



remembering together

AN ACTIVITY BOOK FOR KIDS WHO
ARE GRIEVING A COVID-19 DEATH



DOUGY
CENTER

This book belongs to

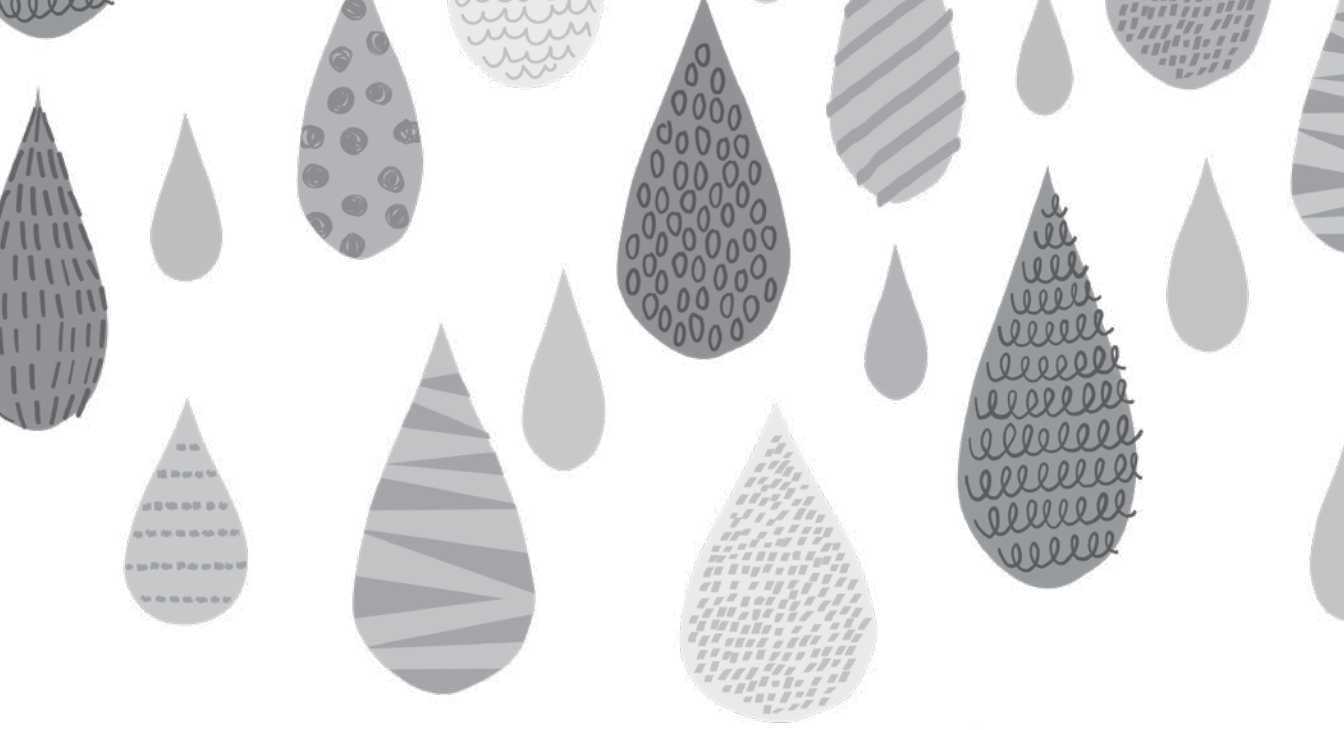


The National Grief Center
for Children & Families

The mission of Dougy Center is to provide grief support in a safe place where children, teens, young adults, and their families can share their experiences before and after a death. We provide support and training locally, nationally, and internationally to individuals and organizations seeking to assist children who are grieving.

This resource was funded by the Brave of Heart Fund, founded by the Foundations of New York Life and Cigna and administered by E4E Relief. The Brave of Heart Fund was established in 2020 to provide charitable grants and emotional support services to families of the frontline healthcare workers, volunteers, and support staff whose lives were lost in the fight against COVID-19. It continues to offer support to these bereaved families via partnerships with non-profit organizations aligned with the fund's core purposes.

employeerelieffund.org/brave-of-heart-fund



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Introduction

This is Aldo and his friend Lola. Aldo loves swimming, eating snacks, and music. Lola loves video games, playing soccer, and visiting her cousins. Just like Aldo, she also loves music, but she likes to dance way more than he does.

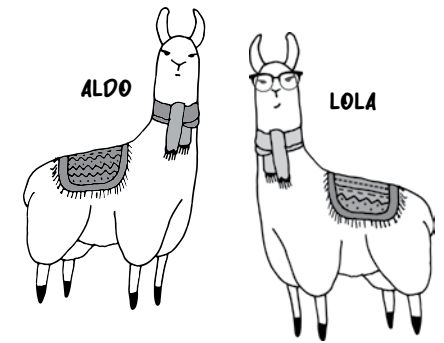
Another thing that Lola and Aldo have in common? Grief. They both had people in their family die of COVID-19.

What's Grief?

When someone in our life dies, we can experience grief. We can experience grief in our bodies, in our thoughts, in our feelings, and in so many other ways.

Aldo's dad and grandmother both died. His dad worked at a hospital and even though he wore his mask and gloves, he still got sick with COVID. Aldo and the rest of his family got COVID at the same time, but his dad and grandmother were the only ones who got really sick. Aldo's dad was in the hospital for a long time, and eventually his body stopped working and he died. Aldo's grandmother got sick at home and had to go to the same hospital, but not the same room where his dad died.

Lola's mom was a firefighter and she got COVID a few months after Aldo's dad did. She also died at the hospital. Lola went to visit her mom, but she couldn't go inside the building. Instead, she stood



outside her mom's window with her aunts and held up a sign she had decorated with green hearts. Green was her mom's favorite color.

Where was the last place you saw or talked to your person or people who died?

Aldo and Lola met when they started second grade and quickly became best friends. Lola says it helps her to know someone else who also had someone die of COVID. Sometimes Aldo and Lola cry together. Sometimes they share memories of their dad and grandmother and mom. Other times they laugh and play and act silly together.

As you go through this workbook, Aldo and Lola will be there for you with help and ideas. Ready?

Instructions:

- Grab a pen, pencil, markers, or crayons.
- Do the activities in any order.
- Skip the ones you don't want to do.
- Have a question? Ask an adult.
- If you have big feelings come up, take a break and check in with an adult.

ALDO'S ADVENTURE TO #UNDERSTANDGRIEF

MAYBE YOU'RE ON ONE TOO? ALDO WAS 7 WHEN HIS PARENT DIED OF COVID. IF YOU WANT, WRITE IN WHO DIED IN YOUR LIFE AND HOW OLD YOU WERE.



GRIEF IS EVERYTHING WE THINK, FEEL, AND WONDER ABOUT WHEN SOMEONE DIES. THERE'S NOTHING WRONG WITH YOU BECAUSE SOMEONE IN YOUR FAMILY DIED OF COVID.

NATURAL & NORMAL THIS WAY

ROCKY TRAIL AHEAD

YOUR GRIEF CAN BE WEIRD AND MESSY AND COMPLICATED. AND THAT'S OK.

DAD WAS WORKING AT THE HOSPITAL ALL THE TIME, I NEVER GOT TO SEE HIM.

I LOVE MY MOM, BUT SOMETIMES SHE WAS MEAN.

WHAT'S MESSY ABOUT YOUR GRIEF?

EVEN THOUGH GRIEF CAN BE LONELY, IT'S NOT A SOLO HIKE.

MY MOM IS ALWAYS CRYING, DOES THAT MEAN I SHOULD TOO?

GRANDPA IS ANGRY BECAUSE DAD HAD TO GO TO WORK. THAT'S HOW HE GOT COVID.

WHAT HAVE YOU LEARNED ABOUT GRIEF FROM OTHER PEOPLE?

GRIEF CAN CHANGE EVERYTHING. INCLUDING WHAT WE THINK, FEEL, LIKE, AND WHAT WE WANT TO DO IN THE FUTURE.

HOW HAVE YOU CHANGED?

IT'S BETTER WHEN PEOPLE DO AND SAY THINGS THAT FEEL HELPFUL.



I LIKE WHEN MY MOM MAKES MY FAVORITE SNACK AND MY FRIENDS INVITE ME TO PLAY. I DON'T LIKE IT WHEN MY UNCLE TRIES TO CHEER ME UP WITH BAD JOKES.

WHAT'S HELPFUL FOR YOU?

I WANT TO _____

WHEN SOMEONE DIES OF COVID, LIFE CAN FEEL OUT OF CONTROL. IT HELPS TO HAVE CHOICES.

MOM LET ME DECIDE IF I WANTED TO GO TO THE FUNERAL.

I PICK OUT WHAT I WEAR TO SCHOOL.

I DECIDED I WANTED TO SWITCH FROM BASEBALL TO SOCCER.



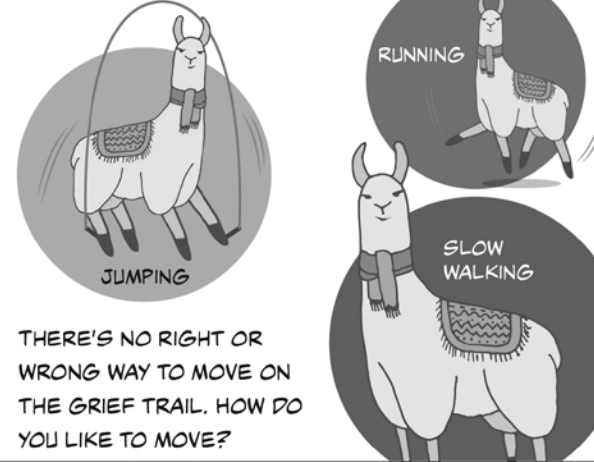
GRIEF IS AS UNIQUE AS YOU ARE. HOW YOU FEEL AND WHAT YOU DO MIGHT BE DIFFERENT THAN OTHER PEOPLE.



SAFETY ZONE

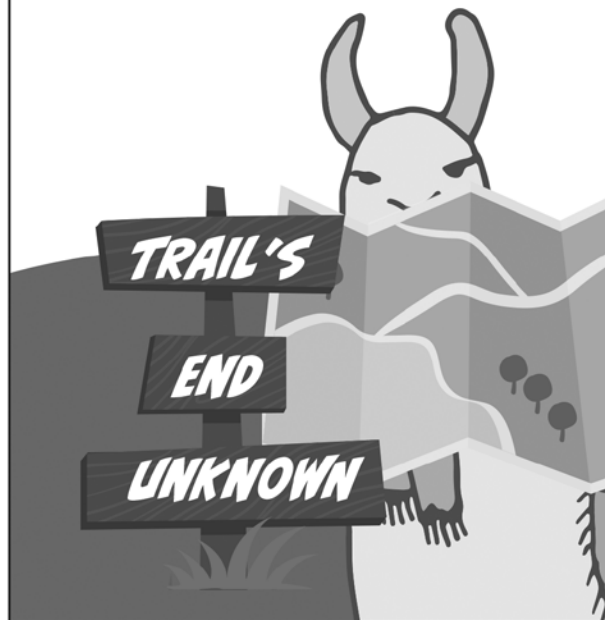
WHO AND WHAT HELPS YOU FEEL SAFE?

UNMARKED TRAIL



THERE'S NO RIGHT OR WRONG WAY TO MOVE ON THE GRIEF TRAIL. HOW DO YOU LIKE TO MOVE?

THERE'S NO SPECIFIC END TO GRIEF. IT CHANGES OVER TIME, JUST LIKE YOU.



GET EXTRA HELP

GRIEF CAN BE REALLY HARD — IT CAN MAKE OTHER THINGS THAT WERE ALREADY HARD SEEM IMPOSSIBLE. IT'S OKAY TO ASK FOR HELP. TALK WITH A TRUSTED FAMILY MEMBER, NEIGHBOR, TEACHER, FRIEND, OR OTHER ADULT.



“

There's a billboard in my town that used to be about COVID. I kind of hated seeing it after she died, but now that it's gone, I also kind of miss it. What if no one remembers why she died?

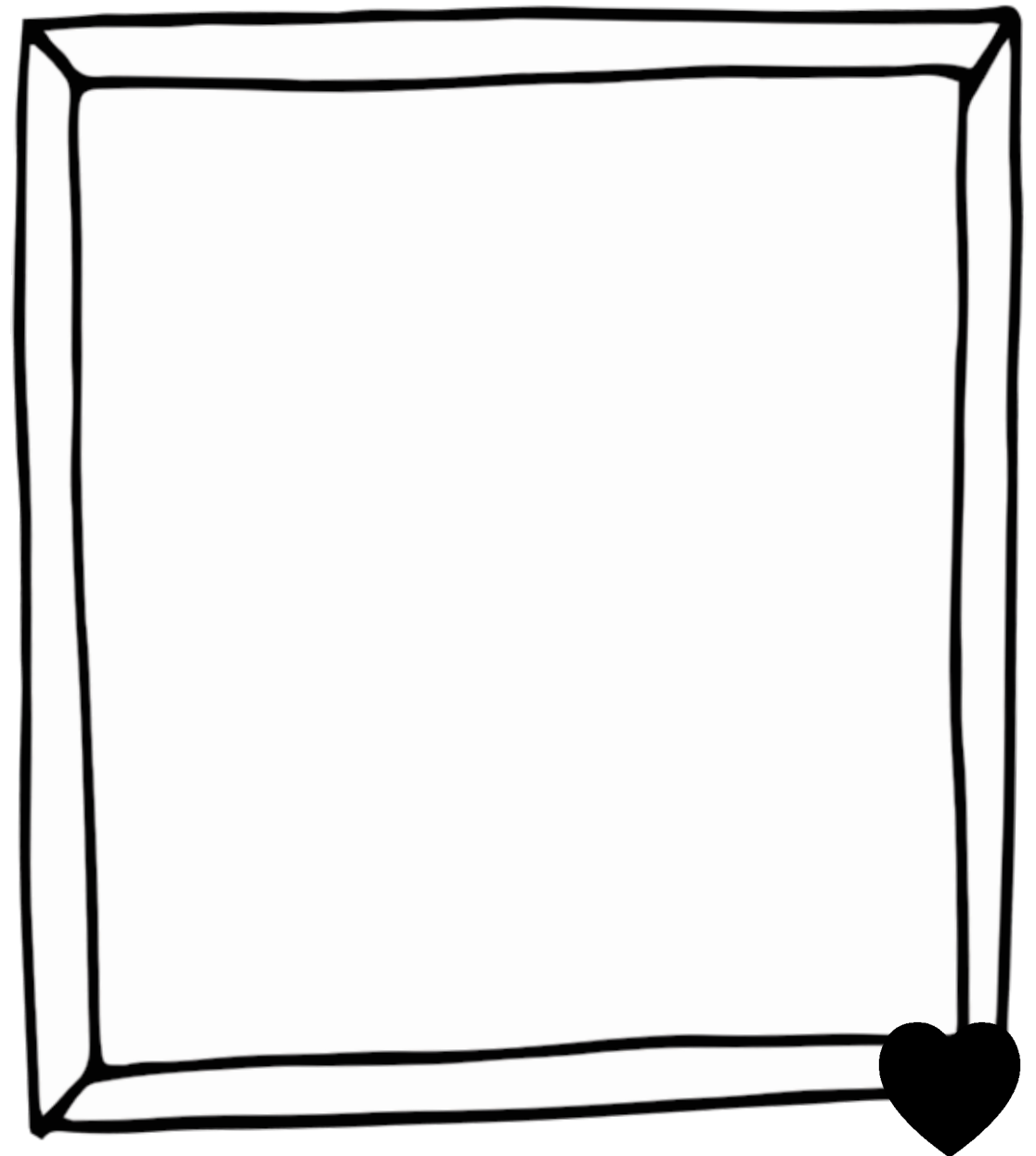
”

A FAVORITE DAY

Is it hard to remember the good times with your person before they died of COVID?

Sometimes writing or drawing a memory can help. Think of a favorite day you spent with your person and write or draw all the details you remember: Where were you? What was the weather like? What did you do? What did you wear? What did your person do or say?

If you don't have a favorite day or can't remember, try asking someone else who knew your person to tell you about a favorite day they had together.



All about my person

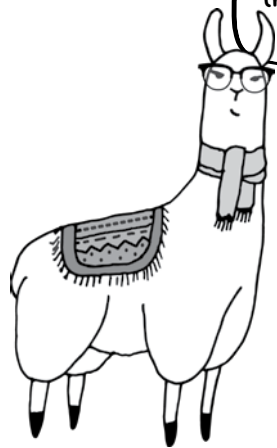
Lots of kids worry they will forget things about their person who died. In these circles, write or draw what you remember about your person. Don't know something? Ask someone in your family who might know!

WHAT THEY LOOKED LIKE

THEIR FAVORITE THINGS

[Color, animal, food, item of clothing, place, thing to do with me...]

She ALWAYS wore this red coat and big boots



WHERE THEY GREW UP

WHERE THEY WENT TO SCHOOL

WHAT THEY DID FOR WORK/FUN

“



Sometimes grief makes me feel
like I'm different than everyone else,
and that's kind of lonely.



When I need a hug:

When I want to be silly:

When I have a question:

If I need help with homework:

When I want to hear a story about my person who died:

When I feel scared:

When I feel mad:

On the extra hard days:



A few things we used to do...

What do you miss doing with your person who died? Did you play at the park?

Ride on the bus together? Read books before bedtime?

Sing silly songs together?

In the squares below, write or draw a few things you used to do together.

★ Star the one that was their favorite

○ Circle the one that was your favorite



Four large, empty squares with dotted borders, arranged in a 2x2 grid, for writing or drawing memories.

and one thing I wish we could

In the rectangle write or draw something you wish you could do with them.

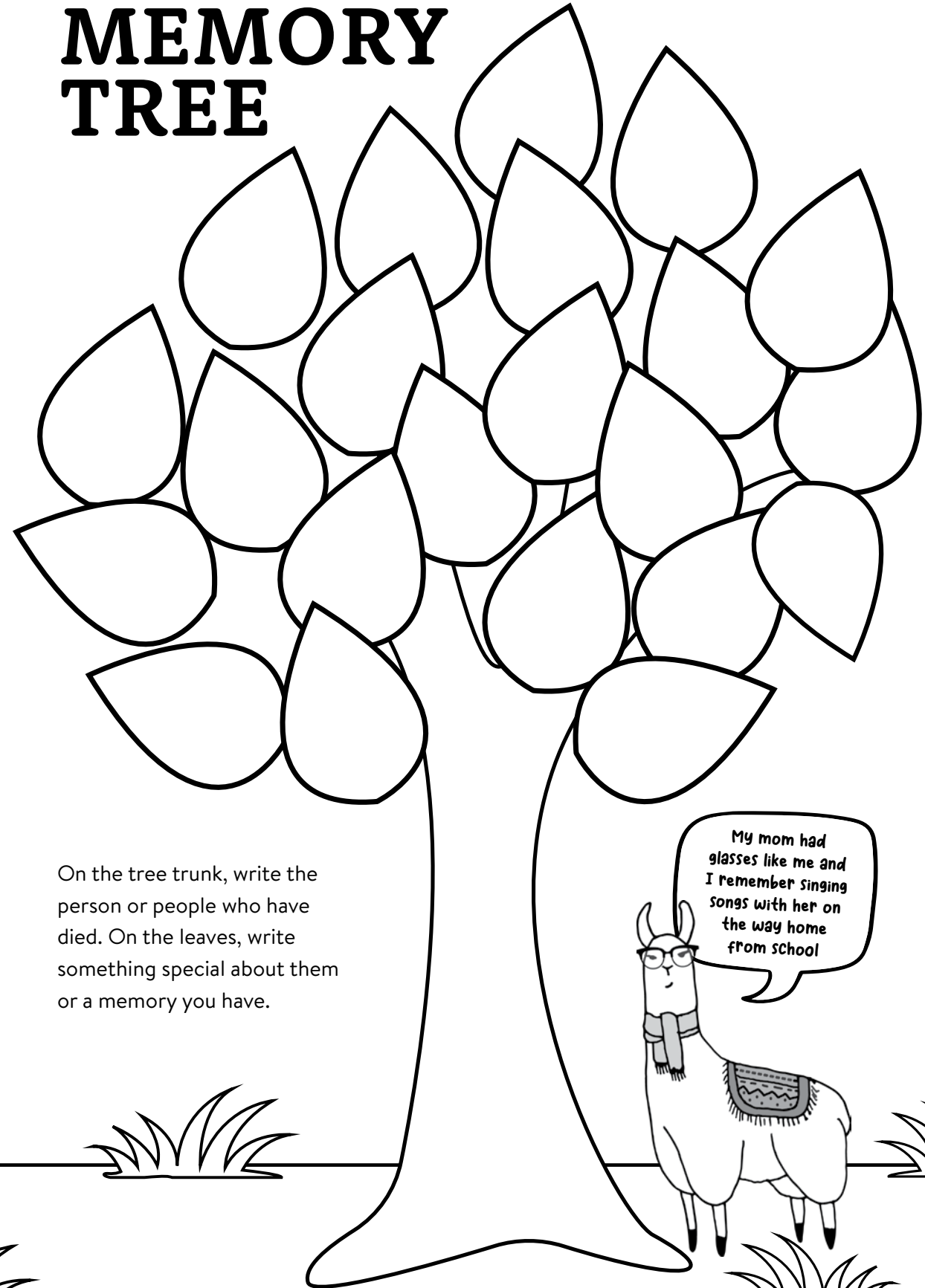
A large, empty rectangle with a dotted border, intended for writing or drawing a wish.

66

Everyone in my house got COVID
at the same time, I still wonder if
it was me who brought it home?

99

MEMORY TREE



On the tree trunk, write the
person or people who have
died. On the leaves, write
something special about them
or a memory you have.

My mom had
glasses like me and
I remember singing
songs with her on
the way home
from school

GRIEF CREATURE

Imagine that the grief creature lives inside this cave...write or draw about your grief creature below.

What does it look like?

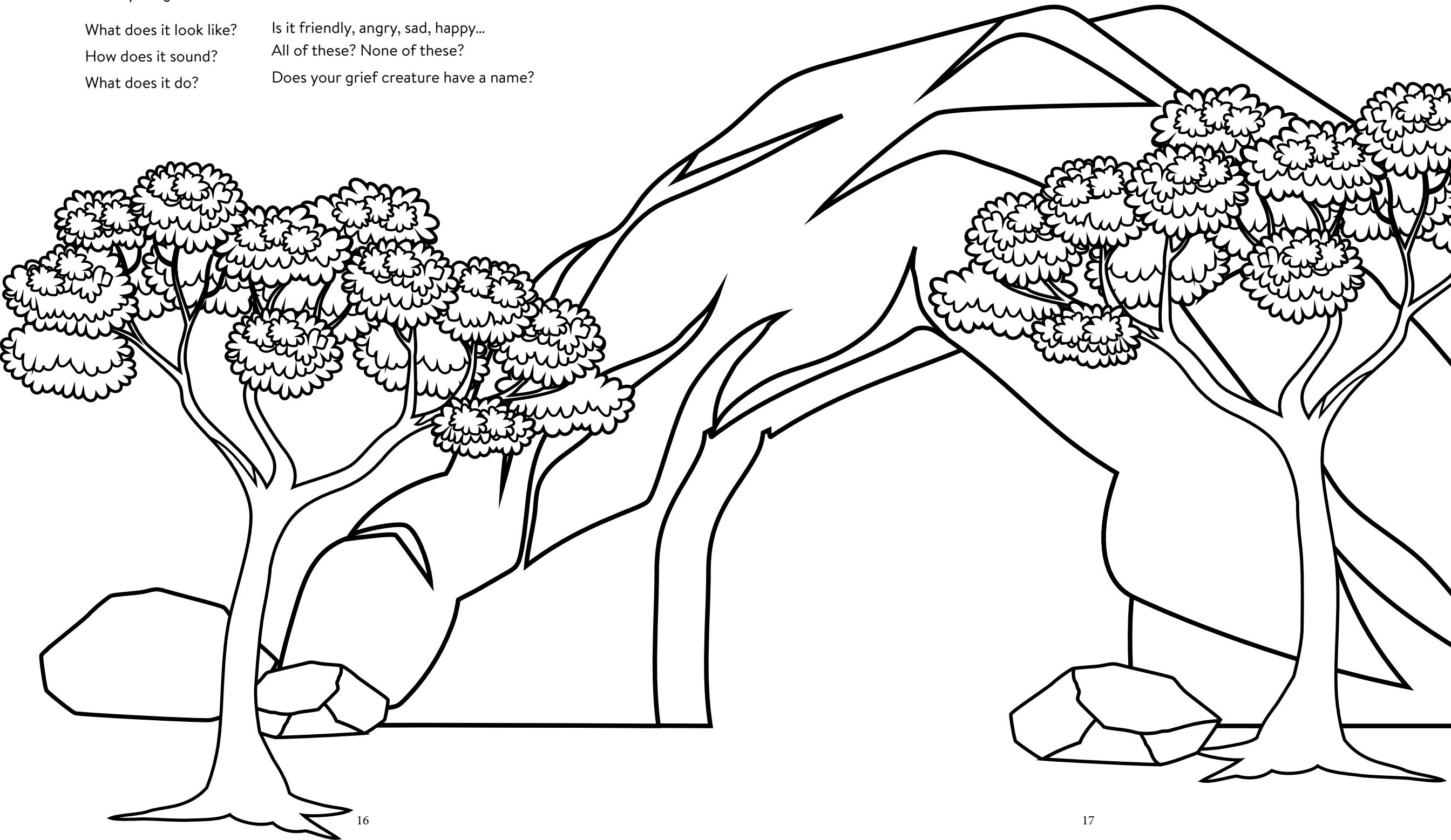
Is it friendly, angry, sad, happy...

How does it sound?

All of these? None of these?

What does it do?

Does your grief creature have a name?



My family of feelings

Draw the different people who are part of your family and then write or draw the feeling or feelings that you see them having – some feelings might be about the person in your life who died, some feelings might be about other things. Animals count too and don't forget to include yourself!

If you need help, you can pick a feeling from the list at the bottom.

sad irritated scared worried calm happy excited

confused brave strong down hopeless grouchy mad



“

I couldn't go see my mom at the hospital, so my other mom would call me every night on FaceTime so I could tell her I loved her.

”

FINISH THE SENTENCES

When you're grieving, sometimes it helps to write it out. Finish these sentences with whatever comes to mind. There are no right or wrong answers — and no one is going to judge your spelling!

When _____ (my person) died, I felt...

Today my grief feels...

Since my person died, my family...

If I could talk to my person one more time, I would say...

I wish my person could tell me...

After my person died, school...

When other people talk about COVID...

Something I liked to do with my person was...

I'd like to forget...

If I could ask them anything...

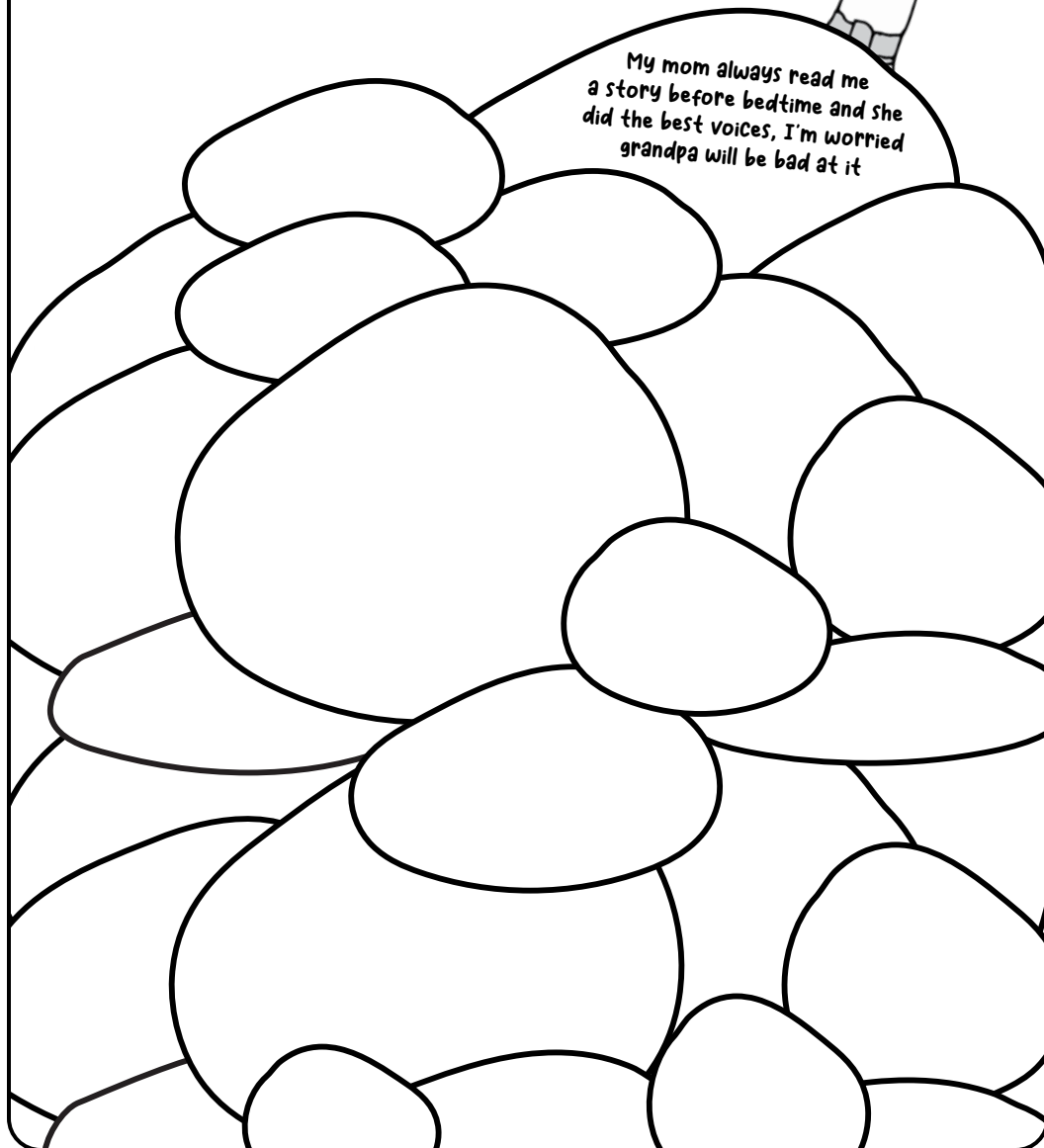
Worries & Wishes

Some kids say that after their person died of COVID they started to worry about things they didn't really think about before. Things like: Who will take care of me? Will someone I care about get sick or die? Did I give it to them? Will my family be okay? Who will pick me up from school? What will we do for my birthday now?

What worries do you have? You can write or draw them on the rocks below. You can also talk with your family and write them together.



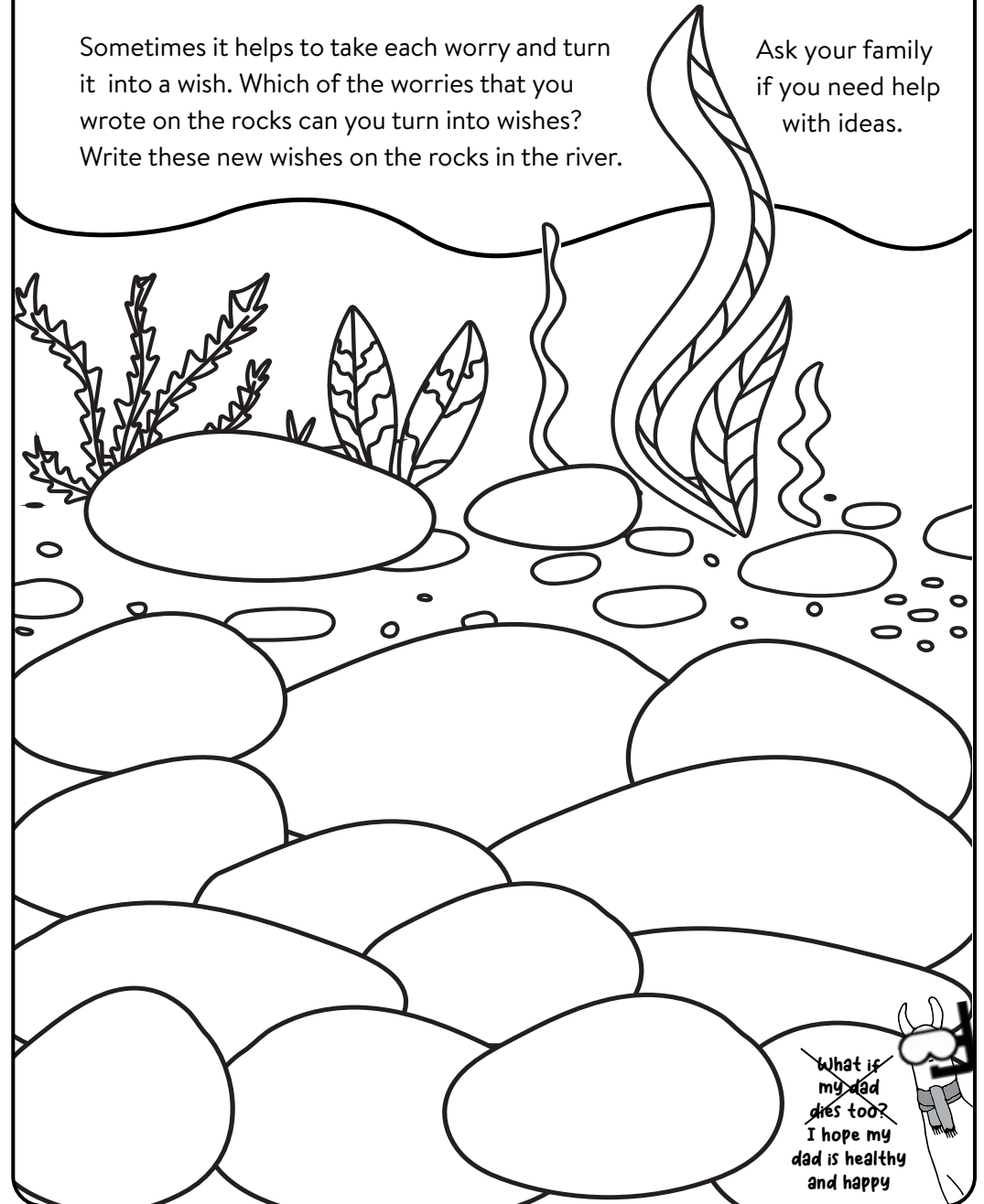
My mom always read me a story before bedtime and she did the best voices, I'm worried grandpa will be bad at it



When Lola's mom died, she had a lot of worries. Those worries made it hard to sleep and made her stomach hurt a lot. She talked about it with her family and they helped her think of things she could do to feel better. Now, she takes some deep breaths, plays soccer, yells into her pillow, or scribbles in her coloring book. What helps you when you have worries?

Sometimes it helps to take each worry and turn it into a wish. Which of the worries that you wrote on the rocks can you turn into wishes? Write these new wishes on the rocks in the river.

Ask your family if you need help with ideas.



~~What if my dad dies too?~~
I hope my dad is healthy and happy

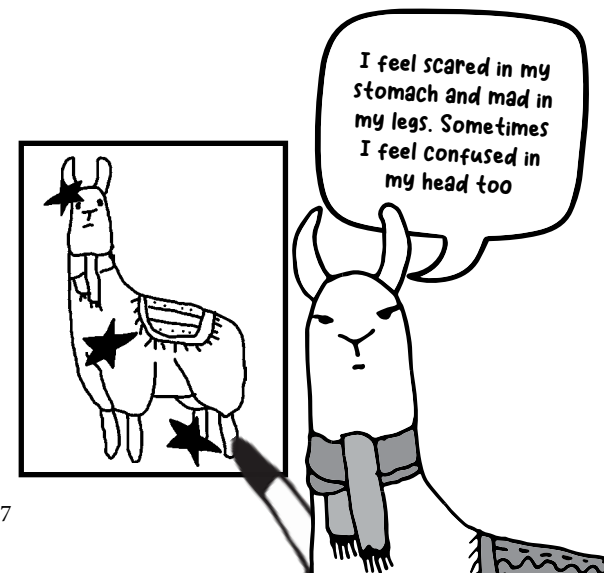
GRIEF IN MY BODY

Do you ever feel grief in your body? Draw a picture of yourself and then put stars on the places where you feel your feelings and then write or draw those feelings.

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I like to wear my dad's T-shirt
to bed. Sometimes it still smells
a little like him.

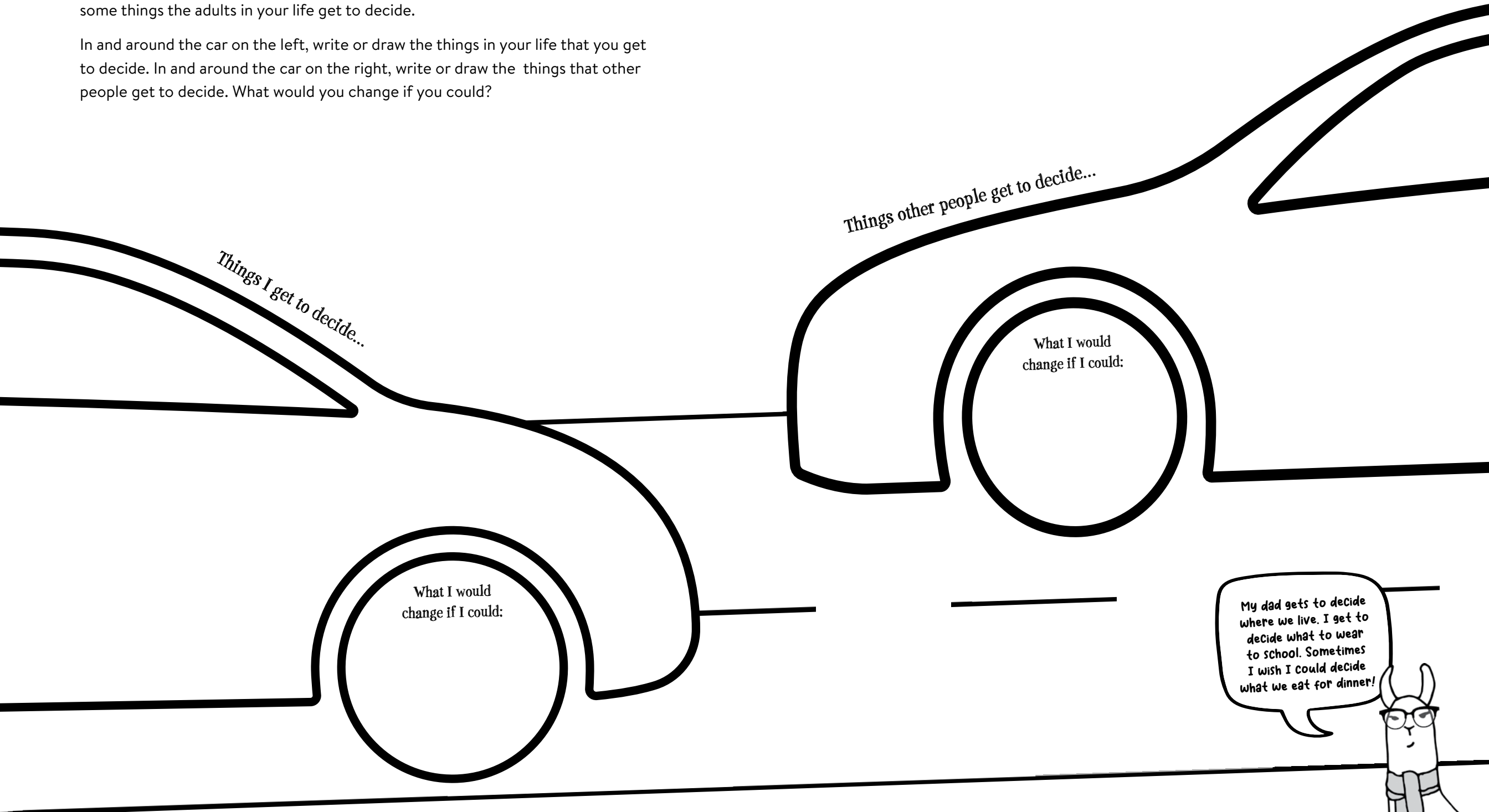
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Drivers & Passengers

When you ride in the car, the driver makes the car go, stop, and turn. Sometimes people riding in the car open and close windows, play music, and change the temperature in the car. As a kid, there are some things that you get to decide and some things the adults in your life get to decide.

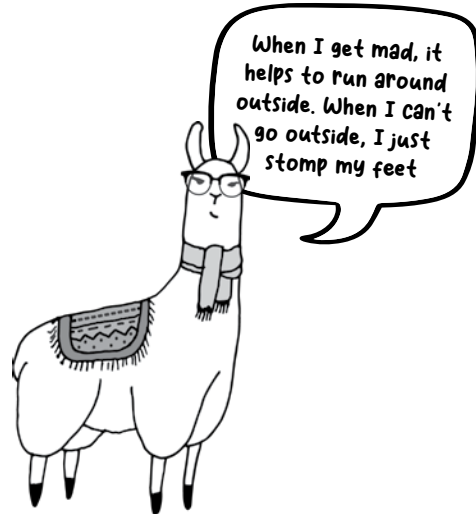
In and around the car on the left, write or draw the things in your life that you get to decide. In and around the car on the right, write or draw the things that other people get to decide. What would you change if you could?



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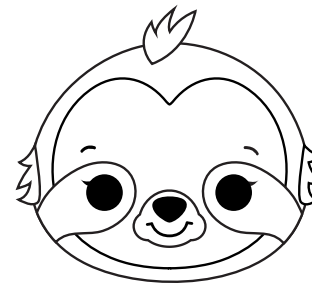
My mom worked at the hospital and she was gone so much that sometimes I still think she's just at work.

99



What to do with a feeling

When someone you care about dies of COVID, you can have a lot of different feelings. It can help to pick something you can do when you have those feelings. What feeling do you think the sloth is having? Write the feeling under each face and then write something you can do when you feel that feeling.



Feeling: _____

Something I can do:



Feeling: _____

Something I can do:



Feeling: _____

Something I can do:



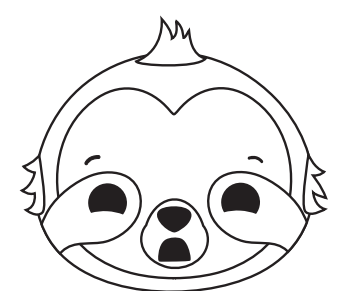
Feeling: _____

Something I can do:



Feeling: _____

Something I can do:

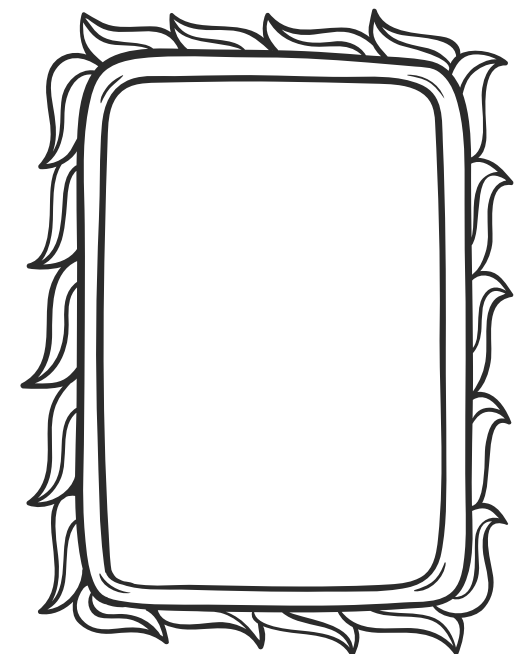
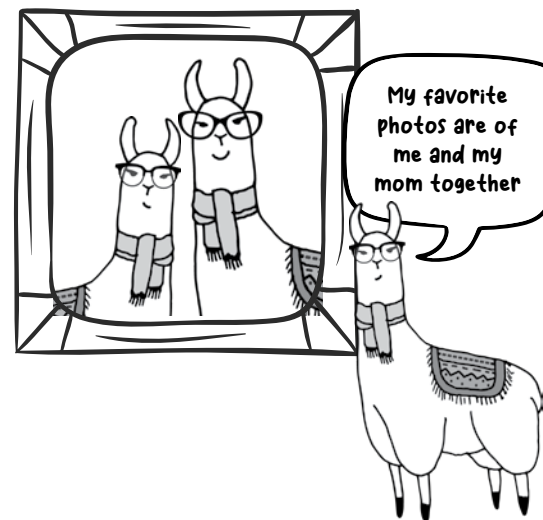
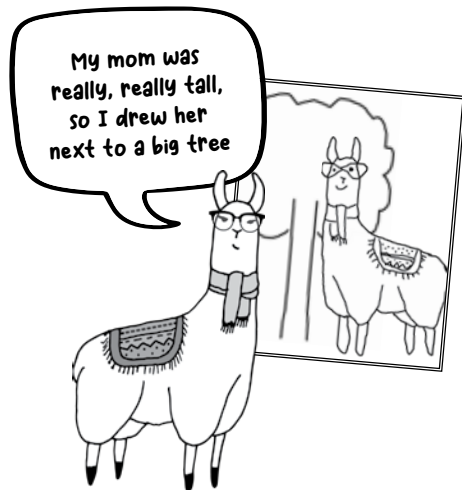
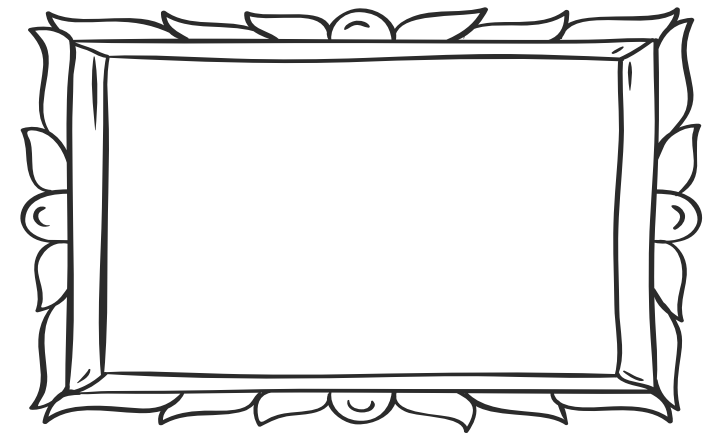
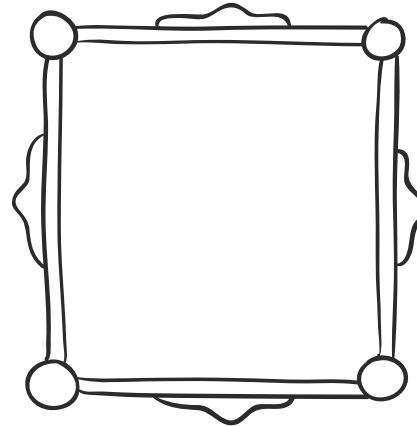
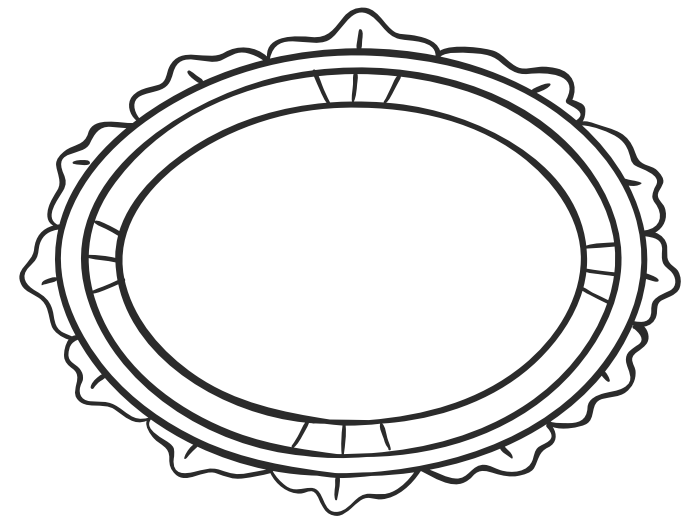
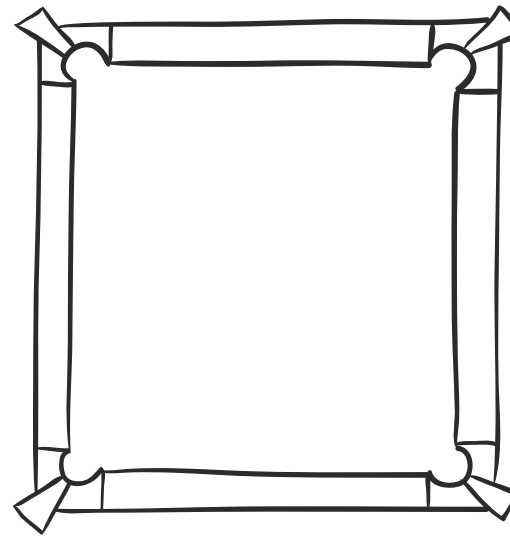


Feeling: _____

Something I can do:

Pictures

Pictures help us remember the people who have died. Below, draw a picture of the person or people in your life who have died. On the next page, there are spaces to glue in photos that are important to you. Ask an adult for help with finding photos, making copies, and sticking them to the paper!



Letter to My Person

What do you wish you could tell your person who died?

Dear _____

“ _____

Sometimes kids at school say mean things like ‘COVID’s not even real.’
Even though it makes me mad,
I just walk away.

_____”



What grief feels like

Grief feels different for everyone. What does grief feel like to you?

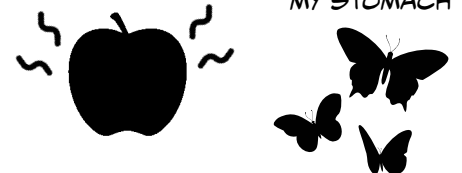
Write or draw in the squares below. If you want, ask people in your family to fill in how grief feels for them.

WHAT GRIEF FEELS LIKE


BY _____

Aldo

A ROTTEN APPLE BUTTERFLIES IN MY STOMACH



A WHOLE WAVE COMING OUT OF MY EYES



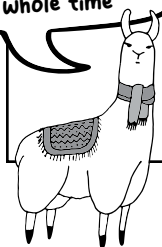
Funerals & Memorials

Did your family have a funeral, memorial service, celebration of life, or Homegoing after your person died of COVID? Some families do. Some don't. Some of them couldn't have one in-person because of the pandemic. Some families had a virtual one where people logged on through their phone or computer.

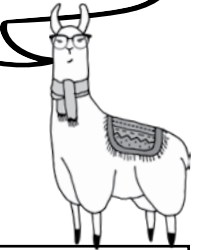
What did your family do?

In this box, write or draw what your family did.

My family did a funeral on Zoom for my dad. It was kinda weird, but I liked that my dog could be next to me the whole time



If I could design my mom's celebration of life, I would have made everyone wear green - her favorite color! Oh, and better snacks like good cookies and cupcakes



In this box, write or draw anything you would change about it.

66

It's ok to cry, laugh, be happy,
mad, or scared. There's no
right way to feel.

99

Word Search

How many words from the list below can you find?



D	O	C	T	O	R	M
M	T	S	A	D	A	E
A	G	P	Q	D	G	M
S	K	R	S	M	A	O
K	S	Y	I	D	T	R
S	R	S	X	E	E	I
C	O	V	I	D	F	E
S	C	A	R	E	D	S

GRIEF
SAD
DOCTOR

COVID
MASKS
CRY

SCARED
MEMORIES

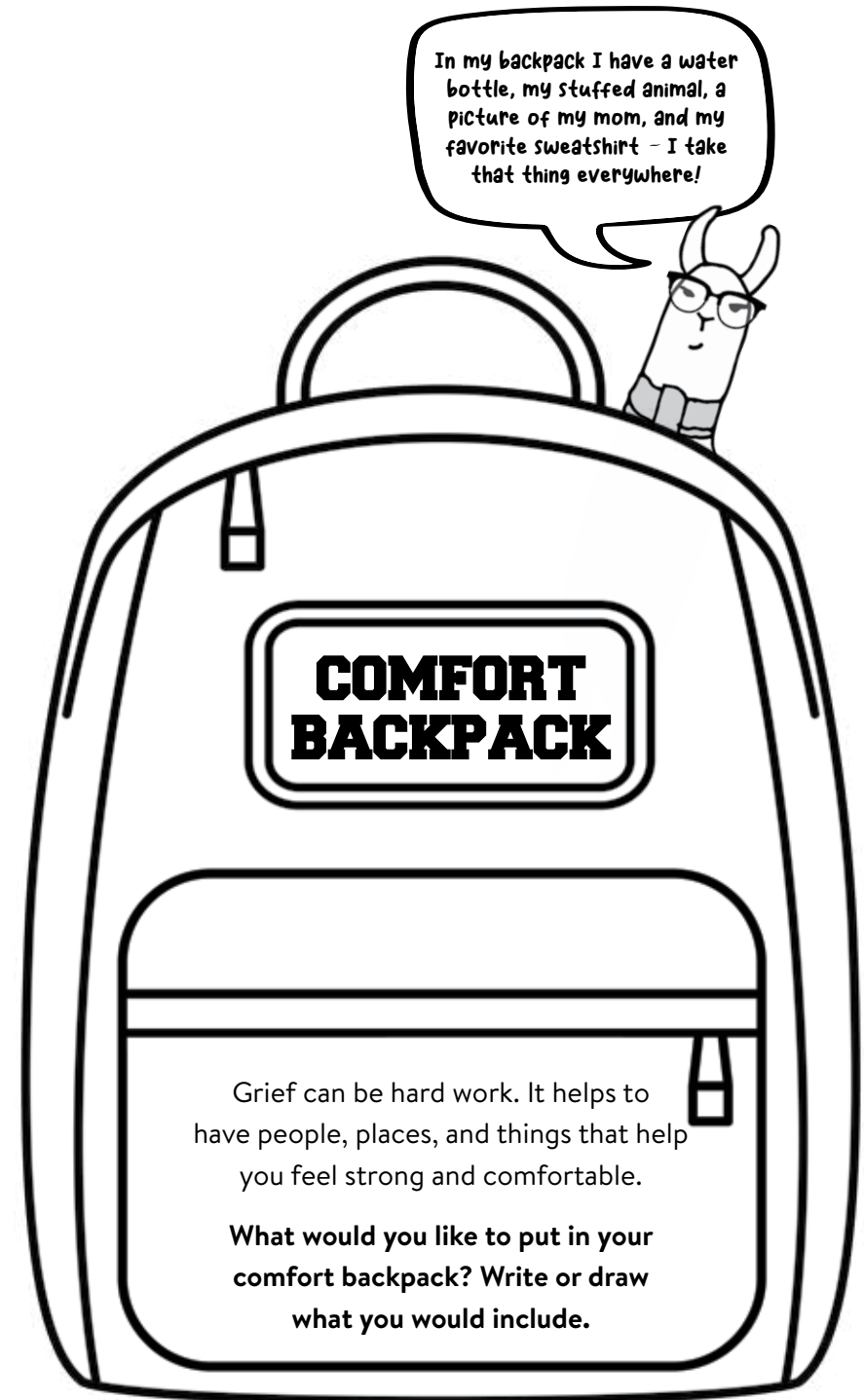
That last word was a tough one to find. I love remembering how my dad and I would make breakfast together on the weekend



“

My grief feelings show up randomly. Usually when I don't want them to!

”



Holidays are different now

What holidays does your family celebrate? How are they different without your person or people who died?

On these pages write the holidays your family celebrates. Want to add a drawing for each one?

- Circle the one that was your person's favorite
- ★ Put a star next to your favorite

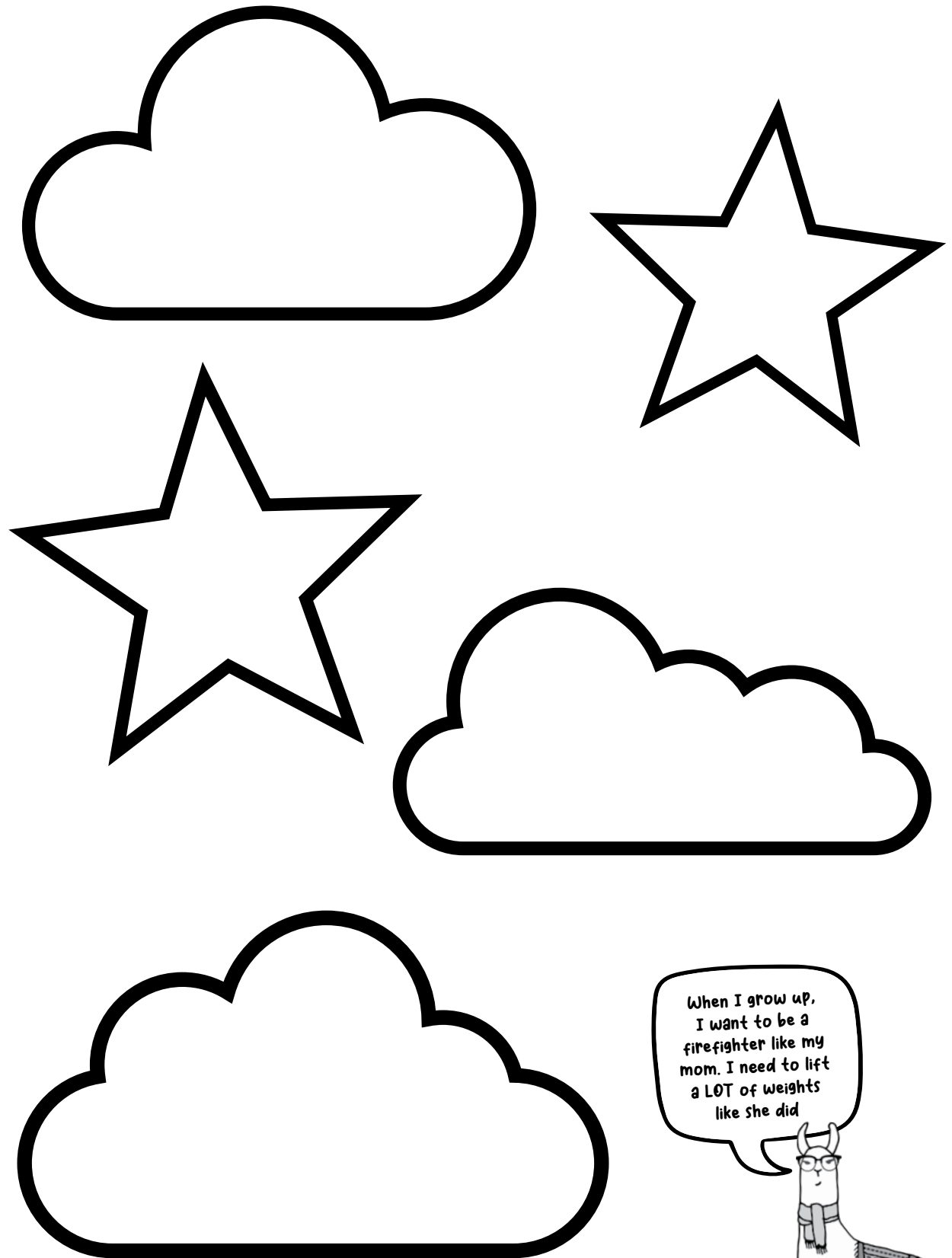
In the space below each holiday, write or draw how it's different without your person.



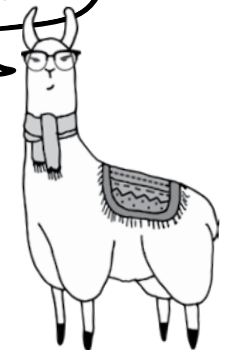
Hopes & Dreams

It's still okay to have hopes and dreams for your future, even if someone in your life has died of COVID.

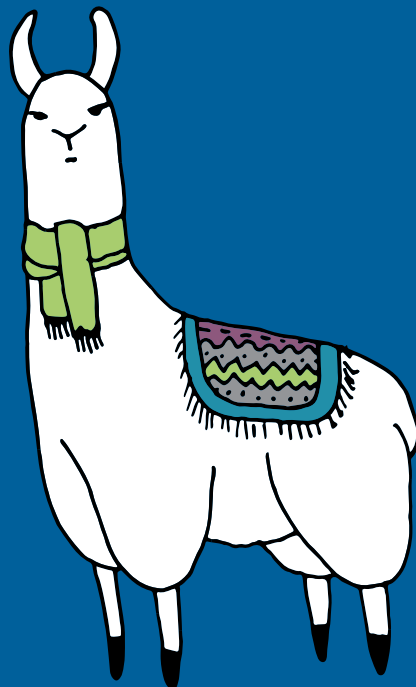
What do you hope and wish for?




When I grow up,
I want to be a
firefighter like my
mom. I need to lift
a LOT of weights
like she did



You can contact
Dougy Center at
503-775-5683, visit them
online at dougy.org,
or email them at
help@dougy.org!





“Dad kept getting better and then worse and then better, so I thought he would come home. But then he got really, really sick and died. It was a rollercoaster.”

“Grief is different for everyone.”

“When Grandma told me she died, I yelled ‘NO!’ really loud.”

