

# How to Help Children... Through Grief and Loss

*WORKBOOK*



**Cincinnati  
Children's<sup>®</sup>**

change the outcome<sup>®</sup>

The following pages are meant to create a thoughtful space for grieving children as they remember and think about the loved one who died. You could do them together, or each of you could put down your own thoughts and share them later.



I will describe ways we were special to each other...

Here is a drawing of how I imagine you now...

Here is a poem or short story about you/us...

This is what I say to people about you...

Here are some things I wish we could have done together...

These are the people that I can talk to most easily now...



My life is special. Here are some things I want to do with my life...





NOTES







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