

Thinking of You Booklets

Writing and drawing are excellent ways to maintain connections with loved ones who have died. In doing so as a family, you can also strengthen bonds with your children and learn more about their memories and grief.

Purpose

Collective journaling will give you a tangible book of memories while allowing you to process your emotions together.

Goal

The primary goal is to provide a safe space to share emotions while remembering your loved one.

Activity

- Utilize the provided prompts or make your own!
- Ensure paper and crayons/markers are available for younger children to draw their responses if the words do not come easily.
- It's okay to have different answers! Just write or draw each family members ideas and responses

Dear _____ ,

We are thinking of you today because _____

We laugh when we remember _____

One of our favorite things to do with you was _____

We miss you _____

Another favorite thing to do with you was _____

One of the best things about you was _____

If we could spend one more day together, we wish we could _____

Something you would do to make us feel special and loved was _____

The time of day we miss you most is _____ because _____

The time of year we miss you most is _____ because _____

One thing you used to do that would drive us nuts was _____

If you were stuck in the house with us right now, you would make us _____

Things are crazy in our world right now. We imagine you'd be thinking _____

Something you used to do that would make us happy was _____

Describe your loved one using pictures and/or words.

Use pictures and/or words to describe changes in your lives since the death of your loved one.