“Sometimes the best thing you can do for someone who’s grieving is let them grieve in their own way. This book lets children have space to explore their feelings.”

—David Techner,
Funeral Director and Children’s Grief Specialist

“This journal invites children to have their loved one live on through their memories. It’s interactive, comforting and real.”

—Terese A. Vorsheck,
Director, Highmark Caring Place
A Grieving Center for Children, Adolescents and their Families

“When my great grandmother died, I was sad and confused. The kids at school didn’t understand. I got this book and it seemed like a friend”

—Leah Sabin Kanzer,
Age 9
A lot of things can happen when someone you love dies:

- You may have many different feelings or emotions.
- You may really miss the person and wish that you could see and talk to him or her again.
- Your family, friends, or other people around you may also be upset or sad.
- There may have been a funeral or other types of events after the death.
- Sometimes it will mean that there are a lot of things changing around you.

This book is for you,

It will let you think about how you feel and give you a way to express those feelings.

It will offer you a place to write down your questions and concerns about death, funerals, change, and anything else that is important to you.

It will give you ideas about things you can do that will make you feel a little better when you are sad and upset.

It will give you a chance to record your memories and all the special things about the person who died. You can create a scrapbook for these memories that will help you keep him or her in your heart and thoughts for the rest of your life.
A Roller Coaster of Feelings

Some people compare their feelings after someone dies to being on a roller coaster because they have so many ups and downs. Grieving can feel like hard work, and when you work hard, you may feel tired!

Sometimes you may want to talk a lot about the death or how you feel. Other times it might just hurt too much to think and talk about it.

Sometimes you might just want to sit quietly and think. Other times you might want to keep busy by playing or doing something to try to forget your sadness for a little while.

Sometimes you might have happy thoughts and memories about the person who died. Other times you might feel angry with him or her.

Sometimes it might seem like other people understand how you are feeling. Other times people might seem to be saying all the wrong things to you.
Your **QUESTIONS**
About Death

People often feel confused about death.

*Maybe you are wondering…*

*…how or why people die.*

*…what happens when someone dies.*

*…how to act or feel.*

One of the best things to do when you are confused is to ask questions.

You may not learn the answer to every single question, but by talking about things, you might start feeling a little less confused.
REMEMBERING THE PERSON YOU LOVE

Write down some things that you really love about the person who died.

What did he or she love about you?
People can make us feel very special by showing us or telling us how great they think we are. What are some of the things that this person loved about you?

What did you do that made him or her happy?
It feels great to make people happy, and you probably made this person happy in many different ways! Write about some of the ways here:

Sometimes people we love do things that upset us.
It’s OK if you sometimes got mad at the person who died. Maybe you even feel mad about their death. Here, you can write about something that he or she did that upset you:
Some Ways to Feel Better

Think about some of the things you did that made the person who died proud of you, and then keep doing those things.
What are some things you can do that would make him or her proud of you?

Honor the person on special days.
People can feel especially sad about their loss during holidays, birthdays, or other special days. Some people find it helpful to set aside some time on those days to remember the person who died. They might talk about the person, light a candle for them, draw a picture, or visit a special place that reminds them of the person who died.
If you feel extra-sad on special dates, that’s totally normal.

Think about some things you can do on those days that might feel good to you.

Think about the other people who love you.
When someone dies, you might feel lonely or scared. Remember that there are many people who love you. Write down the names of some of the people who care about you: