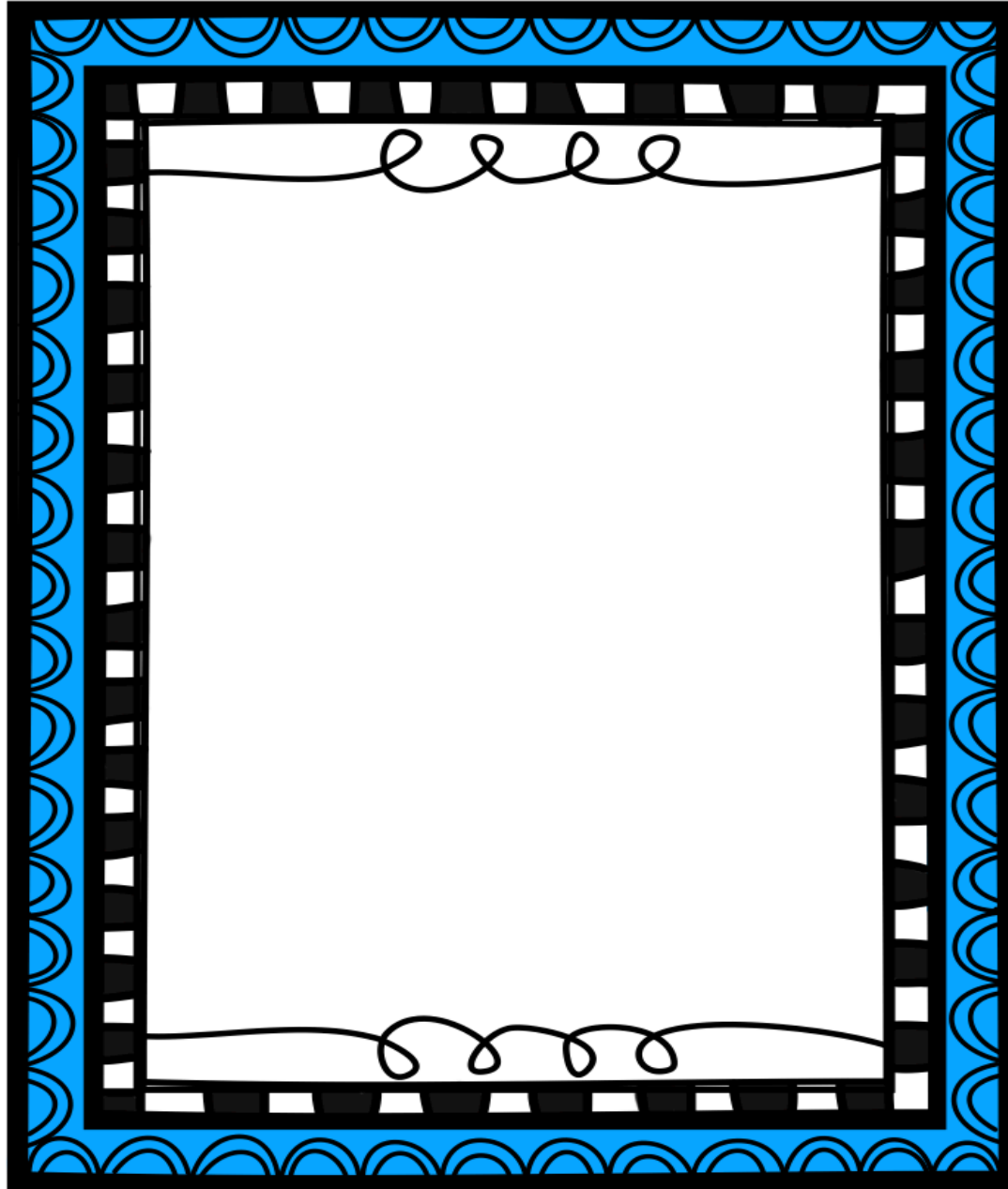


# Memory Keepers



Grief Workbook



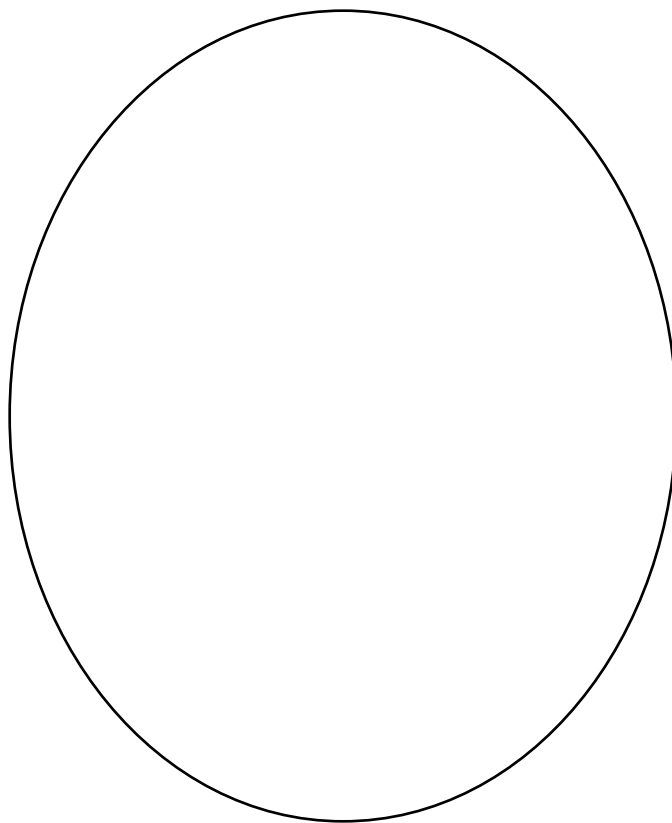
This picture  
is of



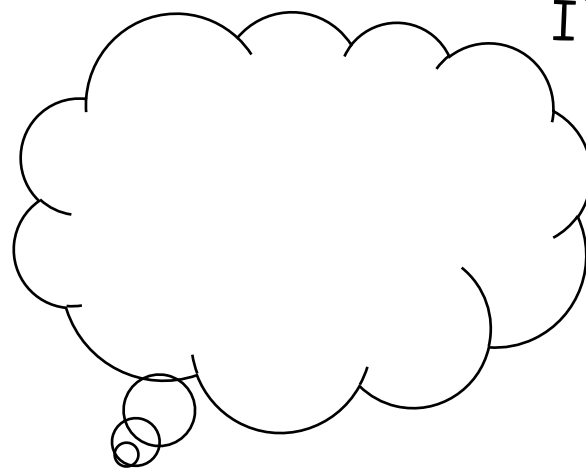
I remember  
their



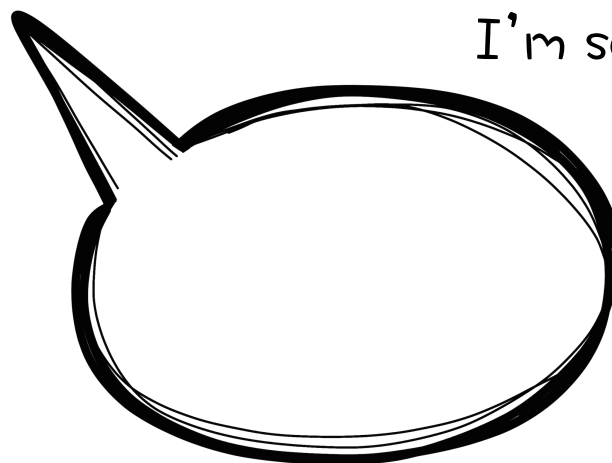
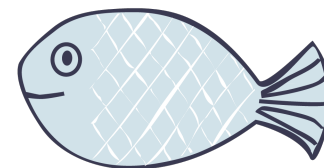
Sometimes when I think about \_\_\_\_\_  
I feel sad because \_\_\_\_\_



My face looks like...

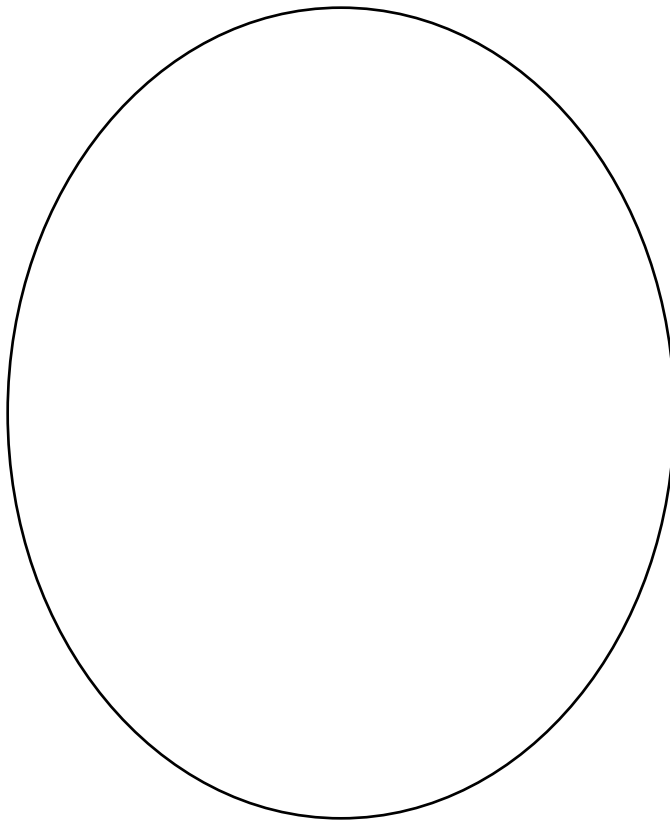


I'm thinking...

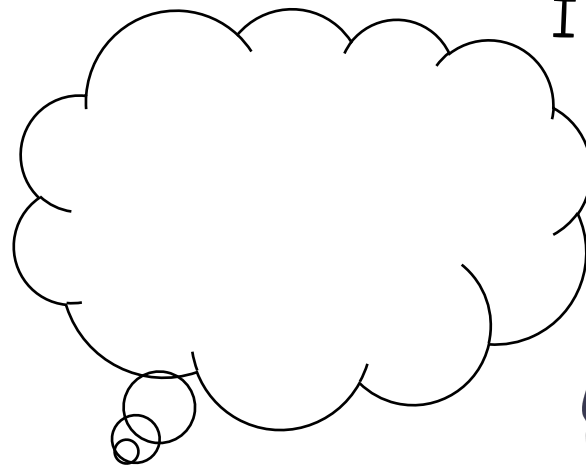


I'm saying...

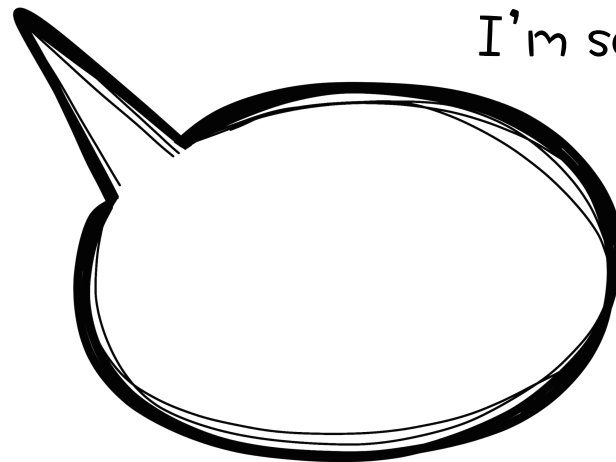
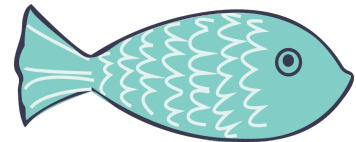
Sometimes when I think about \_\_\_\_\_  
I feel mad because \_\_\_\_\_



My face looks like...

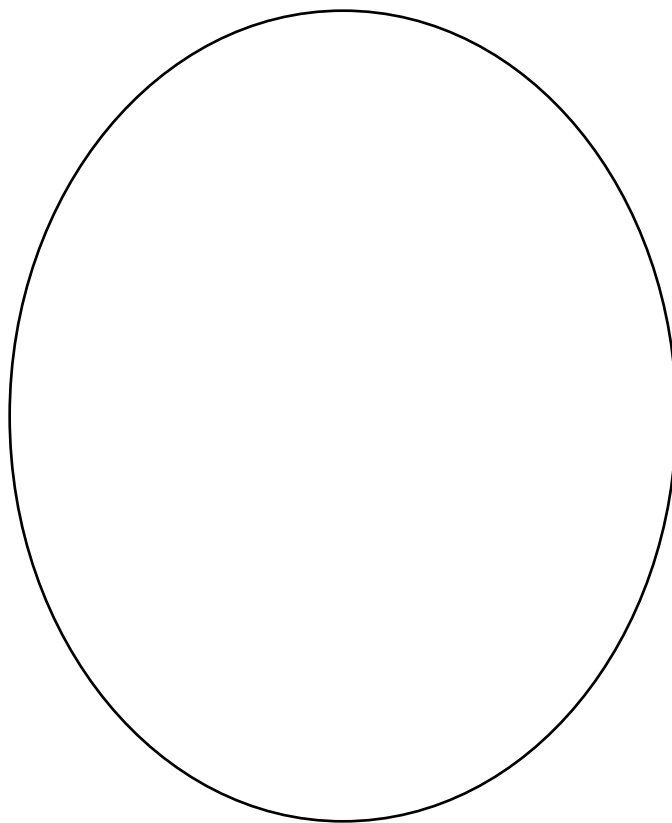


I'm thinking...

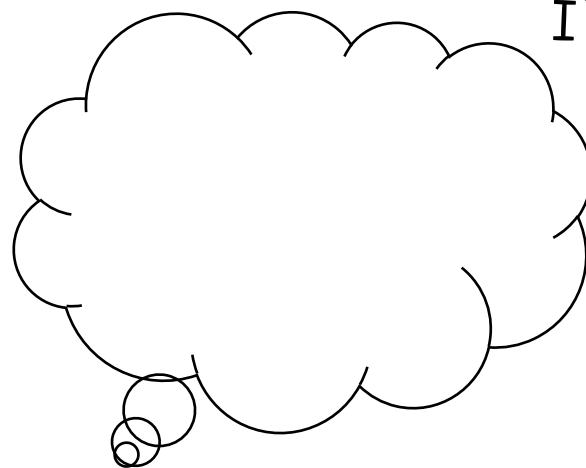


I'm saying...

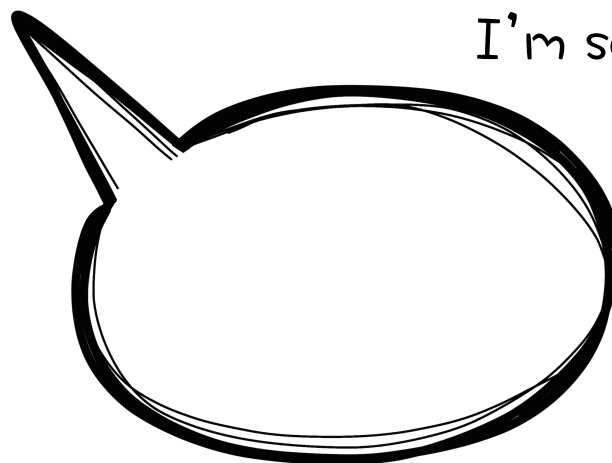
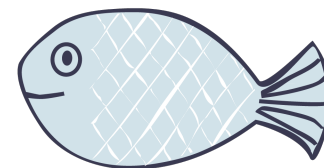
Sometimes when I think about \_\_\_\_\_  
I feel happy because \_\_\_\_\_



My face looks like...

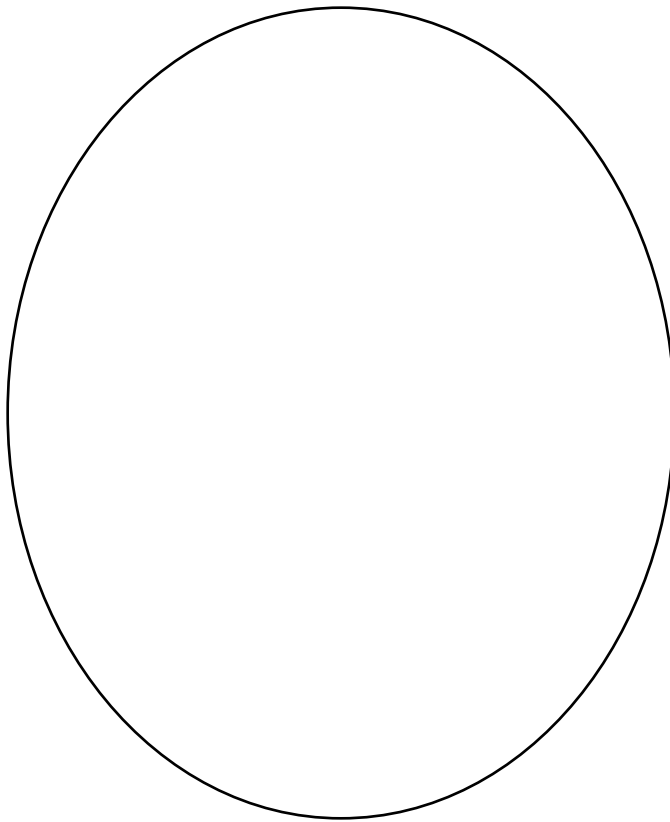


I'm thinking...

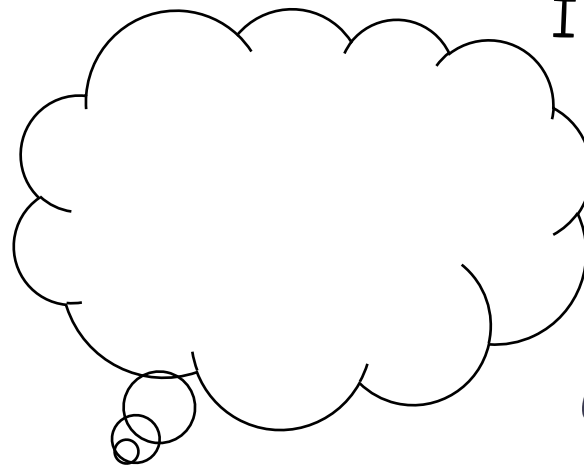


I'm saying...

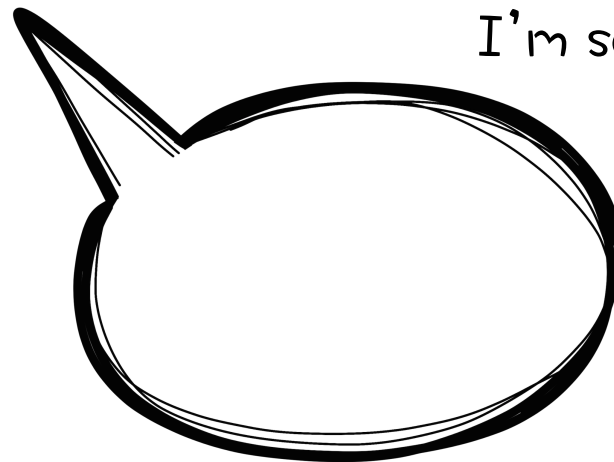
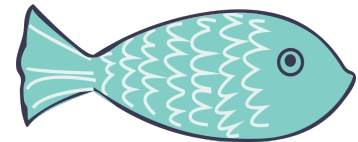
Sometimes when I think about \_\_\_\_\_  
I feel \_\_\_\_\_ because \_\_\_\_\_



My face looks like...



I'm thinking...



I'm saying...



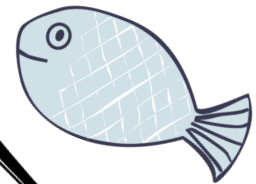
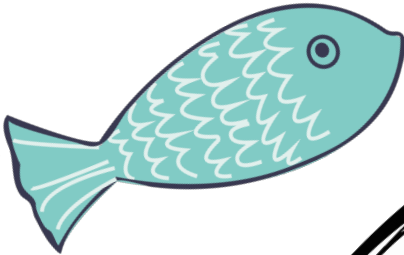
Color in the bubbles of who you can  
talk to when you are feeling upset.

Family  
Member

Friend

Teacher

Counselor



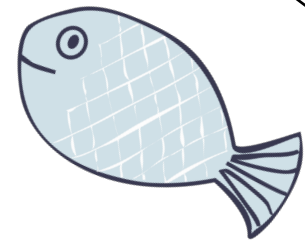
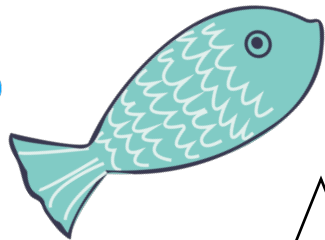
Color in the shapes of things you can  
do when you are feeling upset.

Listen to  
music

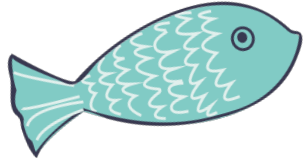
Talk  
to  
someone

Take a  
break

Imagine my  
favorite place  
or memory







Dear \_\_\_\_\_,

I miss you a lot. Sometimes I feel  
\_\_\_\_\_ because you are not  
here anymore. \_\_\_\_\_  
reminds me of you. When I feel sad I  
can talk to \_\_\_\_\_. When I  
want to remember you I can  
\_\_\_\_\_ or \_\_\_\_\_.  
This helps me feel better. I wish I could  
tell you \_\_\_\_\_.

Love,

\_\_\_\_\_



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