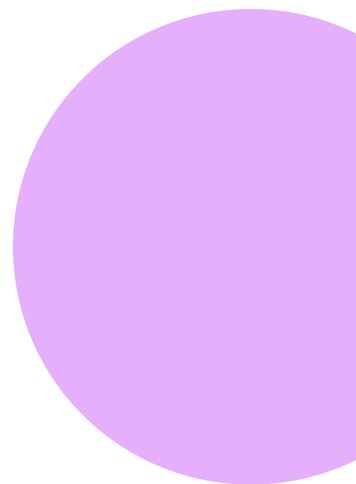


Helping
you to help
your child

Grief and Loss Journal Prompts

Journal prompts to help children and adults
understand and process Grief and Loss



Fully
understanding
the problem
can help us
work out what
to try

Introduction

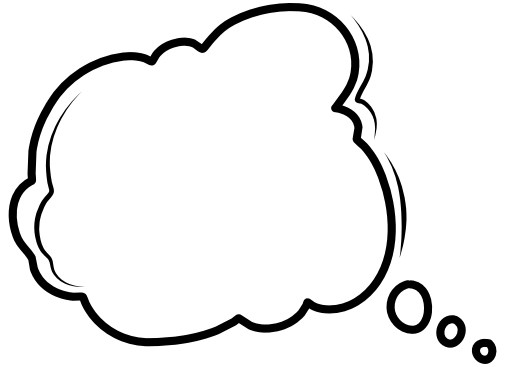
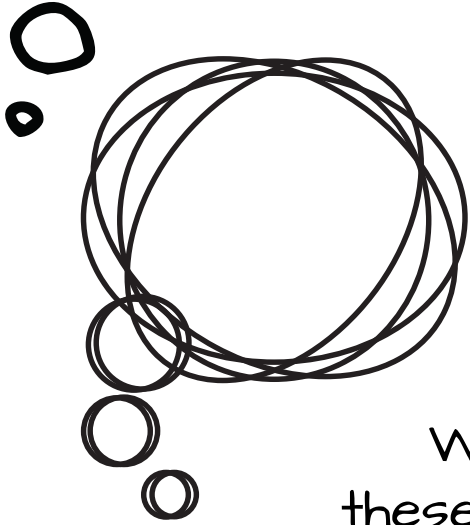
Journaling can be a really powerful tool for reflection, processing feelings and creatively expressing how we're feeling. Journalling can also help to build bridges and understanding between adult and child if the child is happy to be supported or to share what they create.

There's no right or wrong way to use these prompts; just whatever feels right for you and the child you're supporting. You don't have to do them in order. You don't have to do them all. You might choose to do some many times.

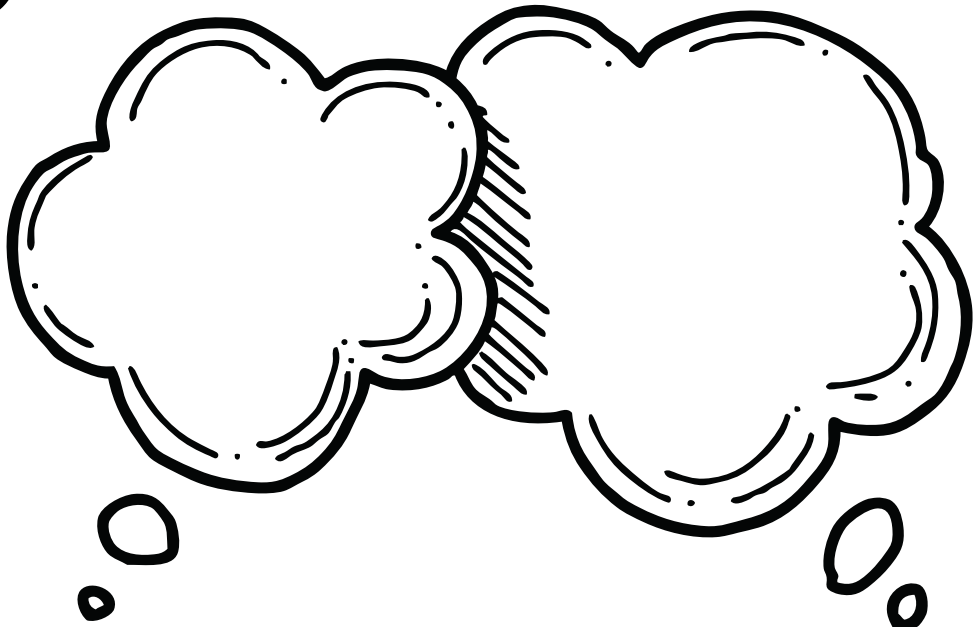
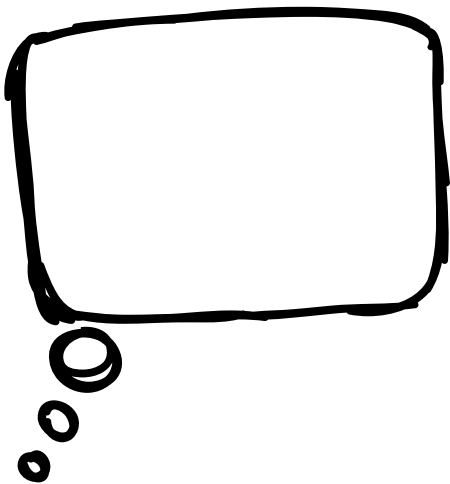
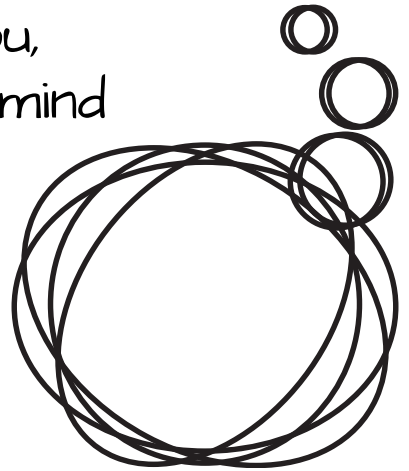
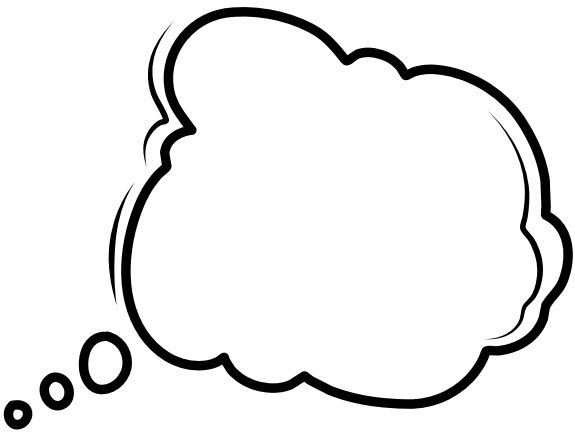
You are welcome to copy and share these pages and if you have ideas for other topics or pages I should add, I'd love to hear them!

Good luck!

Pooky x

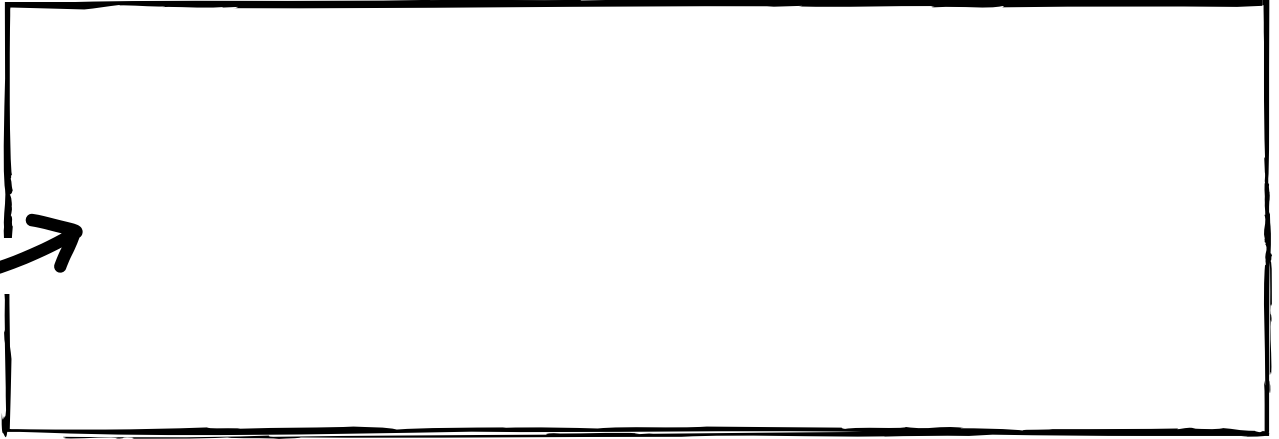


When I think of you,
these things come to mind

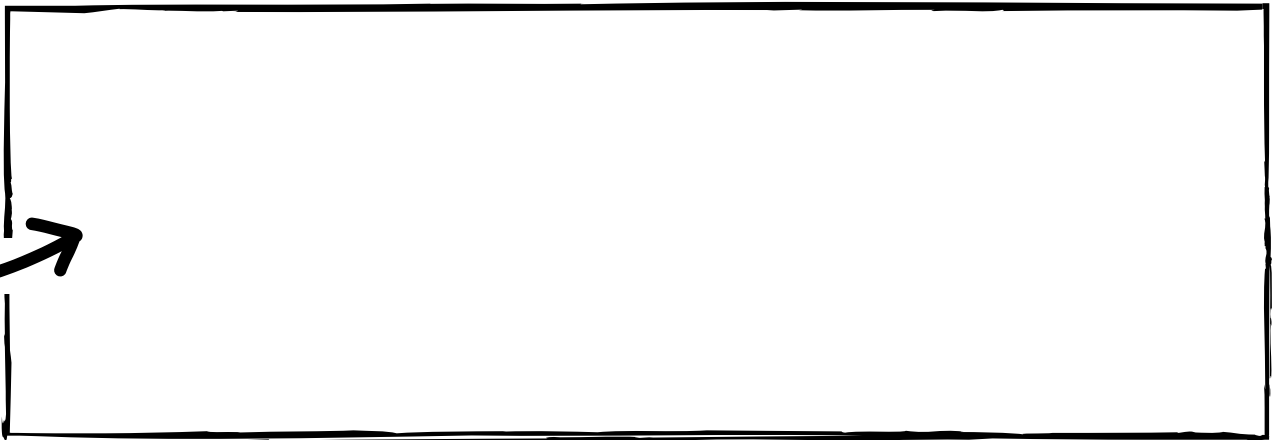


The Day You Died

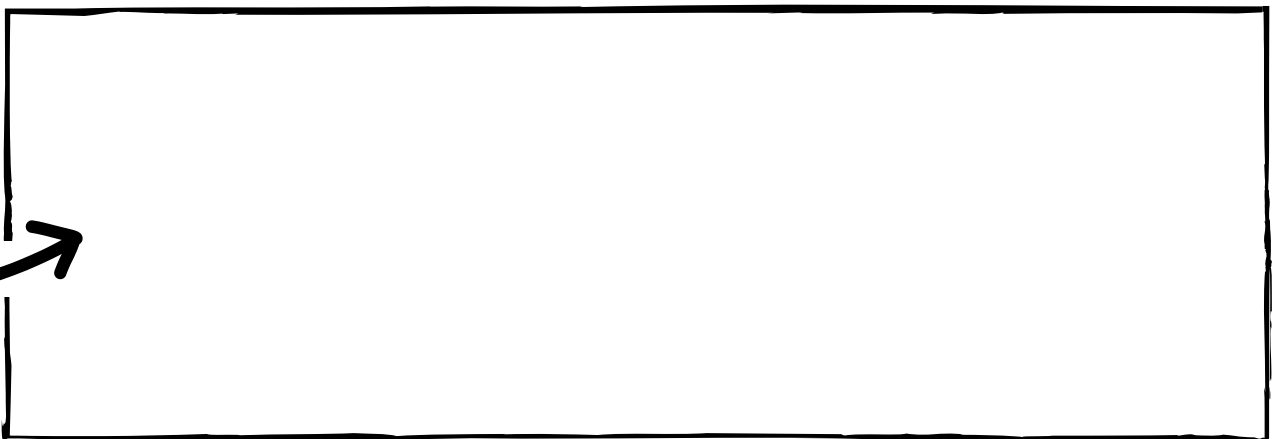
What I know about how you died



How I found out



How I felt



A happy memory of our time together

- Where we were -

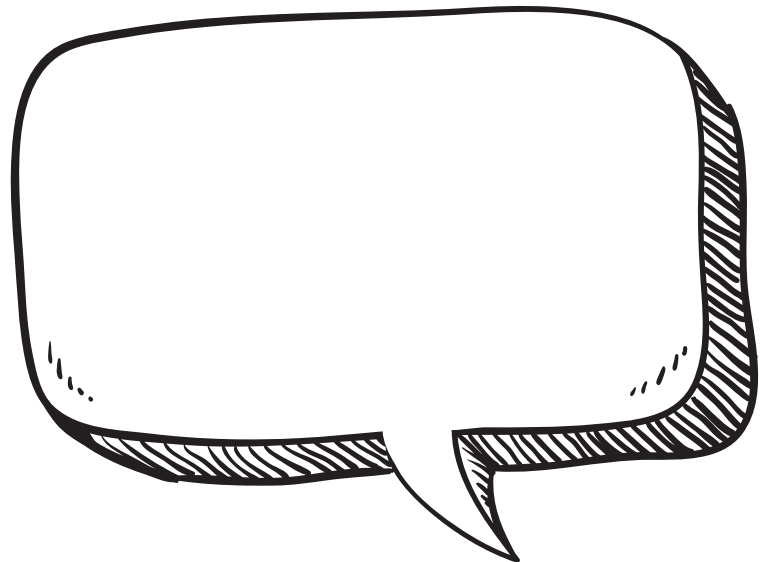
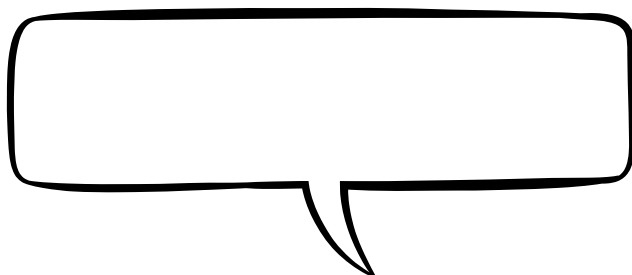
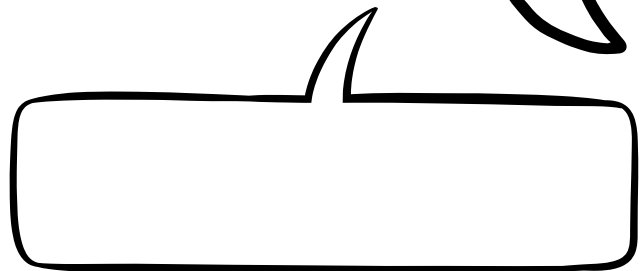
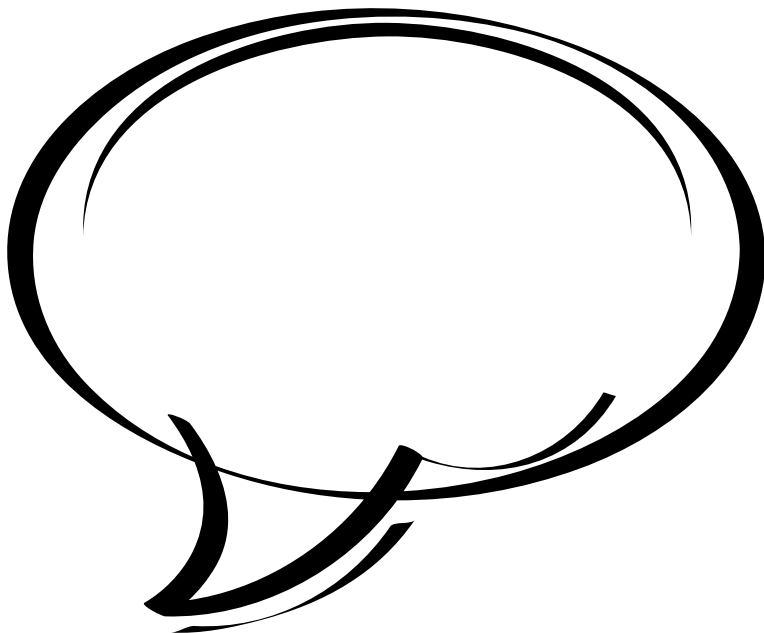
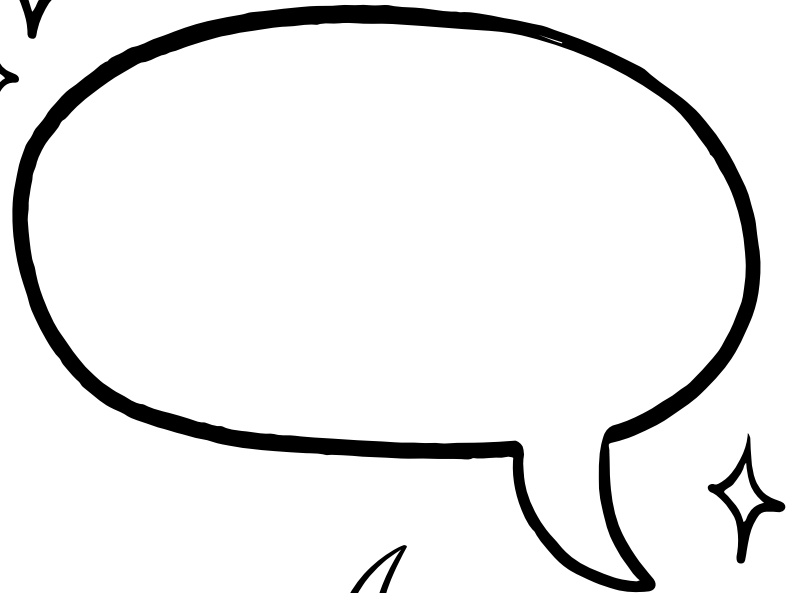
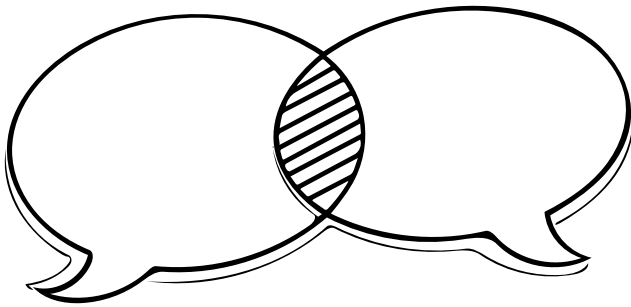
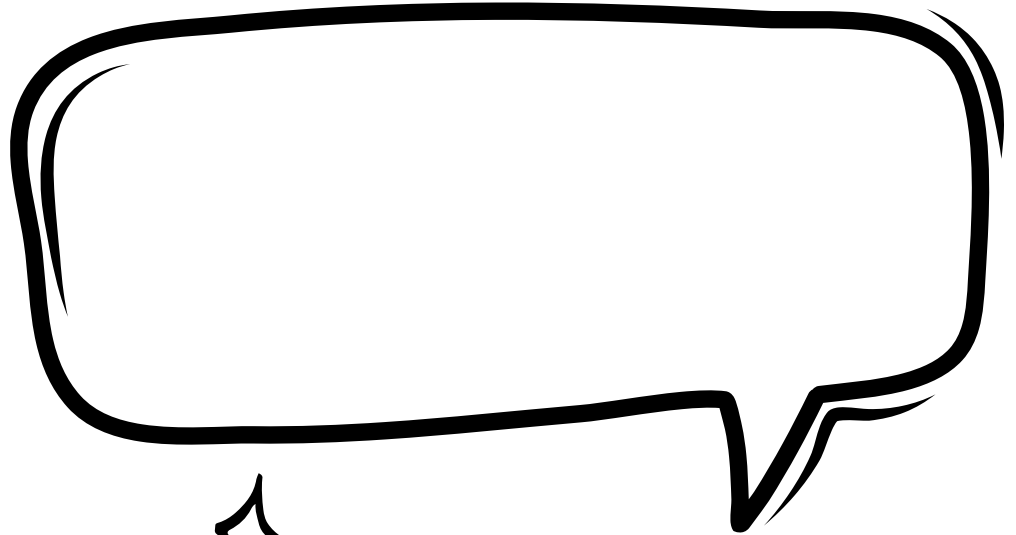
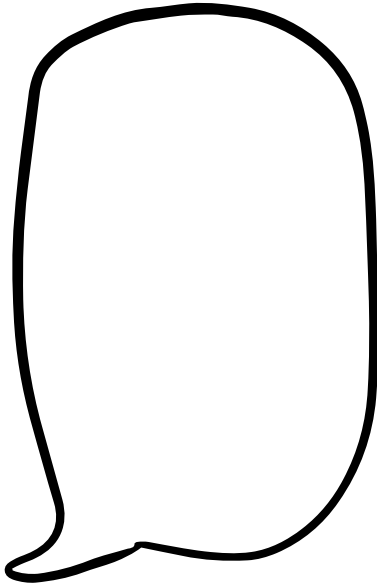
- Who was there -

- What happened -

- How I felt -



If you were here, you'd tell me...



Today ___/___/_____

I AM

I FEEL

I HOPE

I WISH

anything else...

Playlist

These songs reflect how I feel right now

1-

2-

3-

4-

5-

6-

7-



The best advice you ever gave me

-1-

-2-

-3-

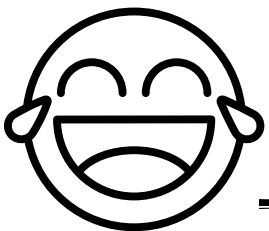
-4-

-5-

- Five Things That Annoyed Us -



A time we laughed together



These things always make me think of you:

When I SEE

When I SMELL

When I HEAR

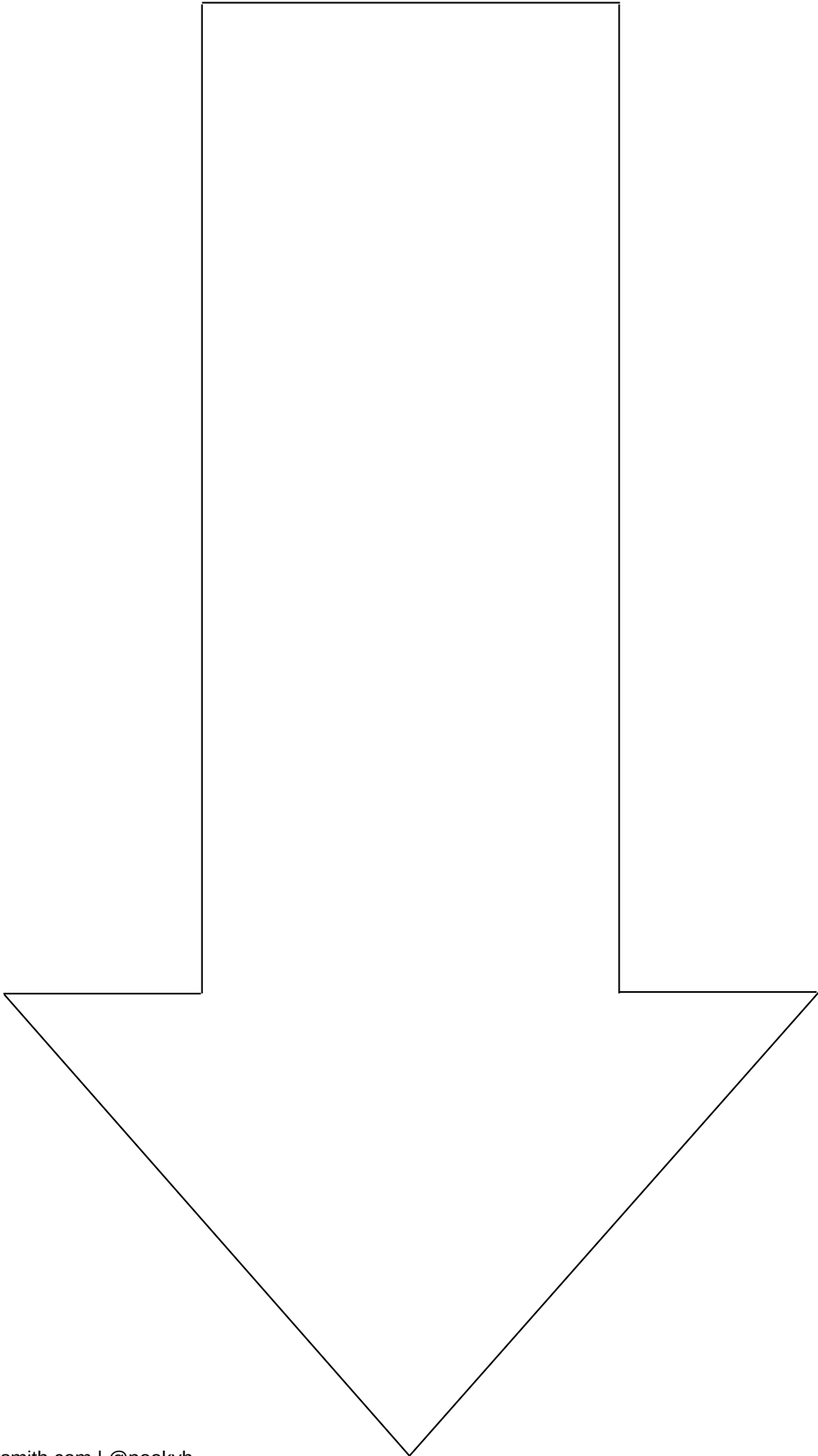
When I TASTE

anything else...

Things I wish I could change

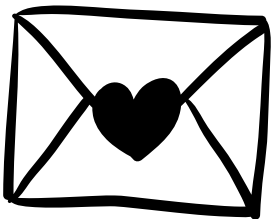
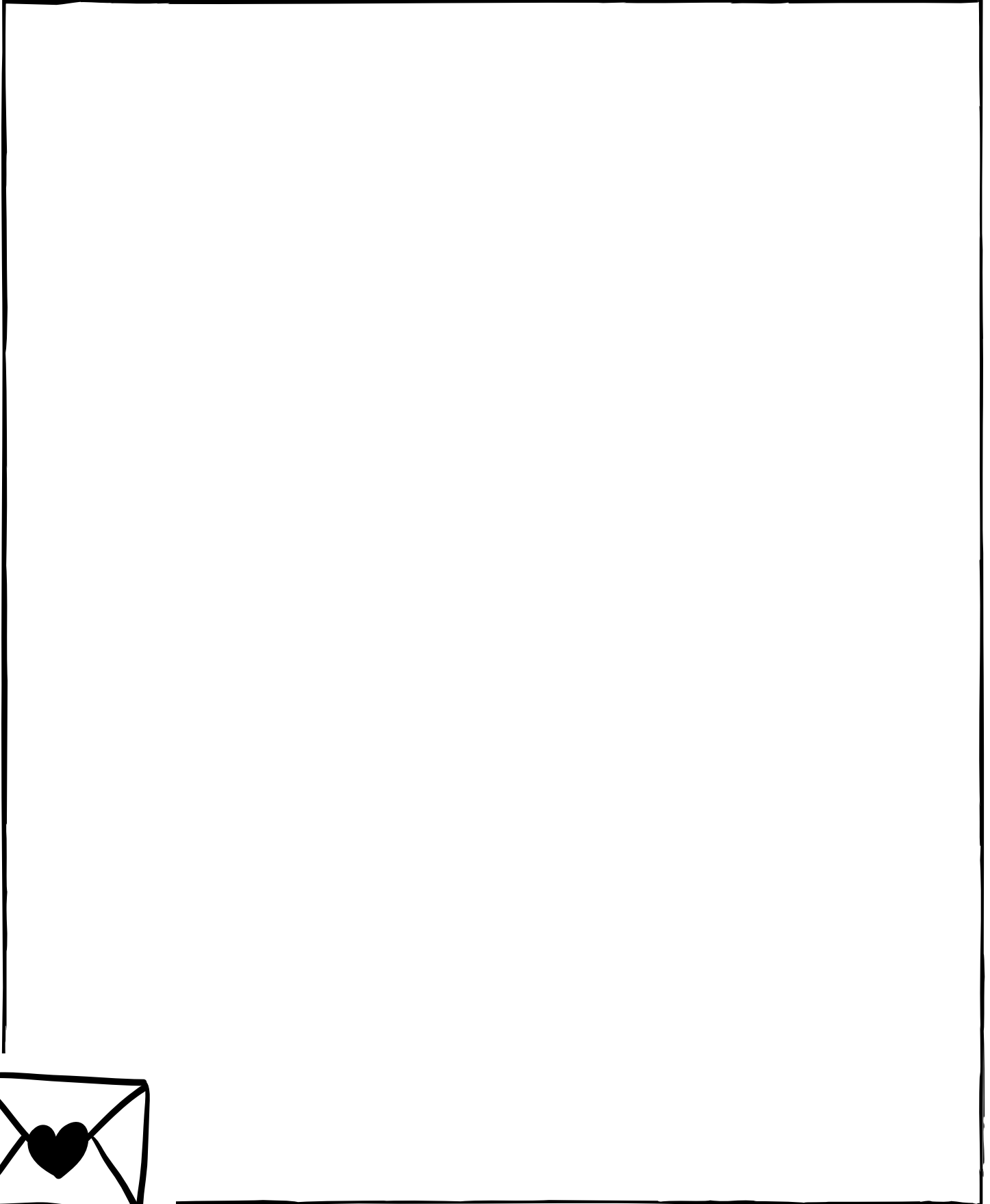
Rate each statement, 1 to 10 where 1 is not at all and 10 is absolutely

What's weighing me down...



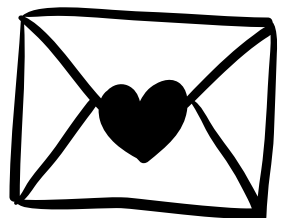
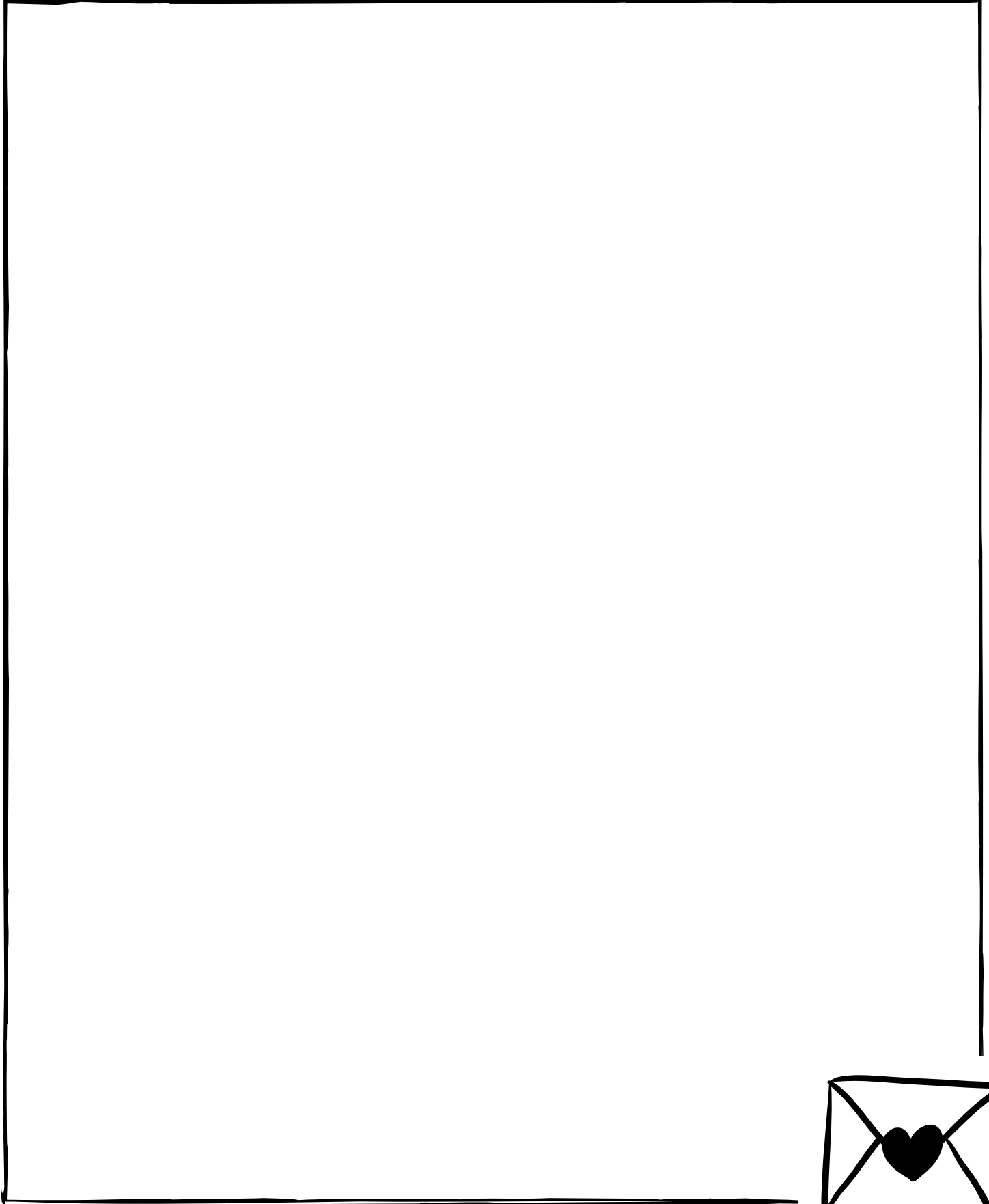
Writing to reach you

Write a letter to the person who died. Tell them anything you wish you'd said whilst they were still alive, or just update them on your life...



A kind reply

Write a letter to yourself as if from the person who's died. Imagine what they'd say to you when they were in their kindest, most loving mood.



Your worst or weirdest advice

-1-

-2-

-3-

-4-

-5-

- Ten Things we Both Loved -

1 -

2 -

3 -

4 -

5 -

6 -

7 -

8 -

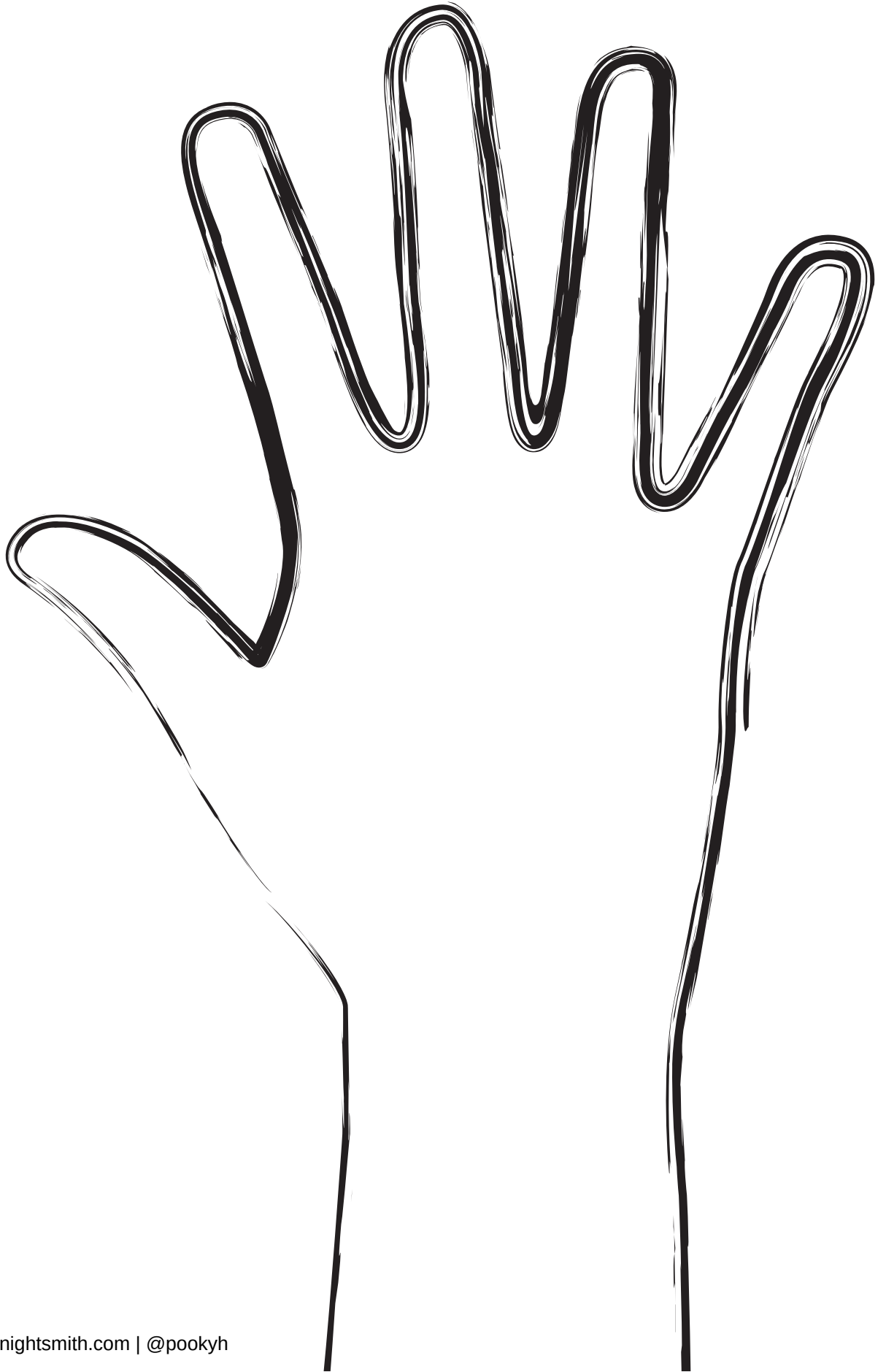
9 -

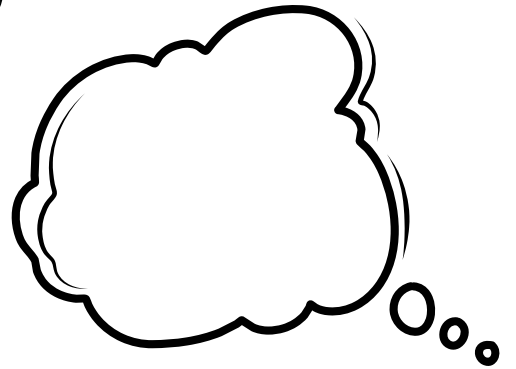
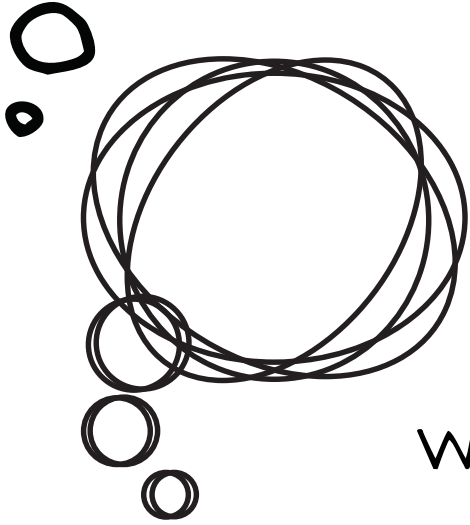
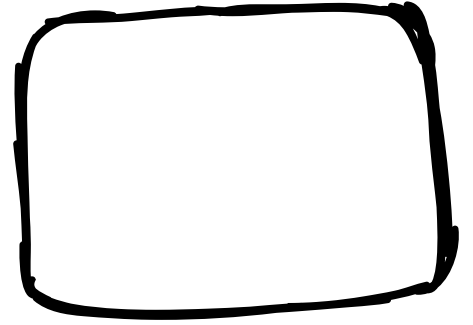
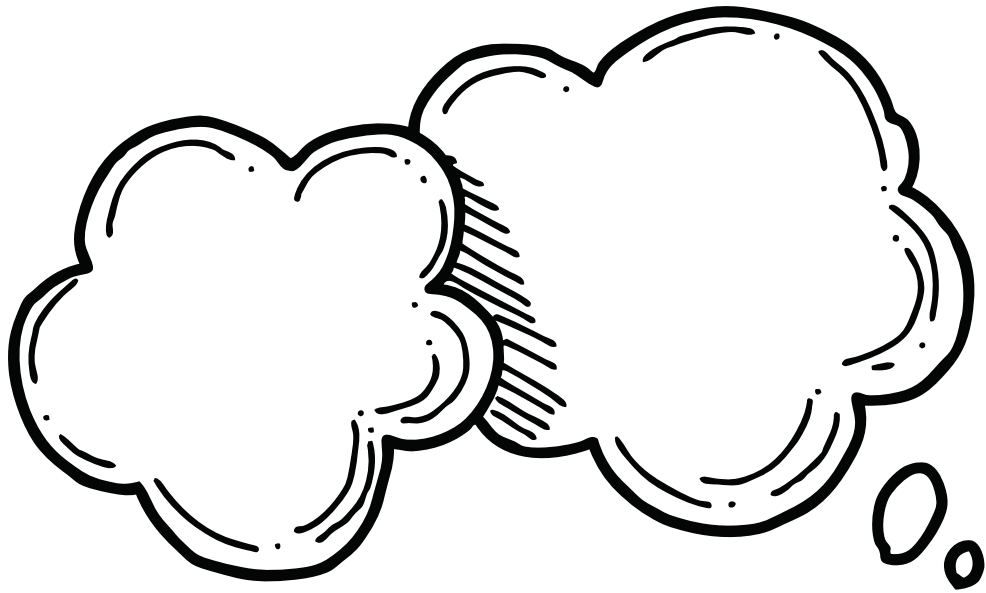
10 -



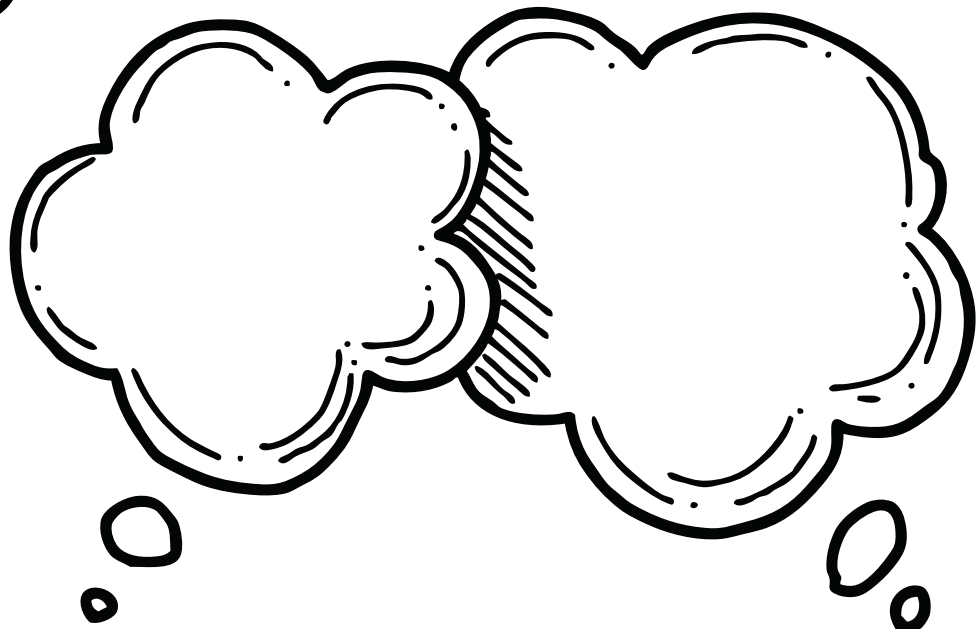
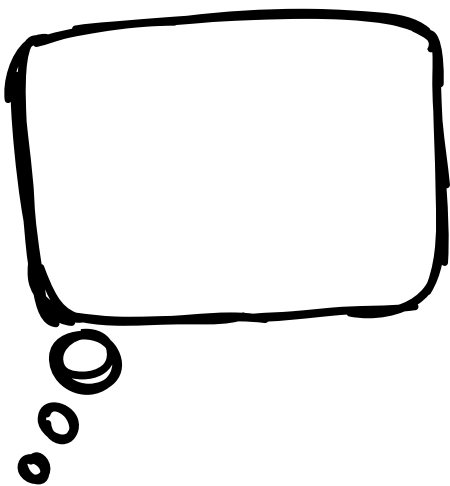
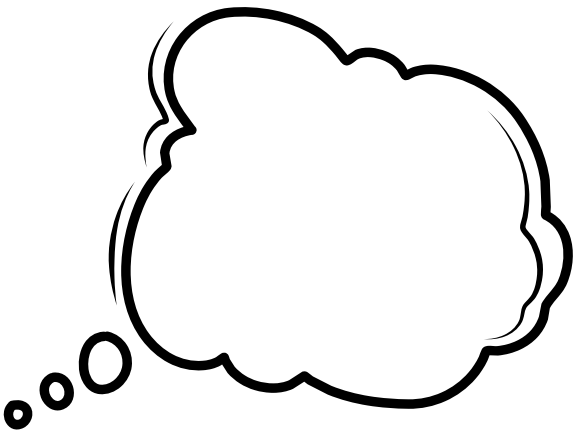
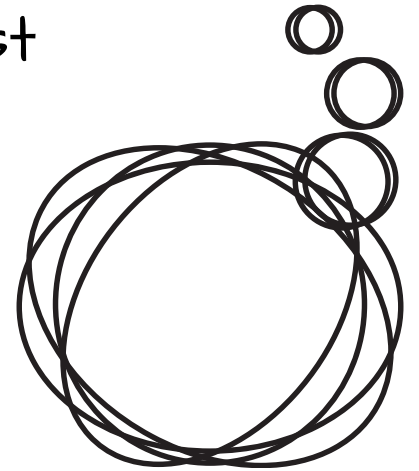
Your Hands

Use this page to remember their hands. You might think literally about how they looked and felt or you might think about what their hands represented e.g. a guiding hand





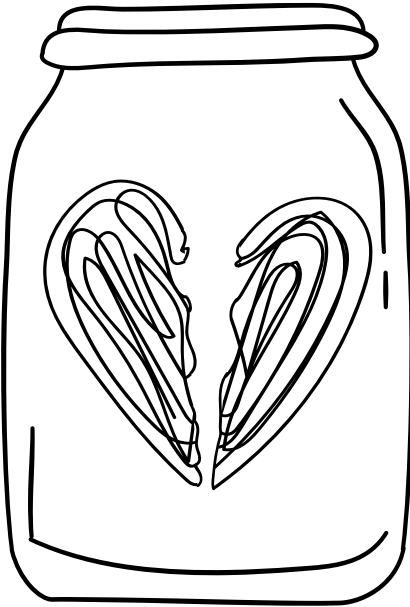
What I miss most
about you is...



Growing Through Grief

Whilst our grief may not get smaller over time, we grow and change so we can contain it better.

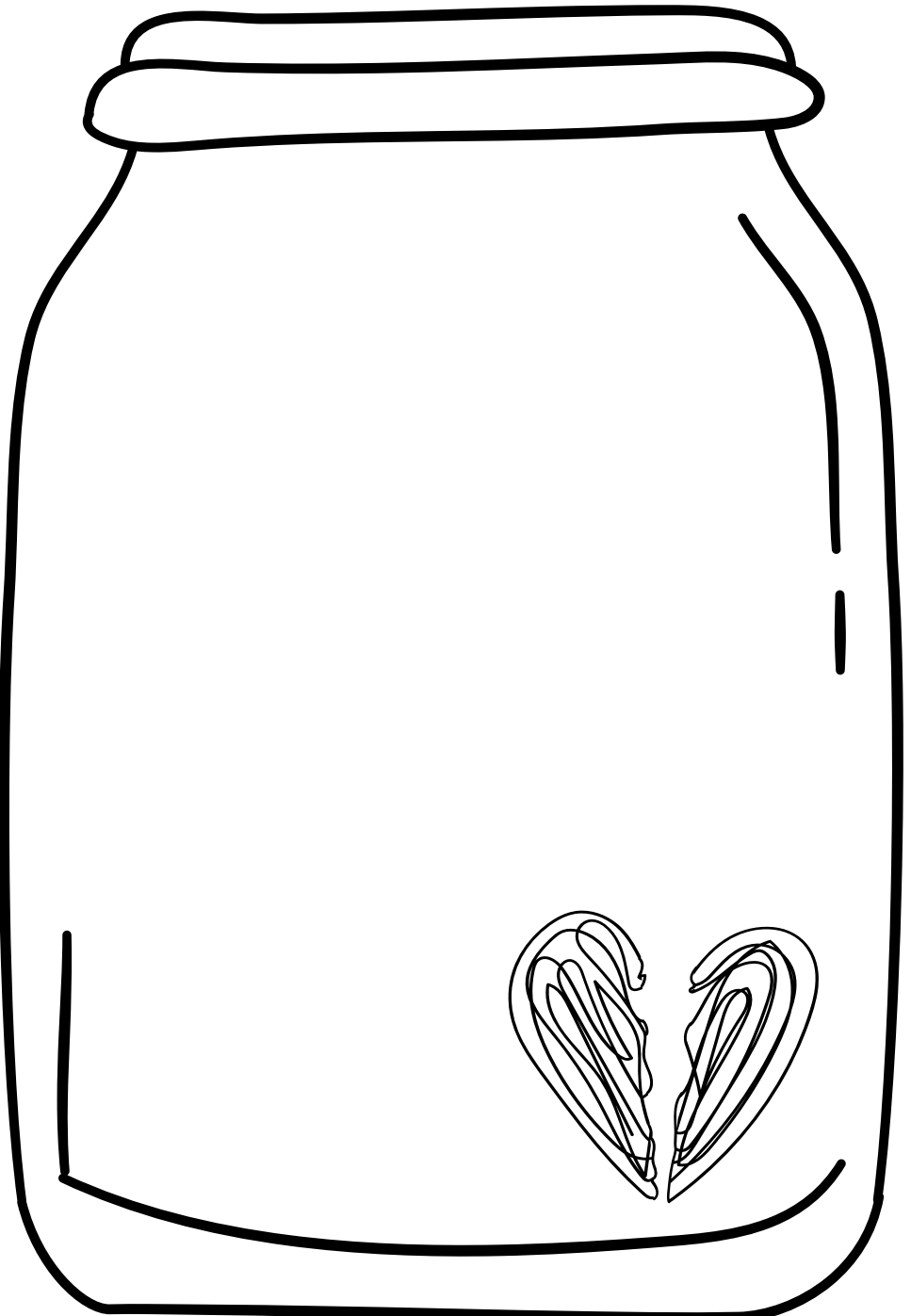
- Now -



The heart is our grief, the jar is our ability to cope. The grief doesn't change, but we do as our jar grows..

Fill the jar with things that might help it grow. This might be people, places, things, hobbies, activities, skills... you name it; There are no wrong answers.

- Someday -



Helping
you to help
your child

- Thank You! -

I've been able to produce this, thanks to the community who support my work on Patreon.

If you already support me on Patreon, THANK YOU. If you don't, please consider supporting me at patreon.com/pookyh - you'll get instant access to a wide range of guides and videos to help you to help your child and you'll help to fund my future work for you and others like you.



Pooky x

