some things that I think my loved one would say or do.

When I'm sad, you would tell me

_____

_____.

You would help me feel better by

_____

_____.

When I miss you, I can

_____

_____.

I can remember and honor you by

_____

_____.

You would make me laugh by

_____

_____.

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MY SELF-CARE

MY STRATEGIES

Here is a list of things I can do that help me feel safe and calm.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

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MY SELF-CARE

MY PLAN

Sometimes anniversaries, holidays, or other big events can be emotionally challenging. Other times, you may feel caught off guard by missing your loved one at times you don't expect. Make a list of things that would help you during tougher times.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

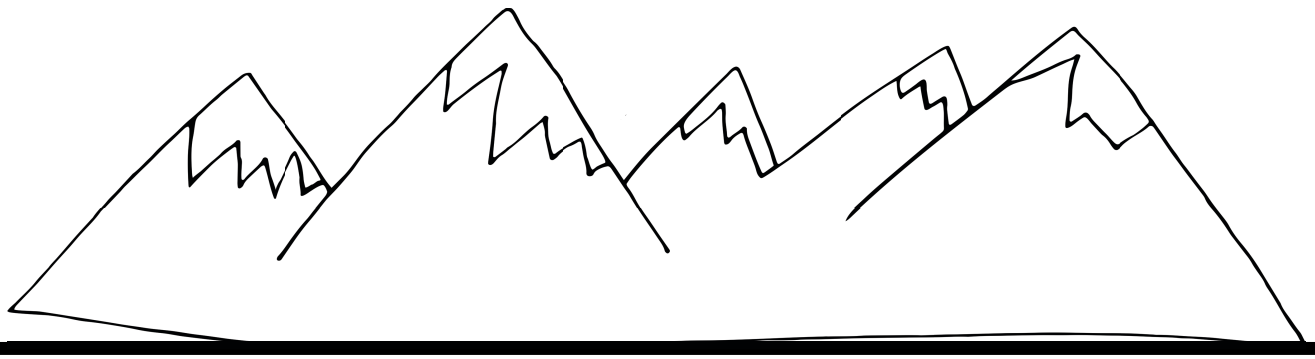
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MY SELF-CARE

GETTING OUTSIDE

Connecting with nature can be healing. Here are a list of things I can do outdoors.

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



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