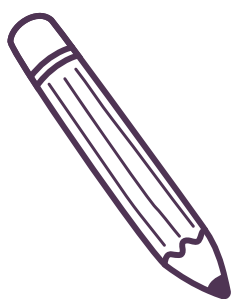


# Child and Youth Grief Workbook



Dr. Bob

**KEMP  
HOSPICE**

Compassionate Palliative Care  
& Bereavement Services

# When I Found Out...

*Do you remember the day you found out your loved one had died? What feelings did you have? Who were you with when you found out?*

Share the story of what you remember.

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# Our Best Day

*Think of your favourite day with your person. Why was it such a special day? Where did you go? What did you do?*

Write and draw out your best day below.

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# What I Know

*What do you know about the death of your person?*

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# Unanswered Questions

*Sometimes after loss, it could leave us with a ton of unanswered questions. This may be questions about how the person died, or what happens after death. Use this as a place to get those unanswered questions off of your chest and write them out!*

Three blank, light gray thought bubbles with dashed purple outlines, arranged in a cluster. The top-left bubble is a standard speech bubble shape. The top-right bubble is a cloud-like shape with multiple lobes. The bottom bubble is a large, rounded rectangular shape with a small tail pointing downwards. All three are intended for writing unanswered questions.

# A Bizarre Moment...

*After a loss, we have a lot of new and old people sharing different thoughts and feeling about our loved one. Can you remember something someone said to you that left you feeling a little confused? Maybe sad, or emotional?*

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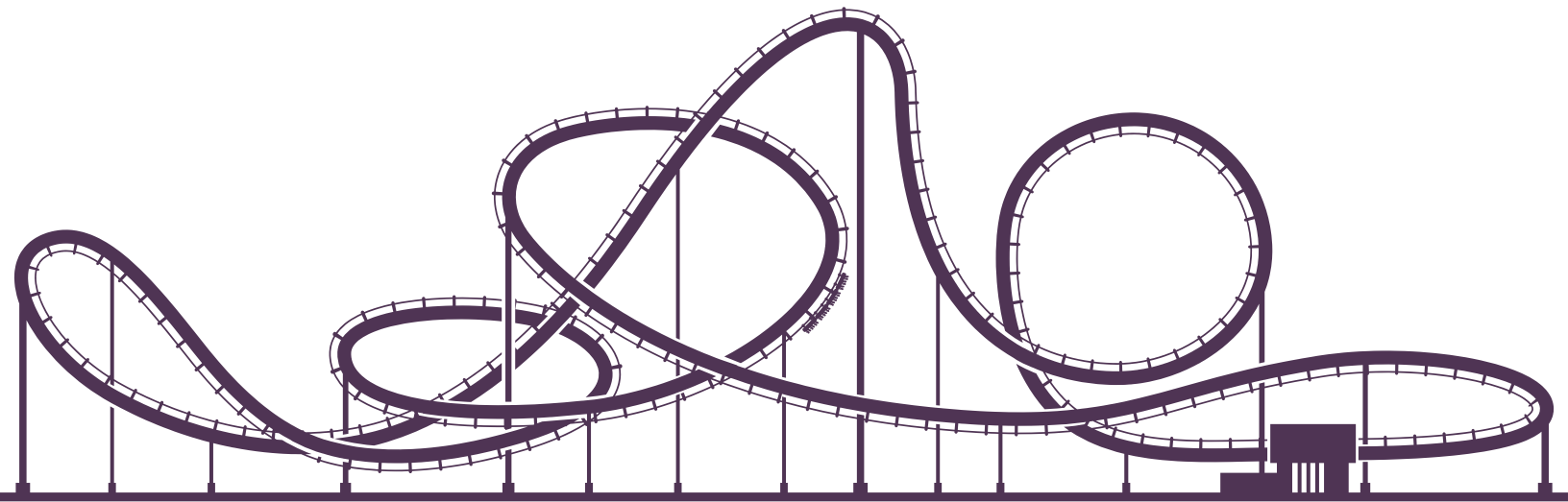


# My Grief Creature

*Using the space below, draw out what your grief creature looks like. Is it caring and small? Or maybe it's angry and large! Does it live in a cave, or maybe in your head?*

# My Grief Amusement Park

*Going through the emotions after the death of someone can almost feel like a rollercoaster. Use the photo below, or draw your own, and map out where your emotions land. Is anger at the peak of the ride, or maybe it's at the beginning of the ride, setting the pace for the rest of the journey?*





[illegible]

# Our Playlist

*Write out a list of songs that remind you of your person.*



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# Ways to Remember

*Just because your person is gone, it does not mean you need to forget them. Plan out something special for future celebrations in memory of your person. Below are a few prompts, but feel free to add more!*

**Birthday**

**Graduation**

**Anniversary**

**Thanksgiving**

**Canada Day**



# My Tree of People

*Although one of the leaves has left your tree, it does not mean they all do. Below, share who some of your supporters that are on your tree of people! This could be teachers, family, friends, or whomever you find comfort in!*



Grief affects us all differently. Some of us may want to cry, some of us may want to talk, and some of us may want to be alone. It is important to know that all of these ways are okay!

Telling others how you feel will help them know how to best support you! Just say "I would like to be alone right now, please", or "I would love to talk about them today". What feels right for you is okay.

