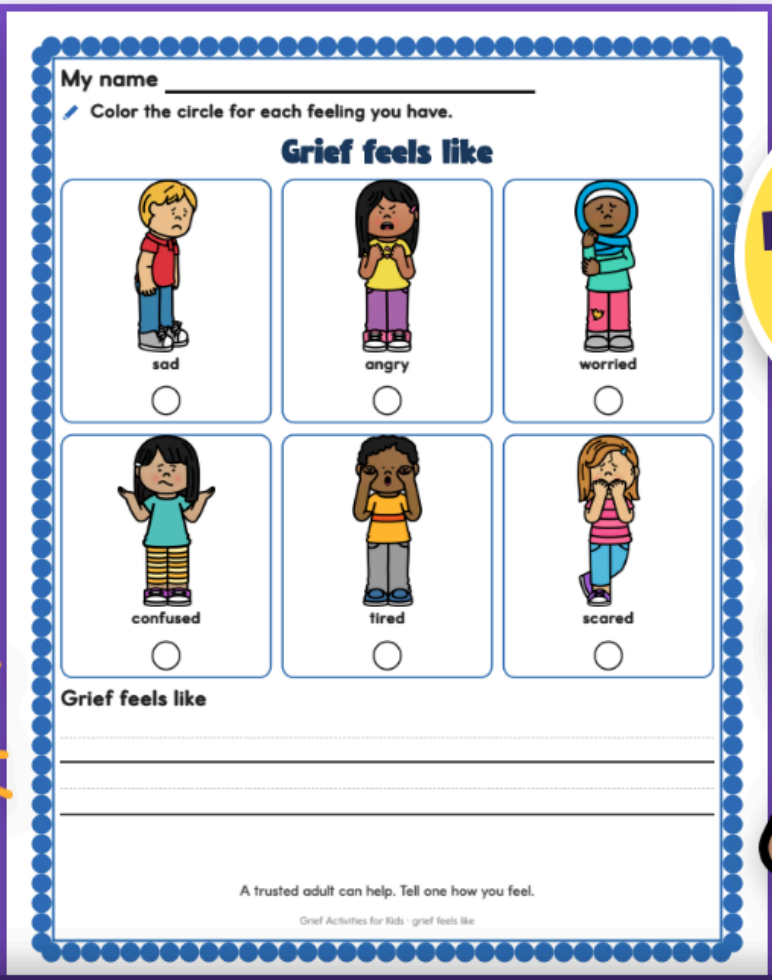
Bright Path Sped



15 STUDENT SHEETS





GRIEF ACTIVITIES FOR KIDS

COUNSELING WORKSHEETS, GRADES K TO 5

Grief Activities for Kids

15 student sheets memory book pages talk cards note home



What this is

Printable sheets a school counselor or teacher can hand to a child in grades K to 5 who is missing someone or something. Each sheet has a name line, one short instruction, a picture and room to draw and write. A child may skip any sheet.

What is inside

- **Feelings**: grief feels like (page 5), grief comes in waves (page 6), angry feelings (page 13), worry jar (page 14), feeling words (page 17)
- **Memories**: memory box (page 7), cut and glue memory box (page 8), a memory I like (page 9), someone I miss (page 10), a letter (page 11)
- **Asking and helping**: my questions (page 12), people I can talk to (page 15), things that help (page 16), talk cards (page 18)
- **Looking back**: a weekly page (page 19), an invented example (page 4), a note home (page 20)

Three steps

1. Pick one or two sheets. Print them; a child can also type on the note home.
2. Sit together. Let the child draw first and talk when ready. Page 3 has words to say.
3. Send the note home (page 20) if a family wants to know what you did.

Which page when

A child who cannot find words: feeling words (page 17) and talk cards (page 18). A child who likes to draw: memory box and a memory I like. A child with big feelings: waves and angry feelings. Group or whole class: any single sheet.

Talk to a trusted adult

Every student sheet ends with a line that tells the child to talk to a trusted adult. These sheets are classroom activities. They do not take the place of your school's own steps or a family's choices. Write your school's steps here:

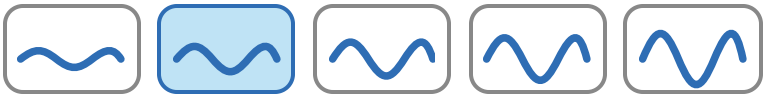
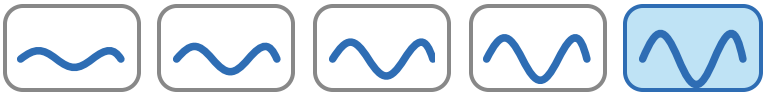
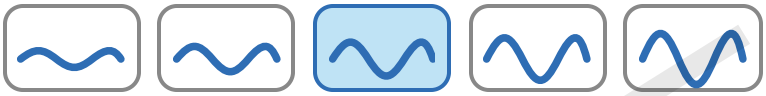
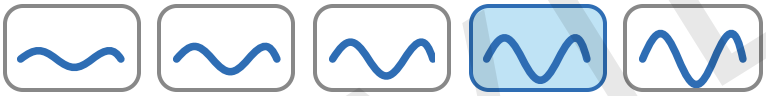
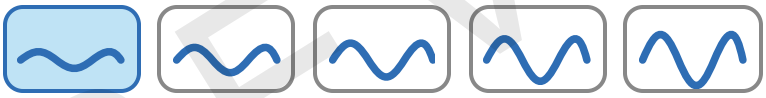
PREVIEW

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A Filled Example

Invented example. Sam is not a real child. This is how the waves page (page 6) can look after one week.

My name Sam

Monday		**drawing**
Tuesday		**a hug**
Wednesday		**music**
Thursday		**talking to my teacher**
Friday		**playing outside**

Day	Wave size (1 to 5)
Monday	2
Tuesday	5
Wednesday	3
Thursday	4
Friday	1
Total	**15**

Reading it together

- The biggest wave was Tuesday (size 5).
- The smallest was Friday (size 1).
- The five days add to 15, so the middle is 3.
- 3 days were size 3 or more: Tuesday, Wednesday, Thursday.

Sam said: "Tuesday was a really big wave. Drawing helped, and so did a hug." Sam's next step was to pick a trusted adult to show the page to. Use the child's own words; there is nothing to score.

PREVIEW

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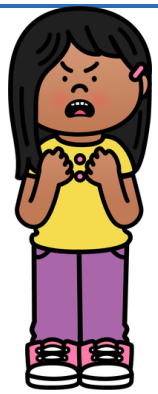
My name _____

Color the circle for each feeling you have.

Grief feels like



sad ○



angry ○



worried ○



confused ○



tired ○



scared ○

Grief feels like

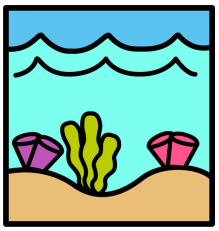
A trusted adult can help. Tell one how you feel.

PREVIEW

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My name _____

Circle the wave that is how big your feelings are.



Grief comes in waves.
Big, then small, then big again.
That is okay.

small big

Monday

I felt better when _____

Tuesday

I felt better when _____

Wednesday

I felt better when _____

Thursday

I felt better when _____

Friday

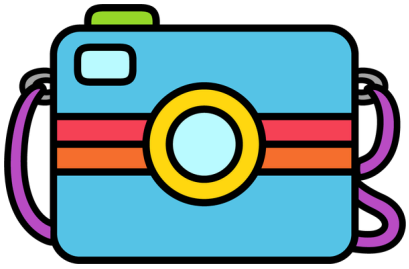
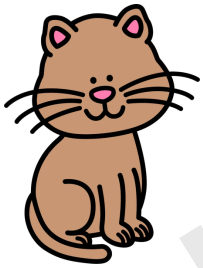
I felt better when _____

A trusted adult can help. Tell one how you feel.

PREVIEW

My name _____

Cut on the dashed lines.

 teddy bear	 book	 camera
 heart	 cat	 gift

Glue the ones you would keep in your memory box.

My memory box



PREVIEW

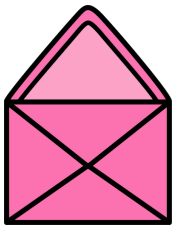
A trusted adult can help. Tell one how you feel.

Preview - Bright Path Sped

My name _____

Write a letter to someone you miss.

A Letter to You



Dear

Love,

A trusted adult can help. Tell one how you feel.

PREVIEW

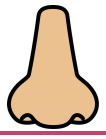
Preview · Bright Path Sped

My name _____

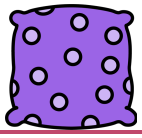
Color the box for what you could try.



It is okay to feel angry.
Here are safe things to try.



take deep breaths ☐



squeeze a pillow ☐



draw how I feel ☐



count to ten ☐



play outside ☐



tell a trusted adult ☐

I feel angry when

A trusted adult can help. Tell one how you feel.

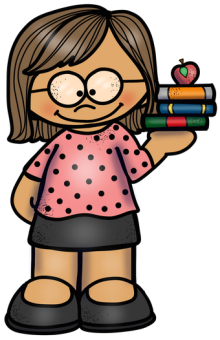
PREVIEW

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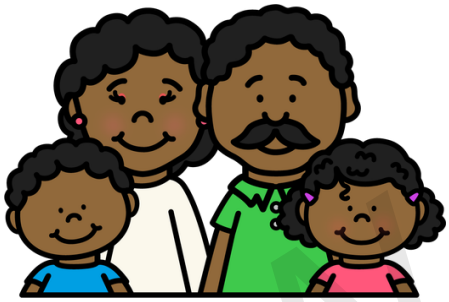
My name _____

Write who you can talk to.

People I Can Talk To



At school



At home



A friend



Someone else

I can say: "I feel sad. Can we talk?"

A trusted adult can help. Tell one how you feel.

PREVIEW

Preview - Bright Path Sped

My name _____

Cut on the dashed lines. Hold one up to tell an adult.



I feel sad.



I feel angry.



I feel worried.



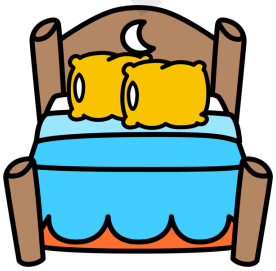
I miss them.



I need a hug.



Can we talk?



I need a quiet minute.



I want to draw.

A trusted adult can help. Tell one how you feel.

PREVIEW

Preview · Bright Path Sped

Note Home

Type or write, then send this page home.

For the family

Today your child used feelings and memory sheets at school. Feelings after a loss can be big and can change from day to day. Listening, drawing together and sharing a memory can all help.

A feeling we talked about

What helped today

The sheets we used

A message for you

At home

- Ask your child to show you a sheet and tell you about it.
- Share a favorite memory of the person or pet you miss.
- Reach out to a trusted adult, like a family member, a teacher or the school counselor, when you want more support.

Student: _____ Date: _____ From: _____

PREVIEW