

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...

After you finish the sentences, think about what you want to do with this piece of paper.

I'd like to:

_____ Talk about it with someone.
(Who can you talk to?)

_____ Put it someplace safe so I can look at it again.

_____ Crumple it up and recycle it.

_____ Rip it into tiny shreds.
(Make sure the garbage or recycle bin is close by!)



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.

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employeerelieffund.org/brave-of-heart-fund