



Who are you
thinking about
today?

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. Start by asking, "Who are you thinking of today?" and then invite them to draw a picture of them on this sheet. Here are some possible prompts to expand the conversation:

- Who are you thinking of?
- What's their name?
- What is a memory you have of them?
- Do you get to see this person? If not, why?

