

2

WHEN

Someone  
VERY  
Special

DIES

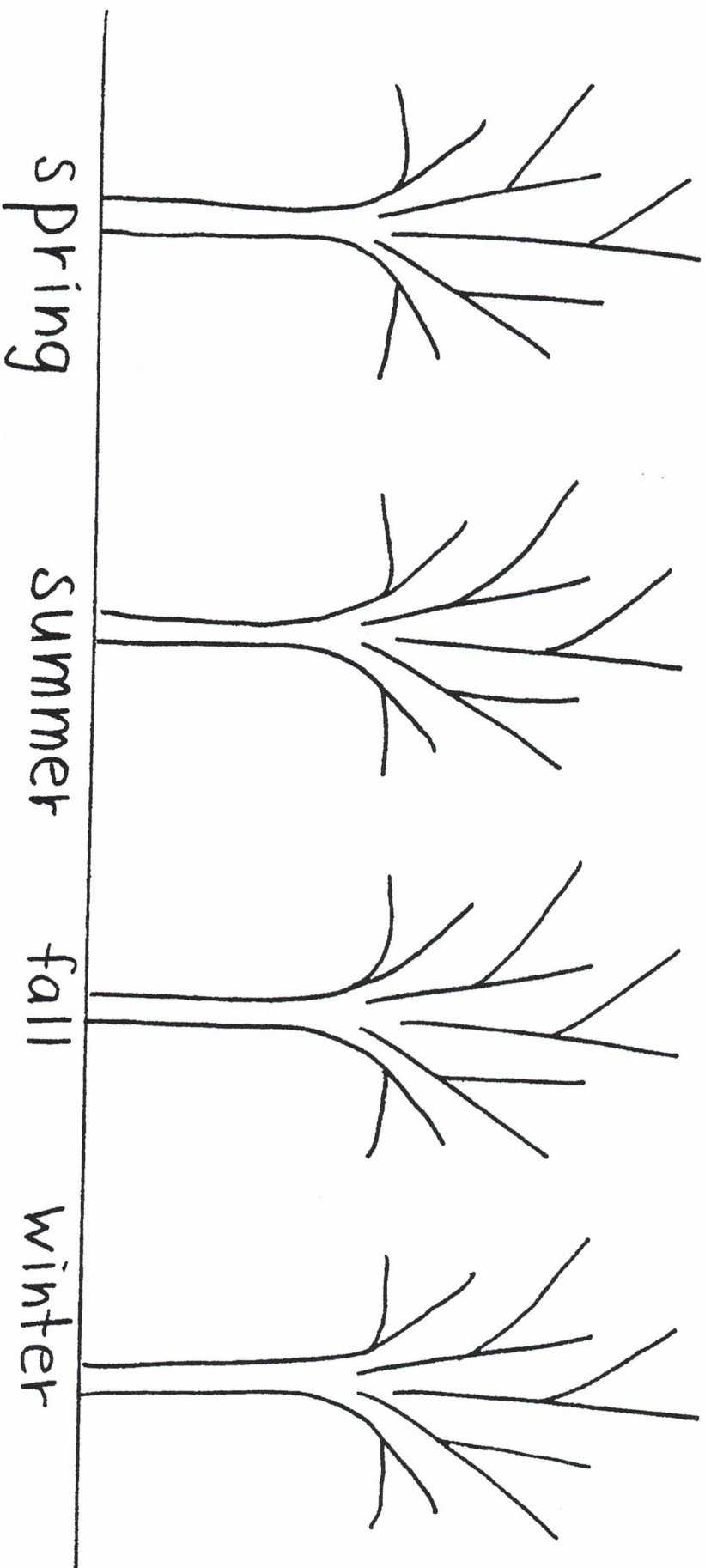


Children Can Learn to Cope with Grief

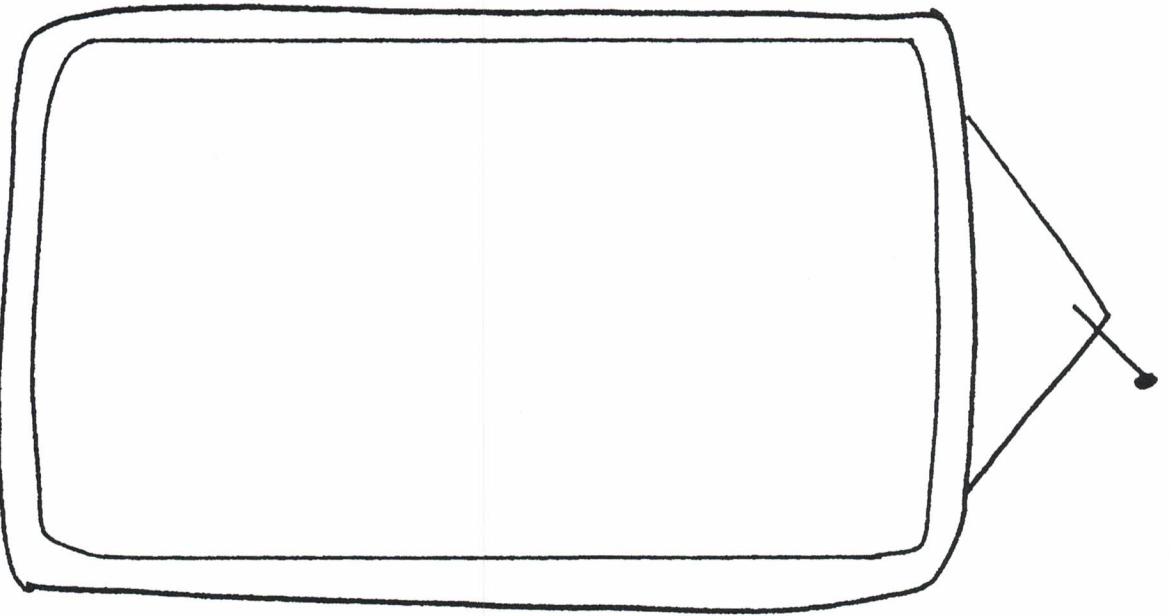
written by Marge Heegaard to be illustrated by children

change is natural. Draw or color some ↓

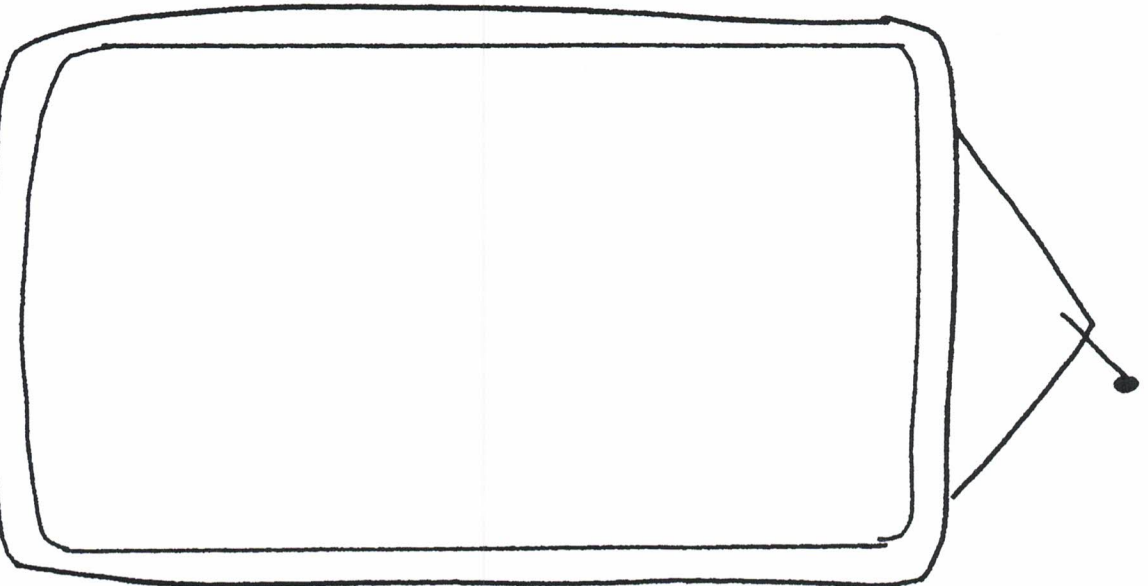
egg → caterpillar → cocoon → Butterfly



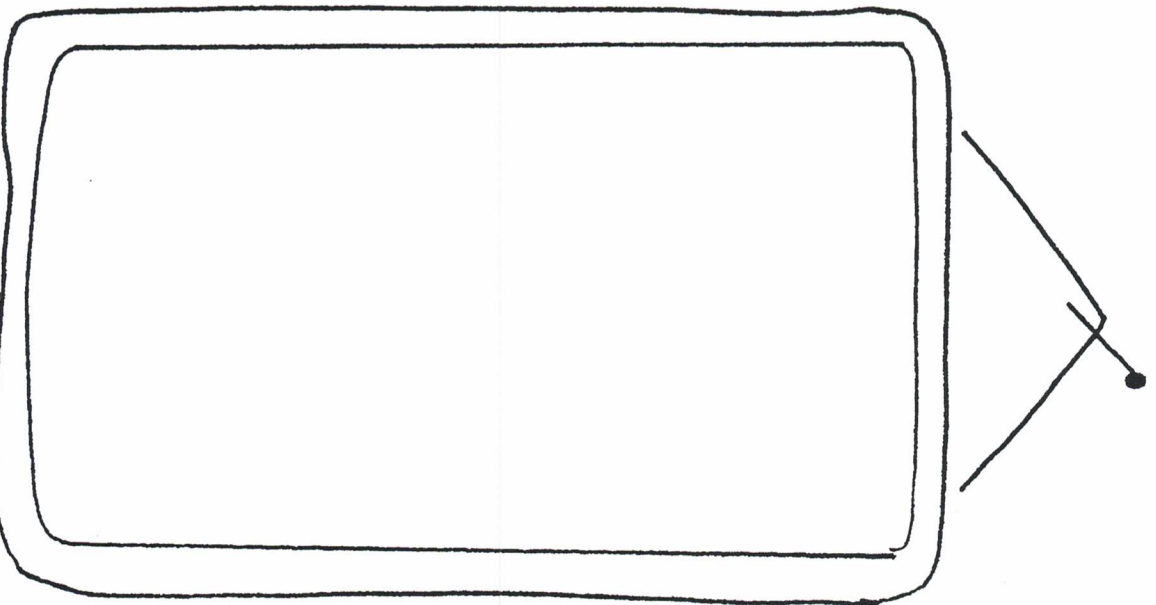
# People Change too



2. "Baby"  
Me

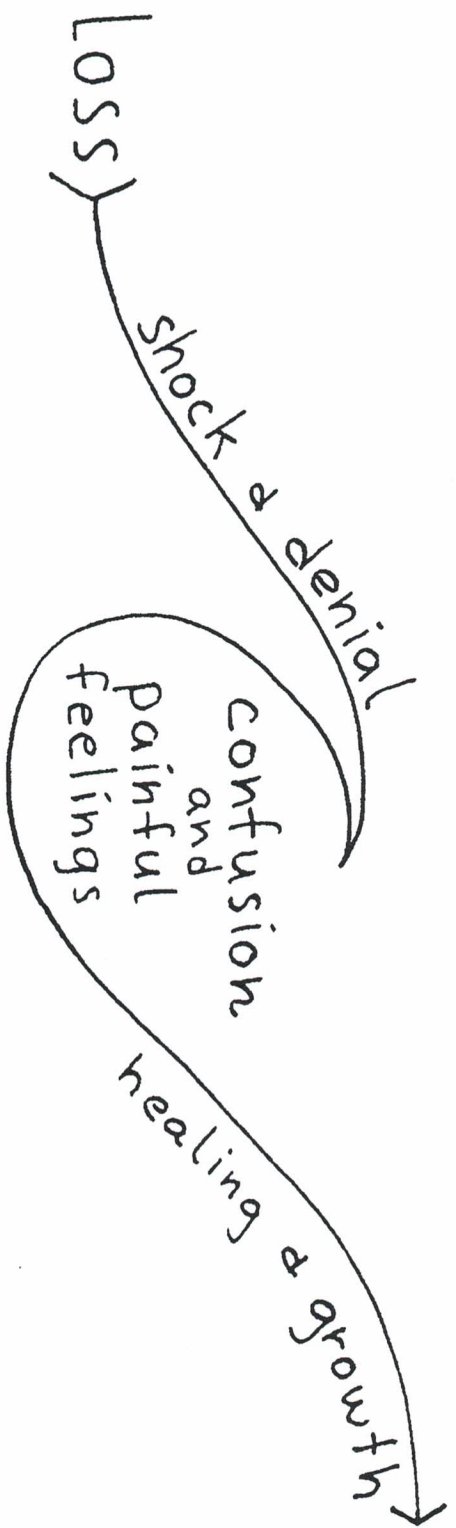


"Now"  
Me



"Very old"  
Me

Change creates loss  
The pain from loss is called grief



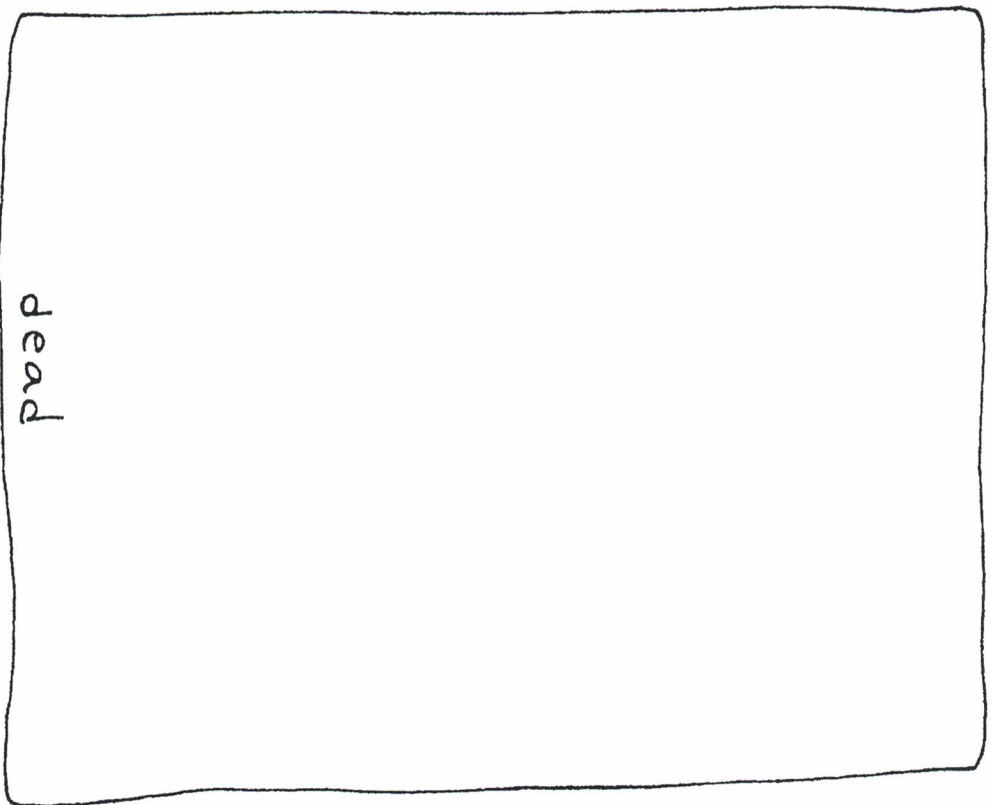
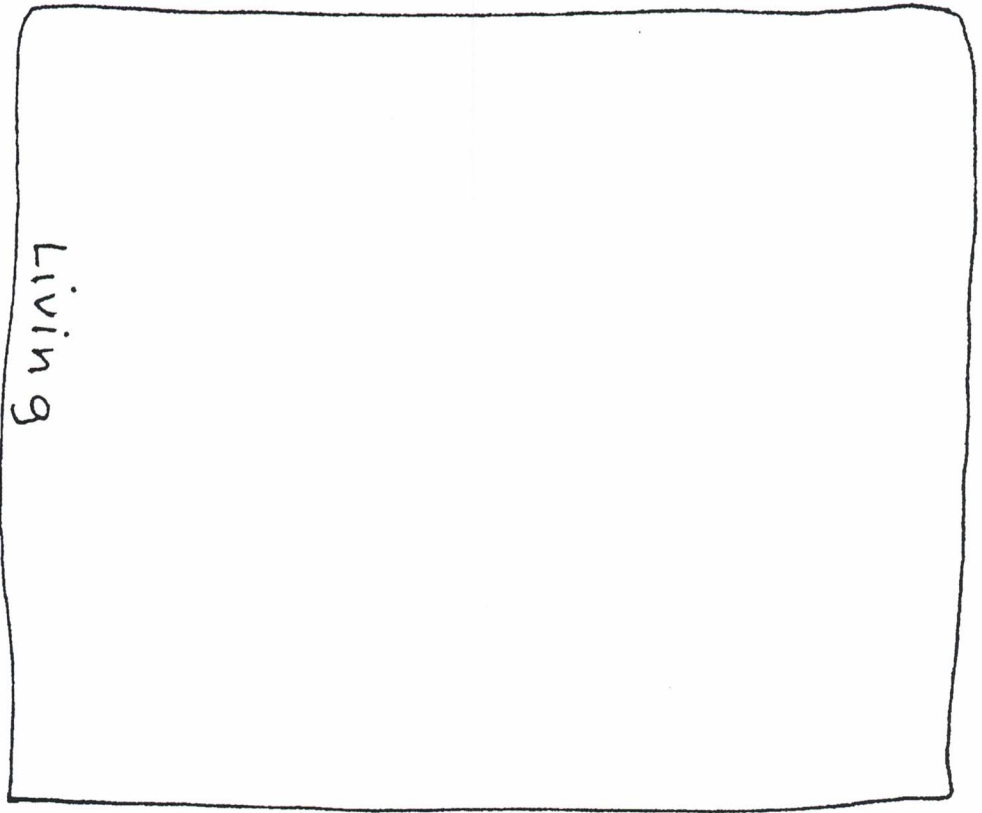
Grief comes and goes  
Like waves in the ocean



There will be stormy times and calm times!



Living is growing and changing. Dead is the end of living. Plants die... Animals die... People die...



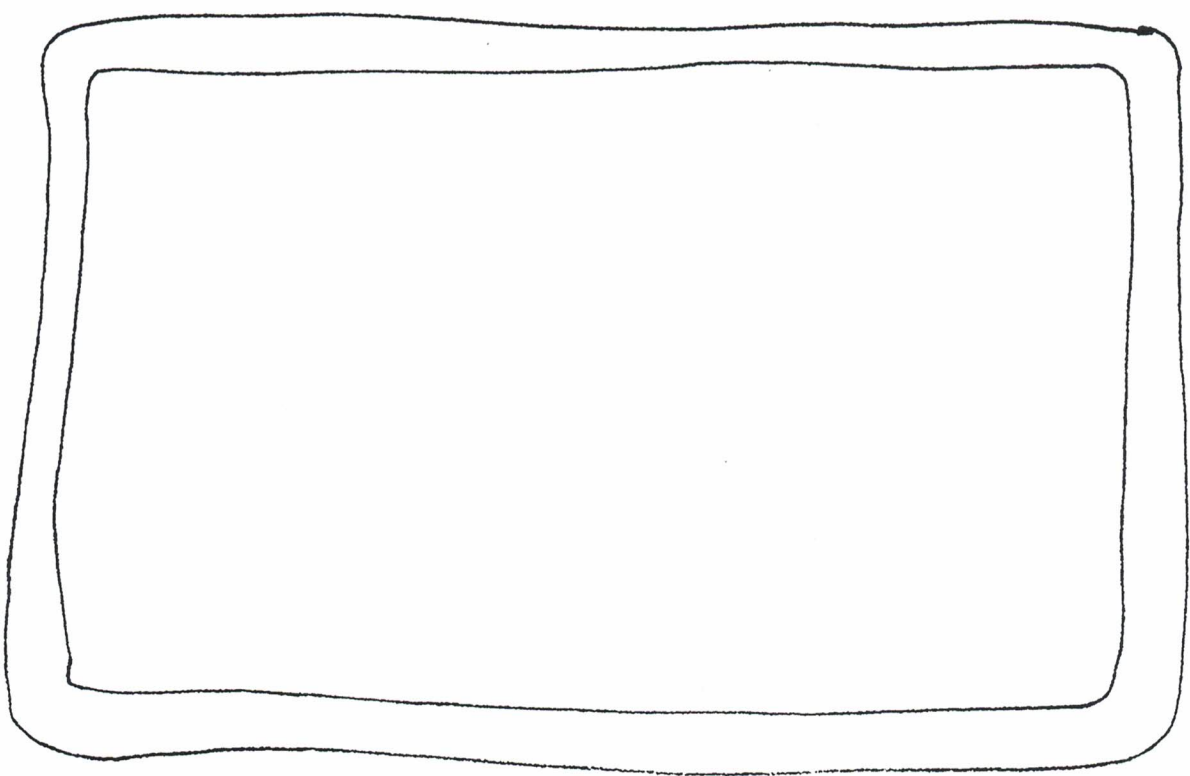
4. Death is a natural part of living

Many different things cause people to die. (Draw some things that cause death)

But people can't die because of anything we think or say !!

Someone I loved died. This is a picture of that person...

\_\_\_\_\_ was  
(name)  
important to me  
because...



My Special Person died because ...

When someone dies, they can never come back! Death is the end of living. The dead don't eat, sleep, think, or feel anything. ?

People have a body we can see... and something called a spirit or soul which we cannot see that makes them special.

When someone dies, the spirit leaves the body, and what is left is placed in a casket to be buried or cremated.



Family and friends gather for a funeral service to honor the dead, remember the good they did, and show their love for you!

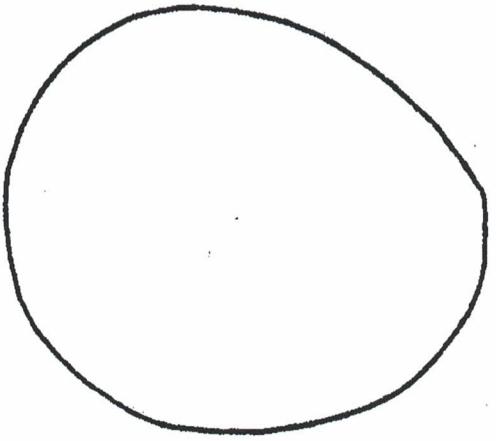
It's hard to say goodbye to someone you love!

Some people think the spirit goes to heaven to be with God, and some think it takes a new form... like the caterpillar that becomes a butterfly. Others think the spirit becomes a part of those they loved. (draw what you think)

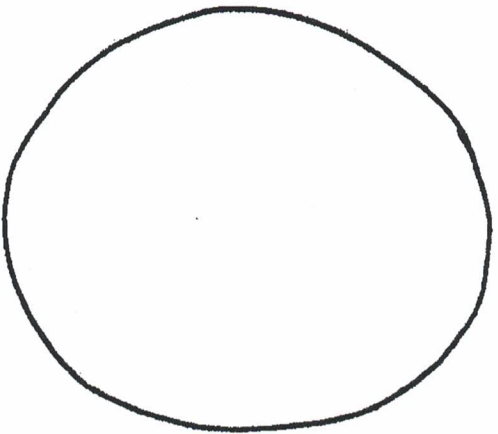
We don't know everything about death!

There are things I wonder about.  
I would like to ask someone these  
questions...

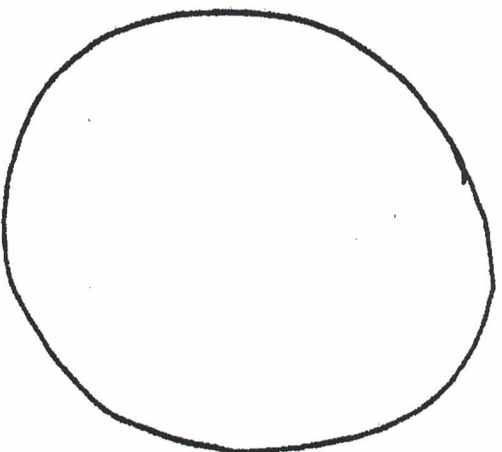
Everyone has lots of different feelings.  
They are all OK! Feelings change.



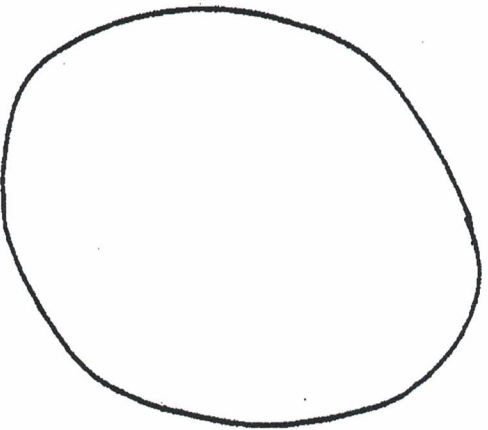
Happy



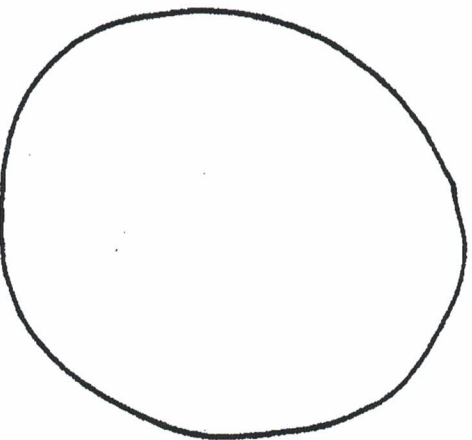
SAD



Angry



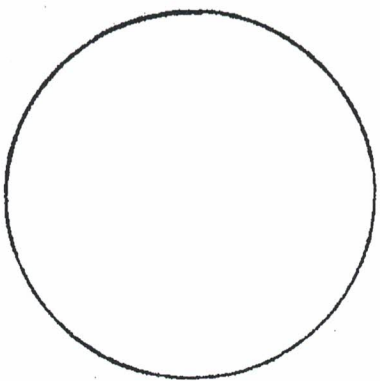
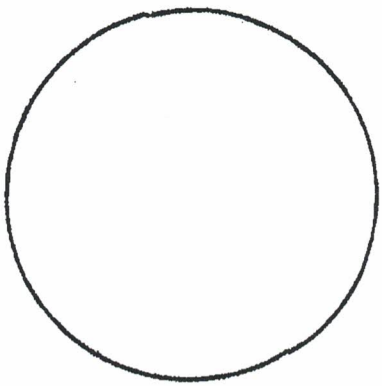
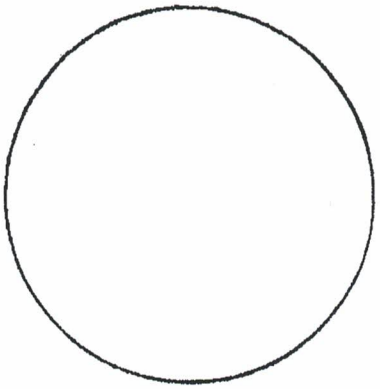
Afraid



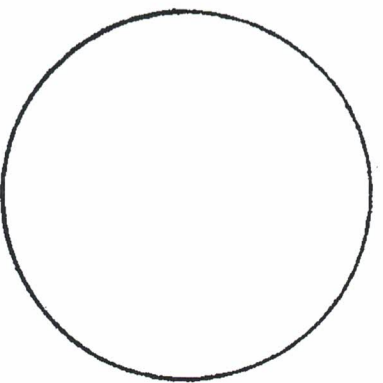
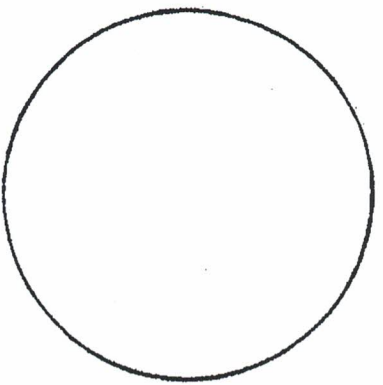
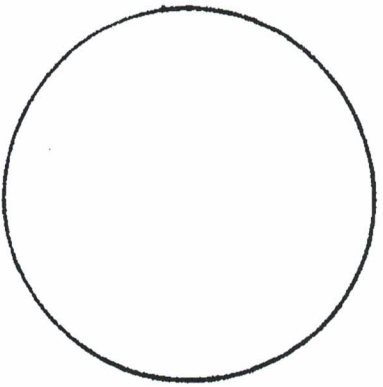
Guilty

1a. Draw some feeling faces... (feelings often show on faces)

Sometimes people put on a "mask" to hide feelings they don't like to show. (name and draw 3 feelings you sometimes hide with a different feeling.)



\_\_\_\_\_  
Name and draw the feeling masks you might use.

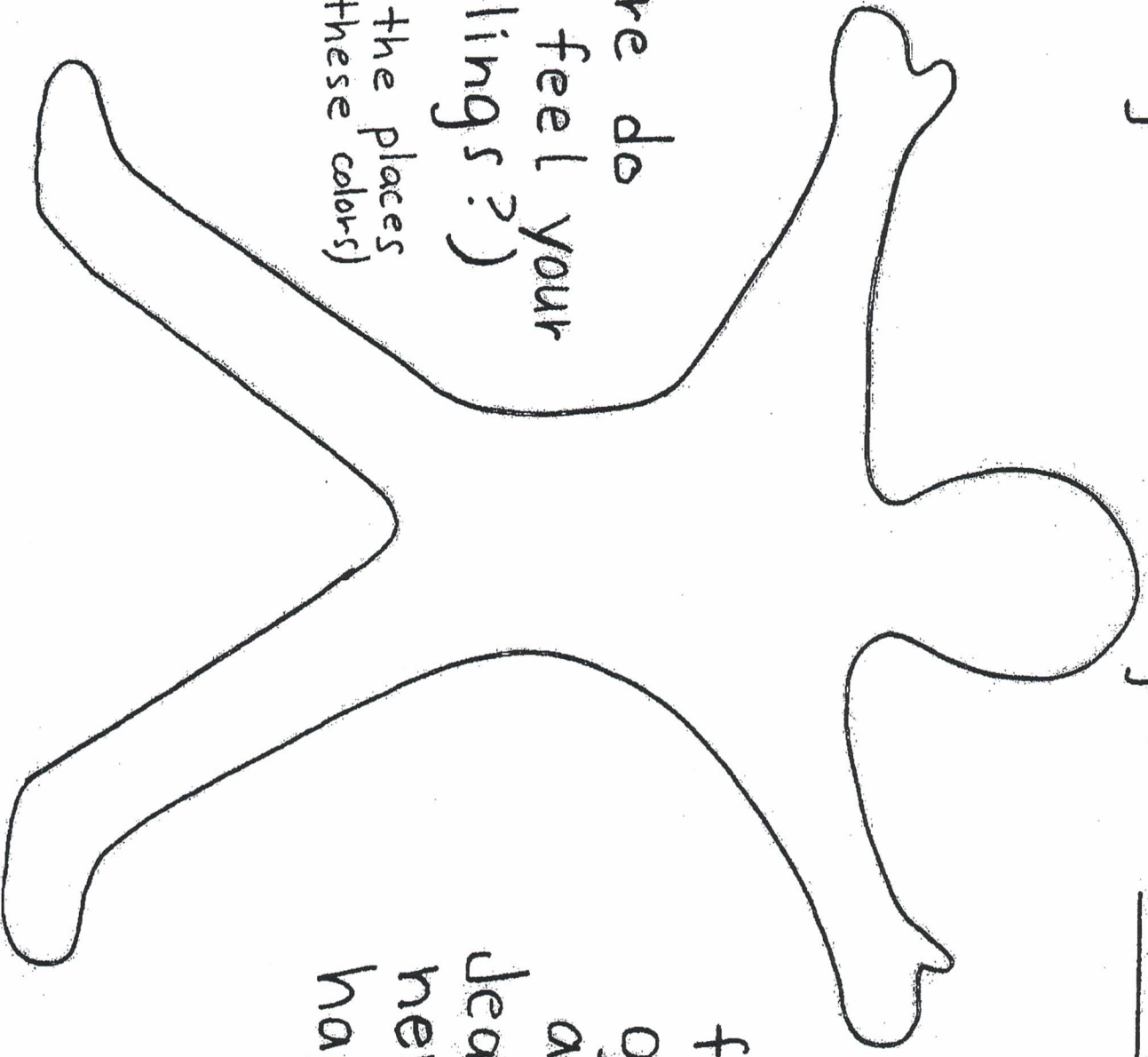




Feelings are something we feel in our body.

(where do  
you feel your  
feelings?)

(show the places  
with these colors)



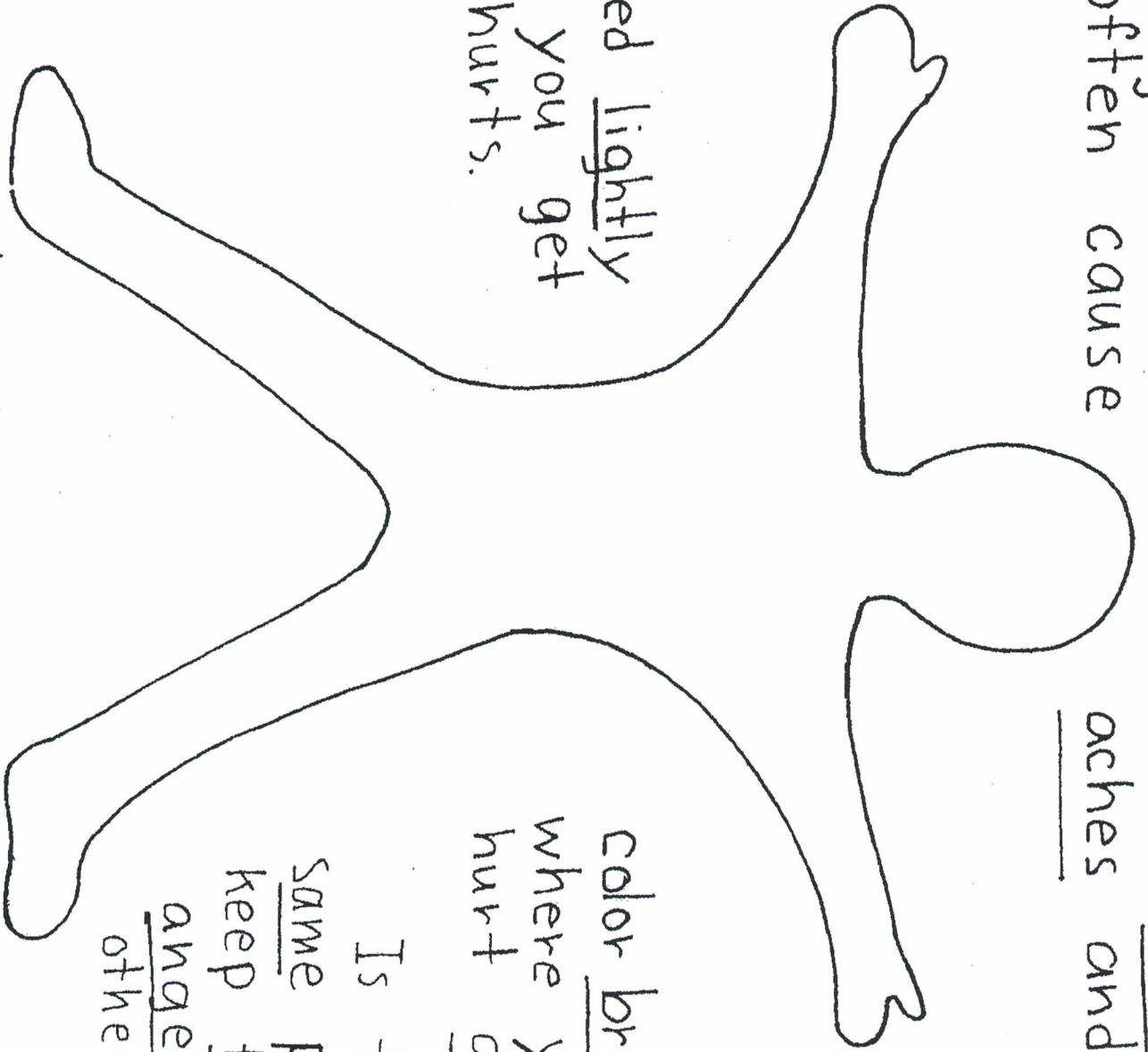
- Sad - blue
- fear - black
- guilt - brown
- anger - red
- jealous - green
- nervous - orange
- happy - yellow

If feelings are stuffed inside too long aches and pains they often cause

color red lightly where you get little hurts.

color bright red where you sometimes hurt alot!

Is this the same place you keep fear or anger or other feelings?



Exercise, sports, play, music, art, writing and talking are all good ways to let feelings out. 15.

Something Sad

<sup>16</sup> Drawing out sadness takes some of the pain away.

Sometimes I get angry because...

Putting anger on paper doesn't hurt anyone!<sup>17</sup>

It is important to let anger out in ways that will not hurt people or things. O.K. ways are

1. Saying "I am angry because..."
2. Scribbling with a red crayon on an old newspaper (hard!) and scrunch it into a ball to throw away.
3. Punching a ball or a pillow.
4. Yelling into a pillow or in a shower.
5. Writing an angry letter. Tear it up.
6. Write feelings in a journal.
7. Run or walk fast.
8. Stomp your feet. Clap your hands.



I feel frightened when...

Drawing something fearful makes it less powerful.

I worry about...

20. Worries need to be shared with someone!

Sometimes I feel different because ...

But these are things I like about me...

1.

2.

3.

Me... doing something I am good at !

22. Everyone is good at something. No one is good at every thing.

I remember being told about the death.

I needed love and comfort. I still do!



I know how I like to be comforted...  
(draw this... and then close your eyes and imagine it.)

I can use words to let others know what I need.

" If ONLY "

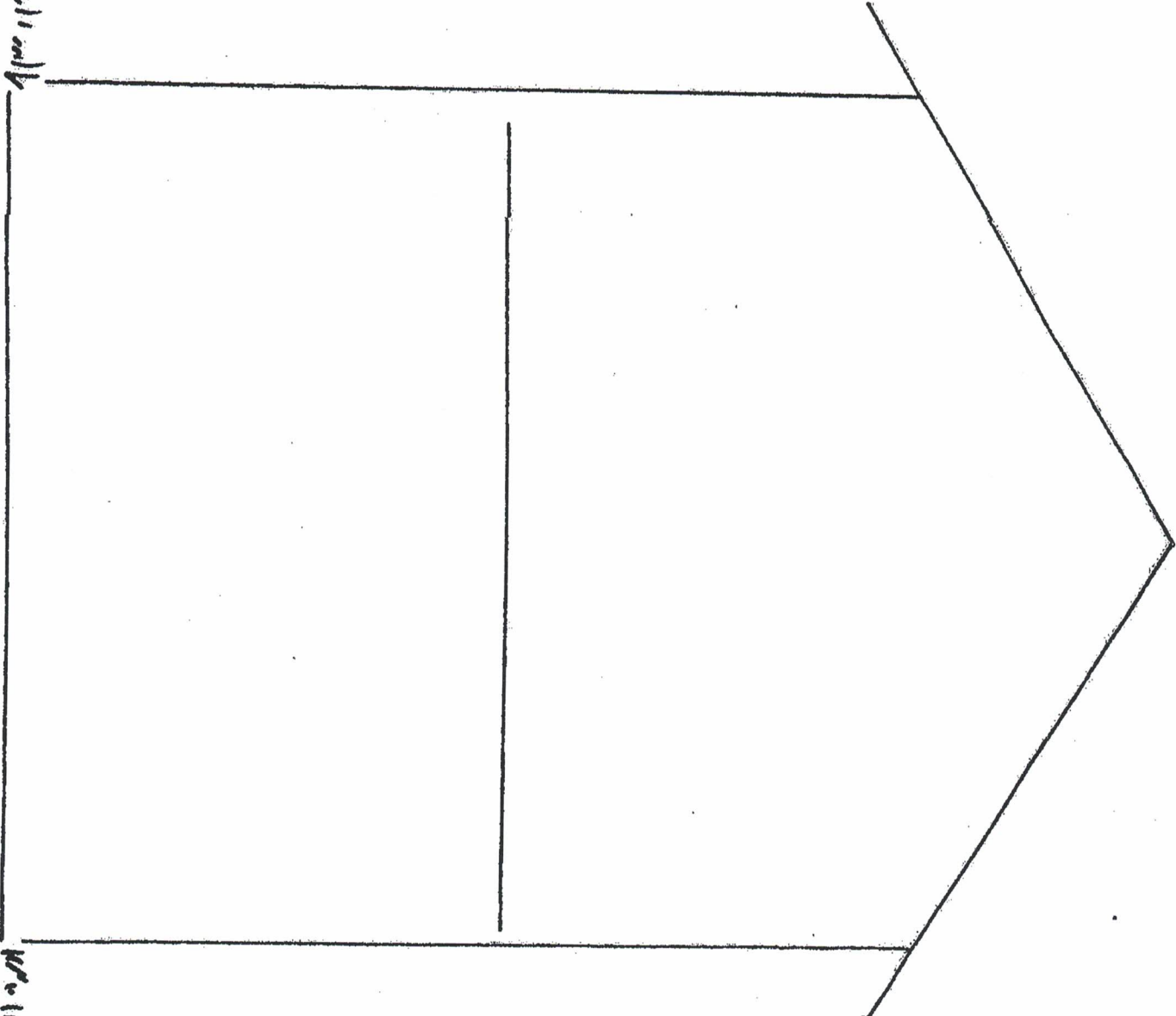
Everyone has something they wish they did ---  
or didn't do.

My favorite memory .

36. and other good memories are mine to keep !

I learned something important from this person

and I will always have the love given to me!



Write your values here!

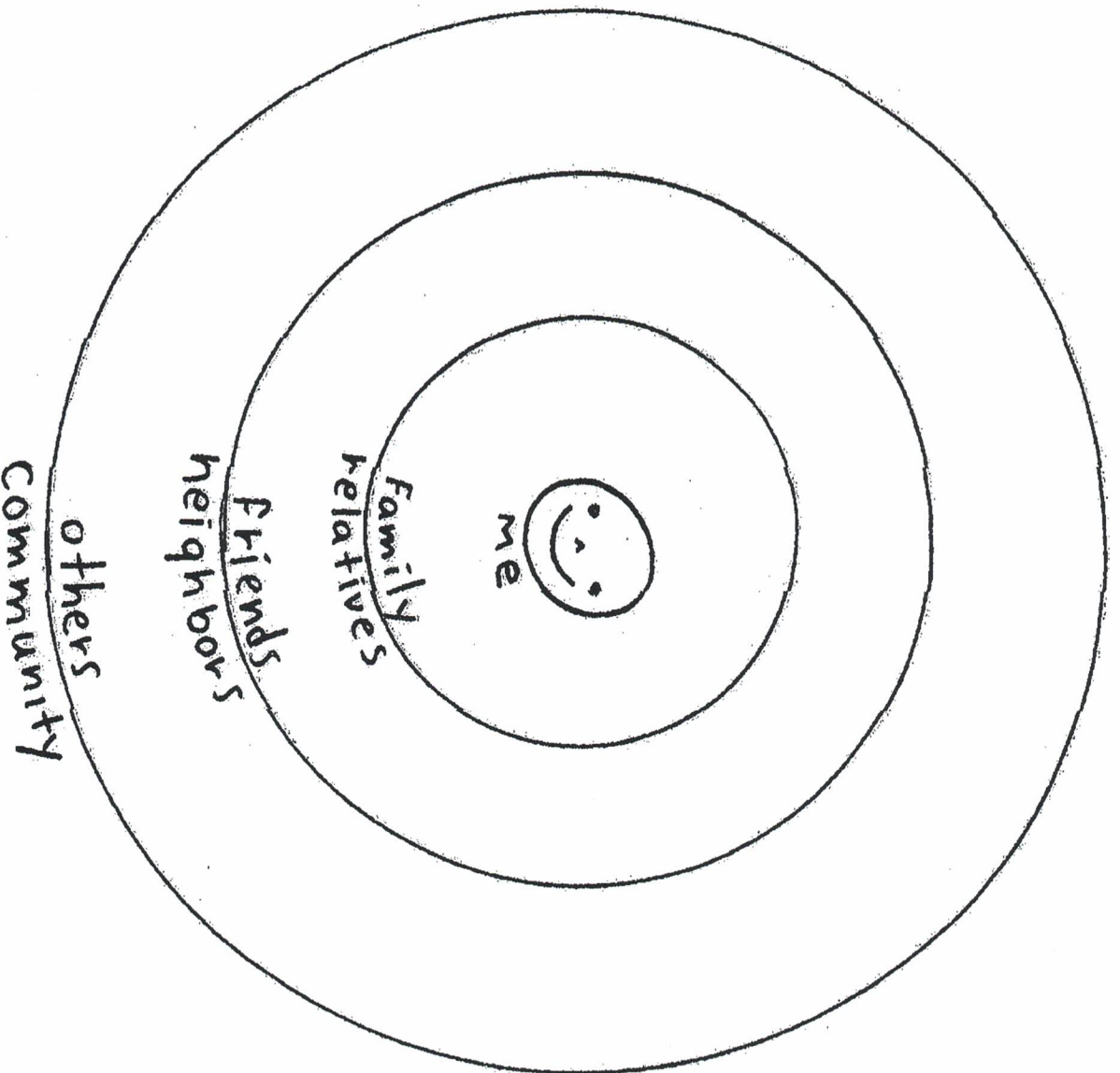
Best Friends

People I live with

Write your values here!  
important others

28:

Many People care about me



List names and place numbers in "caring circle".

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

I have someone I can always talk to.  
(this can be a pet, a person or something special)



I show others I care about them...

And that makes me special too!

I can still have fun and be happy !

32.

Living means changing and growing.