



Who are you  
thinking about  
today?

The person I'm thinking of is...

Their name is...

This is what they look like...

A memory I have of them is...

How often do you get to see them?  
If you don't get to see them, why not?

Sometimes we have a lot of thoughts and feelings about someone we love. Let's fill out this worksheet about the person you're thinking about today.

### **For Teachers and Caregivers:**

Children can have lots of thoughts and feelings about people in their lives. This worksheet helps children connect with the thoughts and feelings they have about someone they are thinking about. It might be someone who has died, someone they can't spend time with, or someone they see a lot, but are thinking about in this moment. You can do this activity with one child or a whole group. Invite them to bring to mind someone they are thinking about today and then to fill out the worksheet. Let them know they can write or draw their answers and that it's okay to skip the ones they don't want to do. You can also expand the conversation by asking them questions about their responses such as, "How do you feel when you think of that memory?" "If you could choose, how often would you see this person?"