



Grief help chart

Write a story

What or who did you lose?
How did you feel?
Who did you talk to?
How did you share?
How do you remember?
How do you feel now?

Sometimes people plant a tree or a flower to remember someone they lost.

Maybe you would like to draw a picture?
Or write a poem?

Write a poem like this (a poem about my grandma).

G - gentle
R - really sad
A - apples you used to give me
N - nice
D - dancing. You came to see me
M - miss you
A - always remember

Use the button (top right corner) to close the window and return to the 'Grief' topic