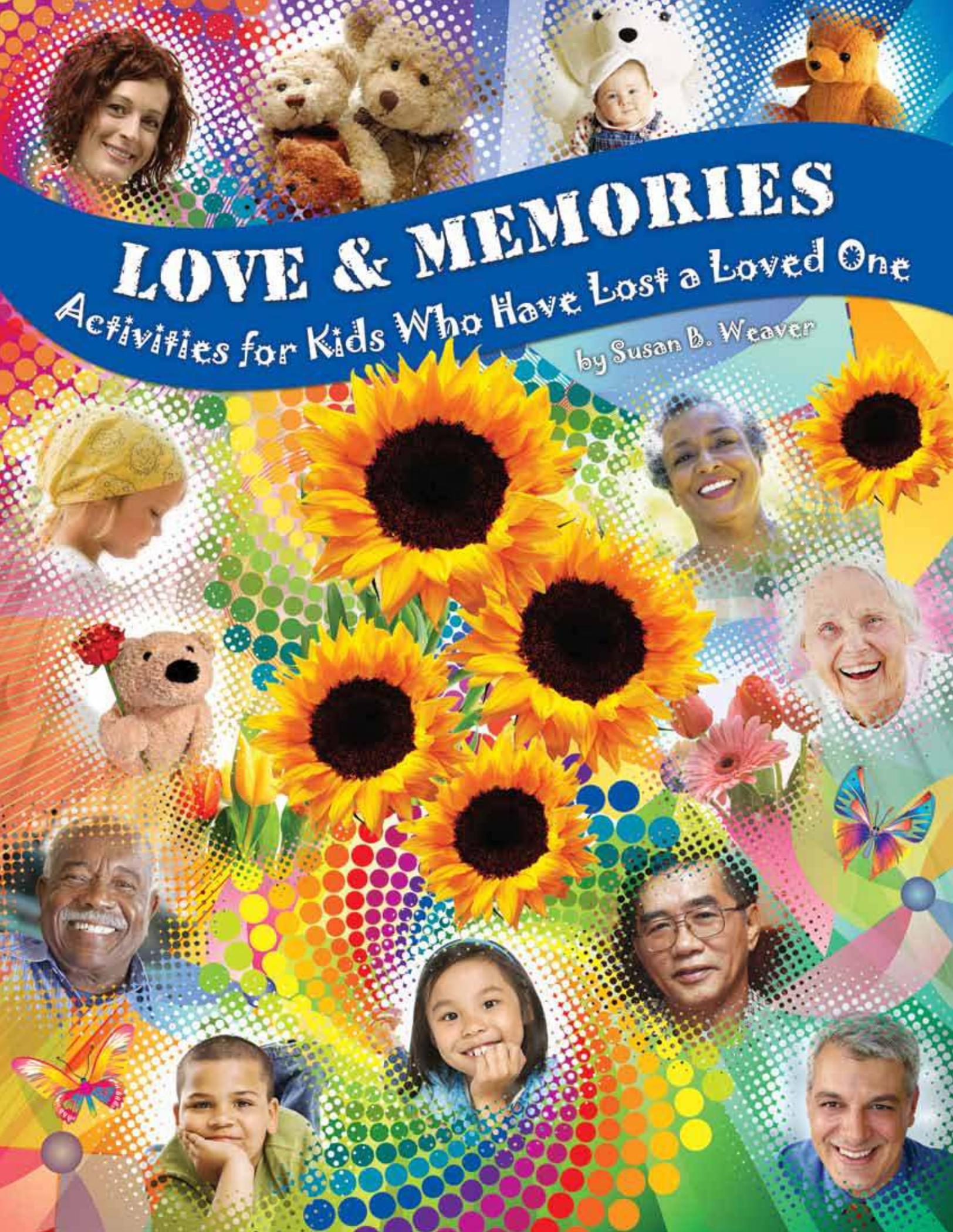


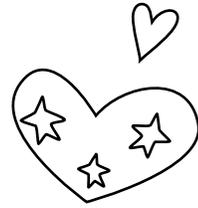
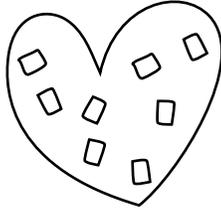
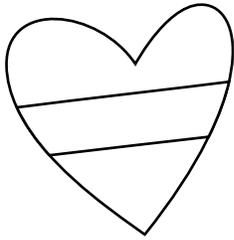
# LOVE & MEMORIES

Activities for Kids Who Have Lost a Loved One

by Susan B. Weaver



There are ALL KINDS of things you can do  
to HONOR and REMEMBER your loved one!



In Loving Memory Of:

Person's Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_



Let's get started!

Draw a picture of  
the person here.



# How was this person connected to you?

grandmother, grandfather, mom, dad, sister, brother, aunt, uncle, cousin, good friend, someone else?

## What are some things you remember about how they looked?

What color were their eyes? \_\_\_\_\_

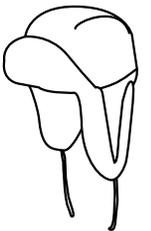


Did they wear glasses? \_\_\_\_\_

What color was their hair? \_\_\_\_\_

Was their hair long or short...  
or maybe they had no hair at all? \_\_\_\_\_

Did they like to wear hats? \_\_\_\_\_



Did they smell good? \_\_\_\_\_

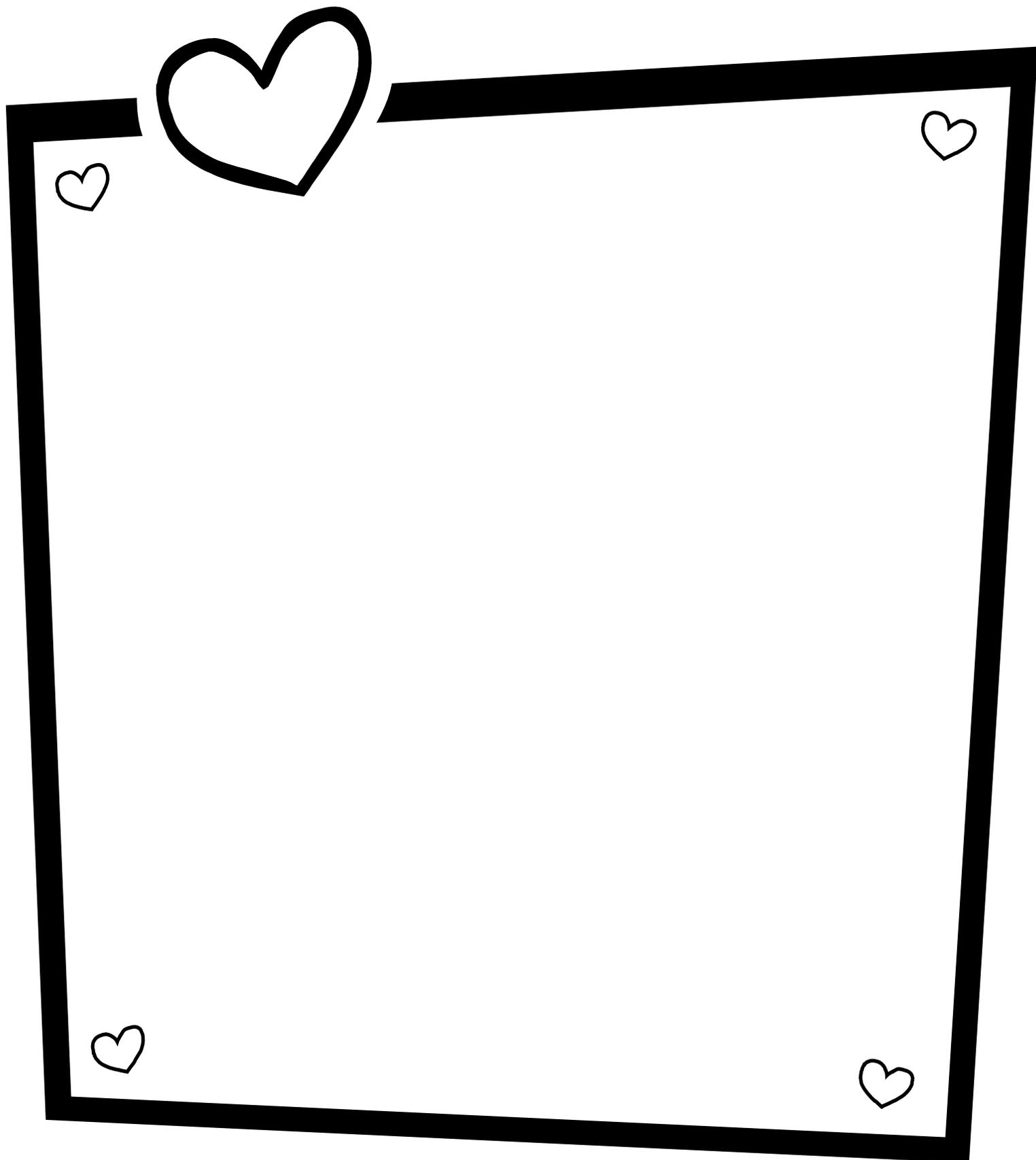
What did their voice sound like? \_\_\_\_\_

What else do you remember about how they looked?

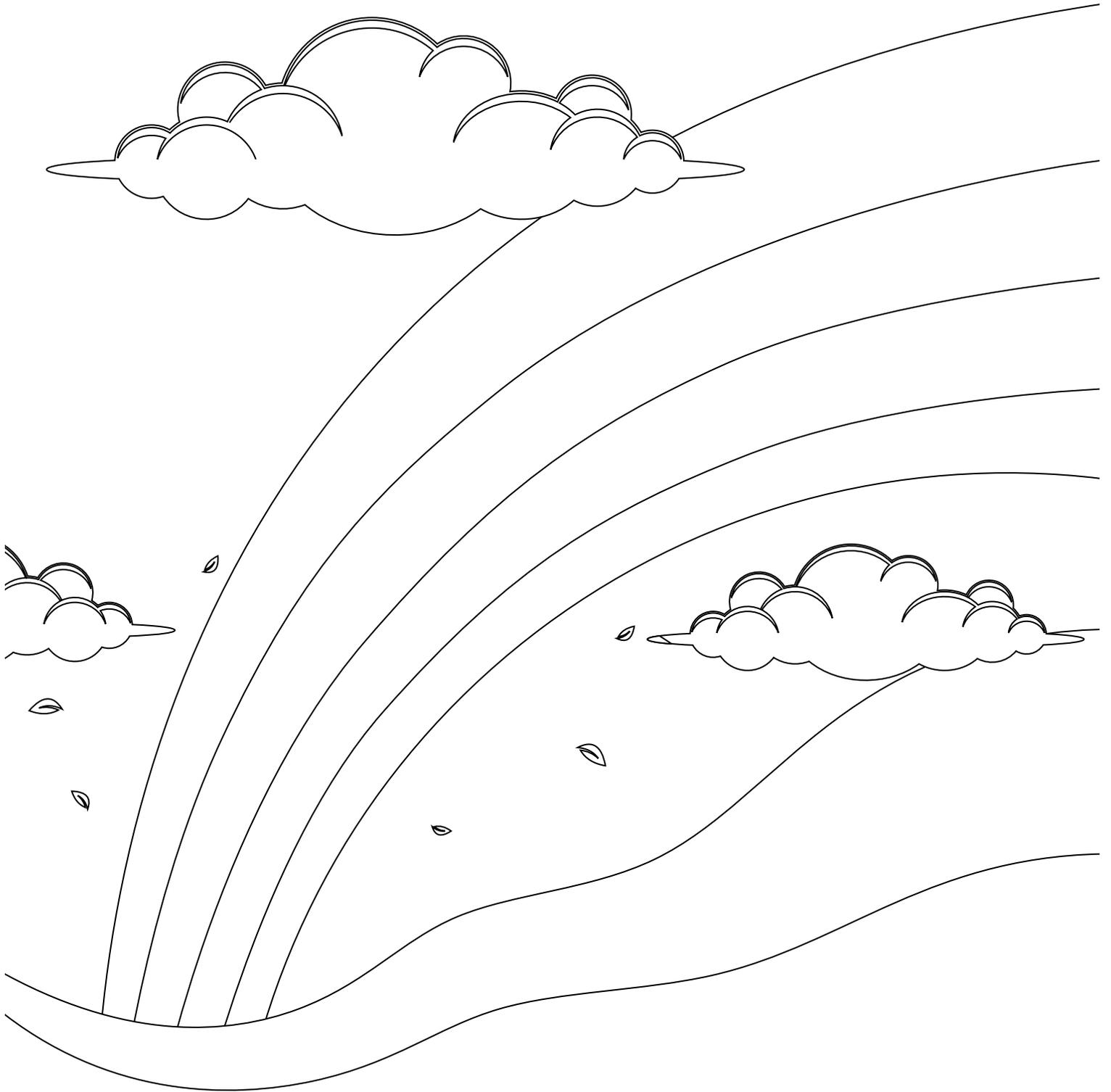
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Draw a picture of them here!



**Families have different beliefs about where people go when they die.**

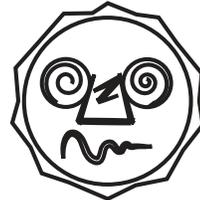


**Ask someone in your family about these beliefs.**

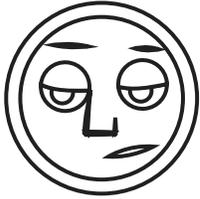
# How do you feel most of the time since this person is gone?



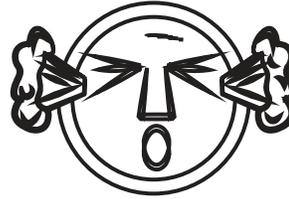
Pretty Good



Stressed



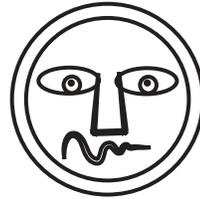
Just OK



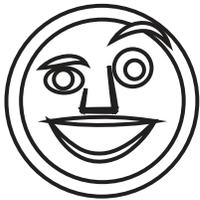
Mad



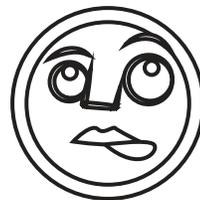
Friendly



Confused



Loving



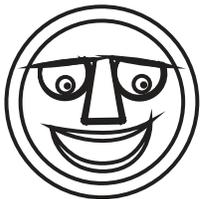
Lonely



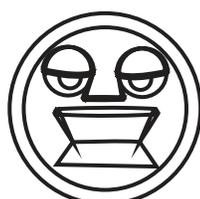
Energetic



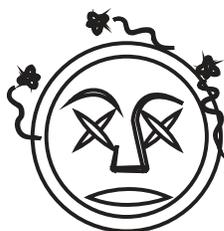
Sad



Hopeful



Shocked

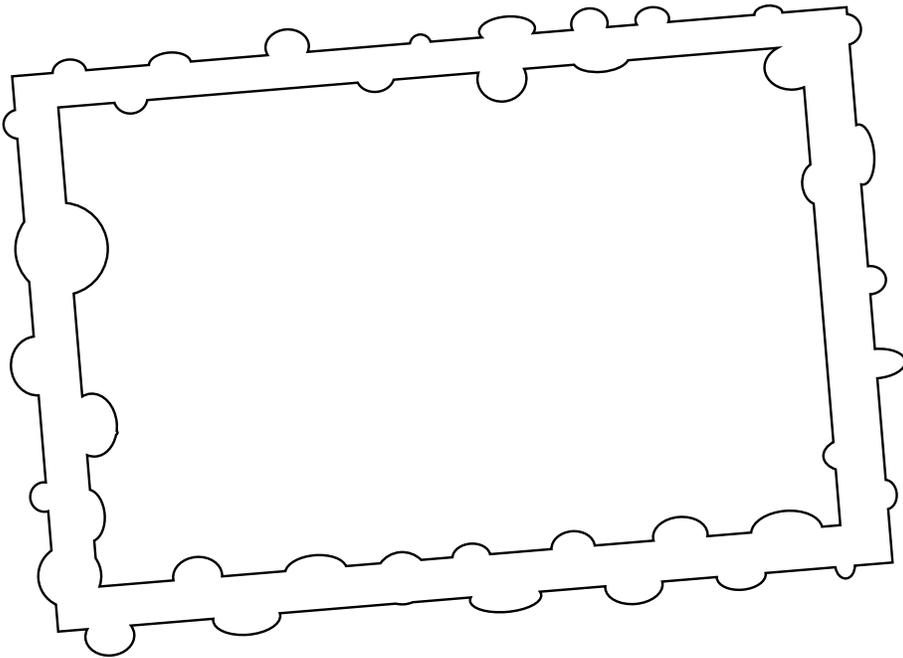
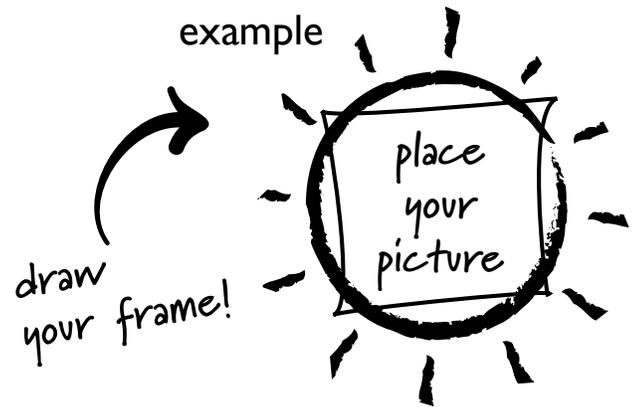


My feelings keep changing back and forth all the time.

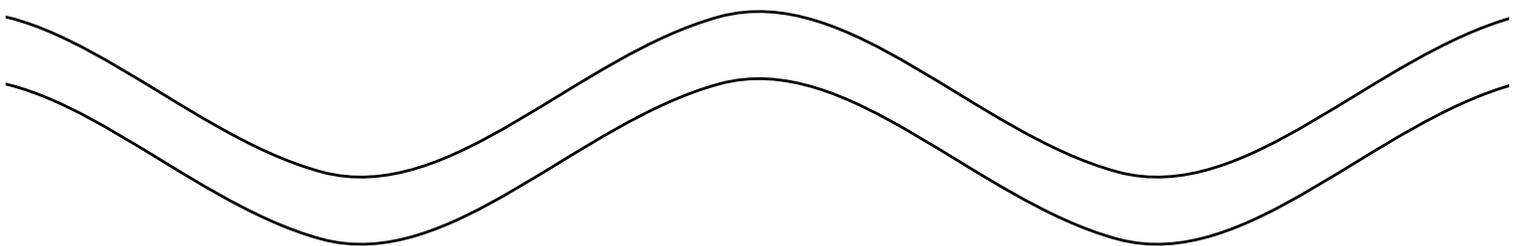
# Frame some pictures!

- 1) Get some pictures of the person...  
(ask a grown-up what pictures you can use)
- 2) Place the pictures on these pages...  
(attach the pictures with glue or tape)
- 3) Color a frame around each picture!

example



**Draw pictures of the places where  
you spent time together!**



What were some of your loved one's  
favorite expressions or things  
they liked to say?

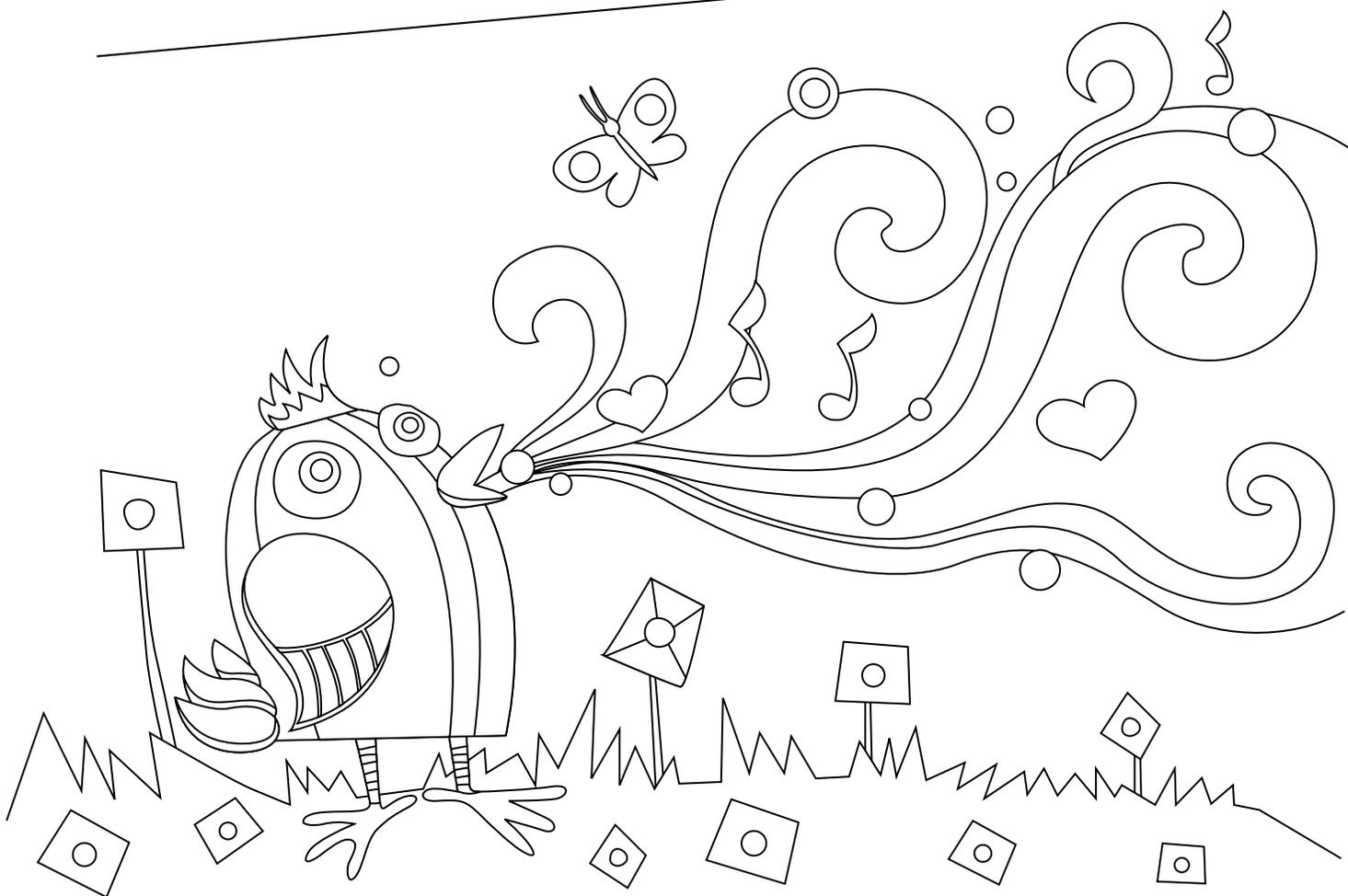
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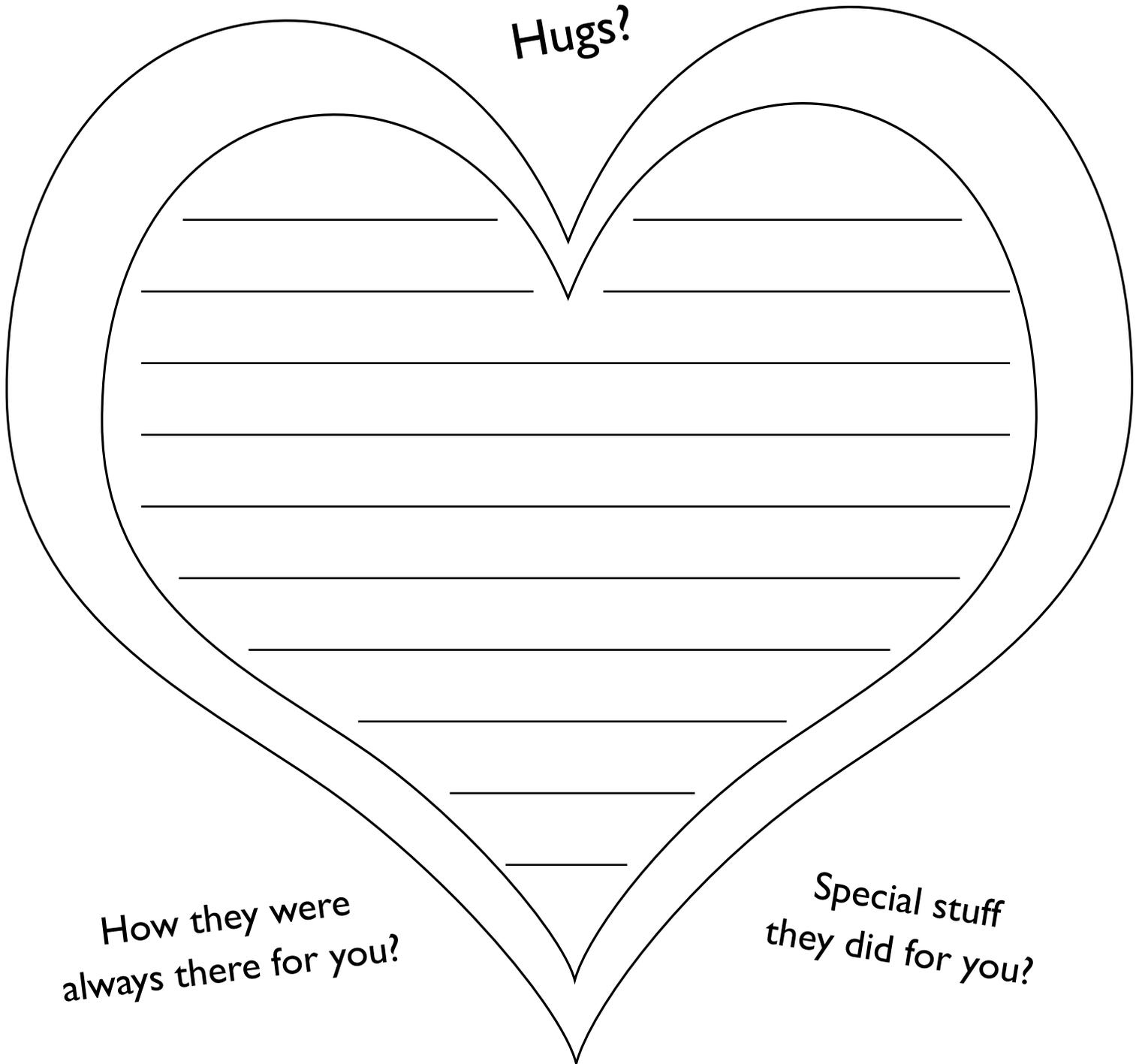


# What was it you especially loved about them?

Stuff they let you do?

How they looked?

Hugs?



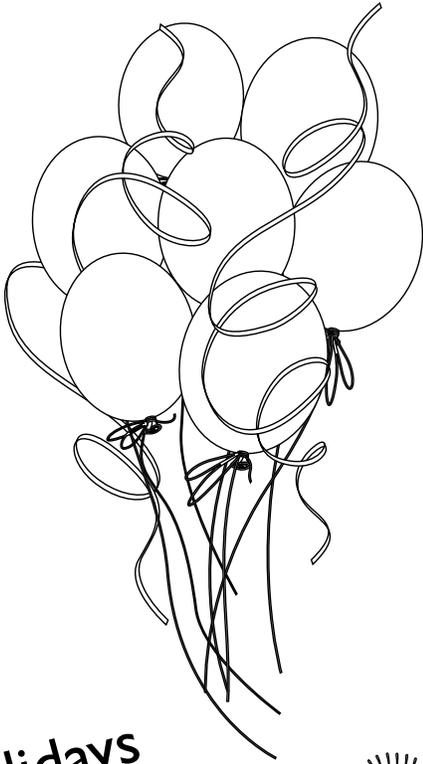
A large heart shape with a double-line border. Inside the heart, there are ten horizontal lines for writing, arranged in two columns of five lines each, with a central vertical gap.

How they were always there for you?

Special stuff they did for you?

# What are some special occasions you spent with your loved one?

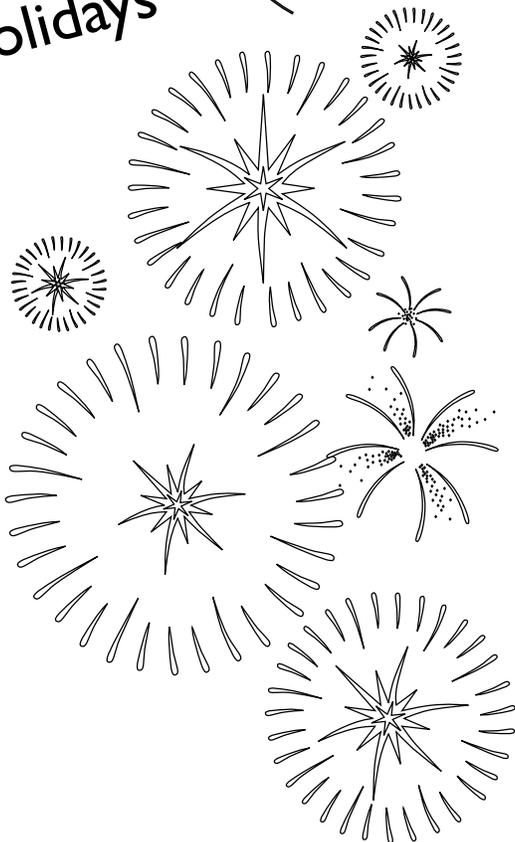
Birthdays



Vacations



Holidays



List them here:

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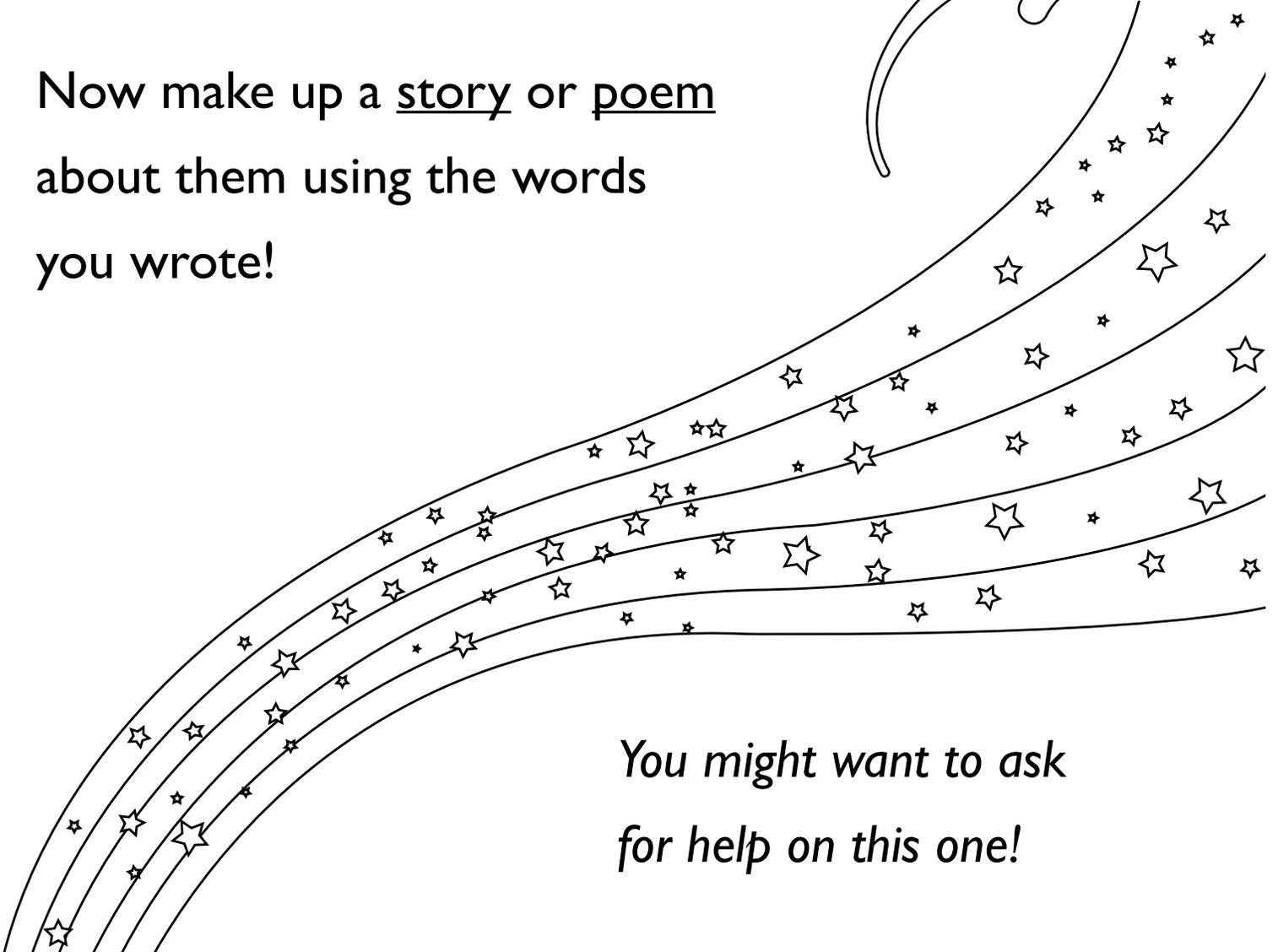
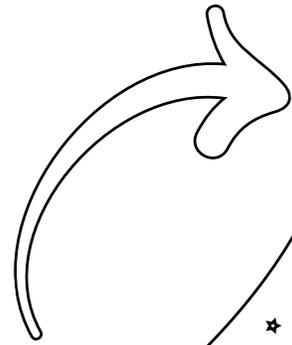
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Write some words that describe  
your loved one...

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Now make up a story or poem  
about them using the words  
you wrote!



*You might want to ask  
for help on this one!*

# Use this activity book to remember your loved one!

Look through this book or add to it whenever you are thinking about and missing this person.

Know that this person will always be a part of your life and who you are, and that it's OK to be happy when you think about them.

Remember that as long as you have loving thoughts about this person, they will live in your heart forever... with wonderful LOVE & MEMORIES.

