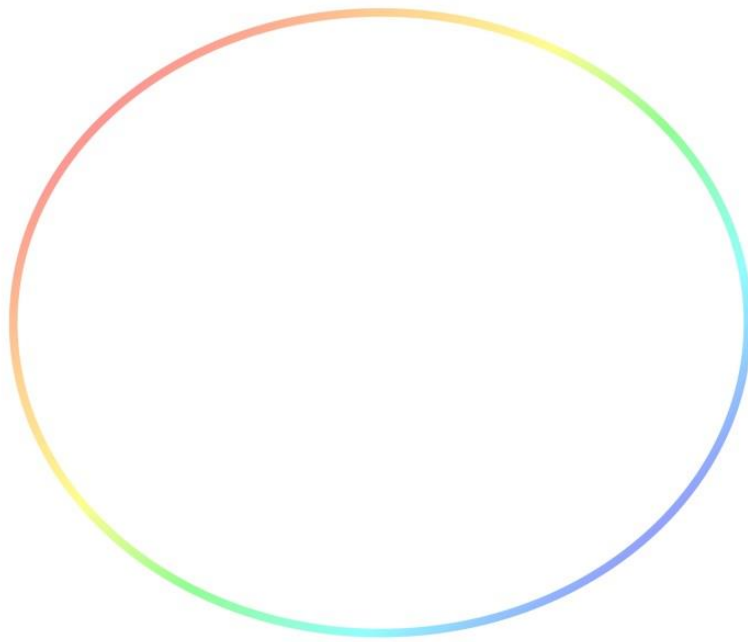


My memory book

This is me



My name is _____

I am _____ years old

I love to _____

My special person

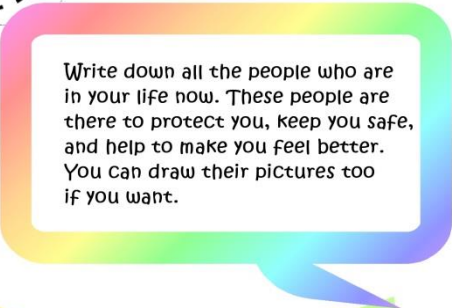
My special person's name



This is a picture of my special person



The people in my life now

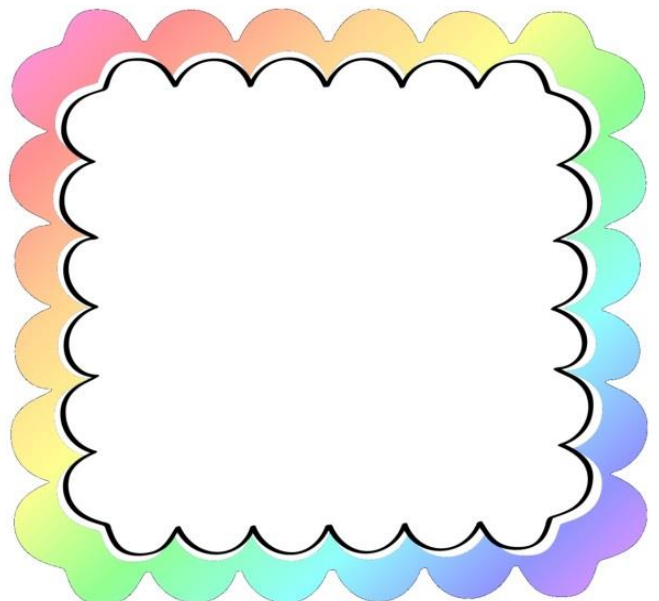
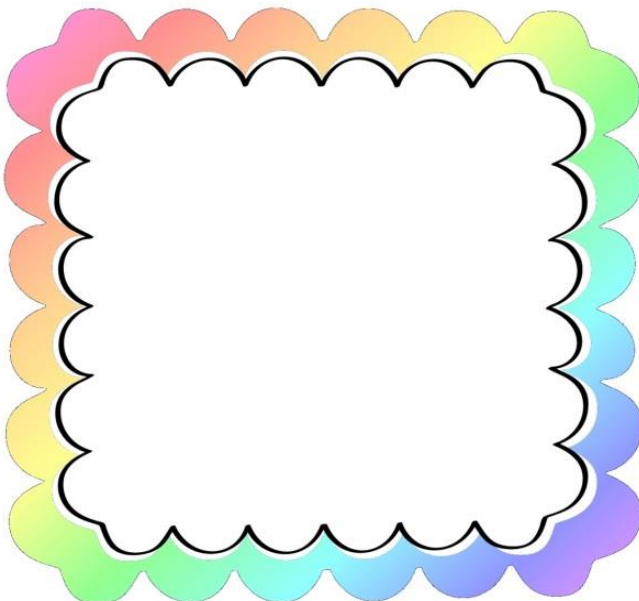
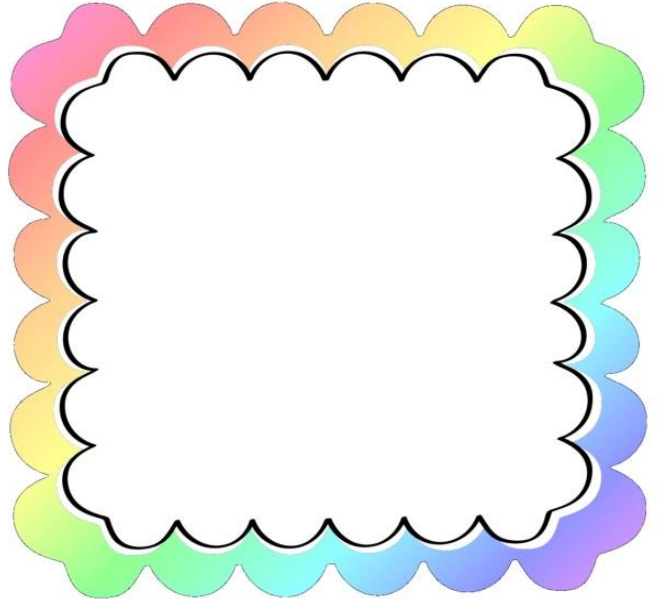
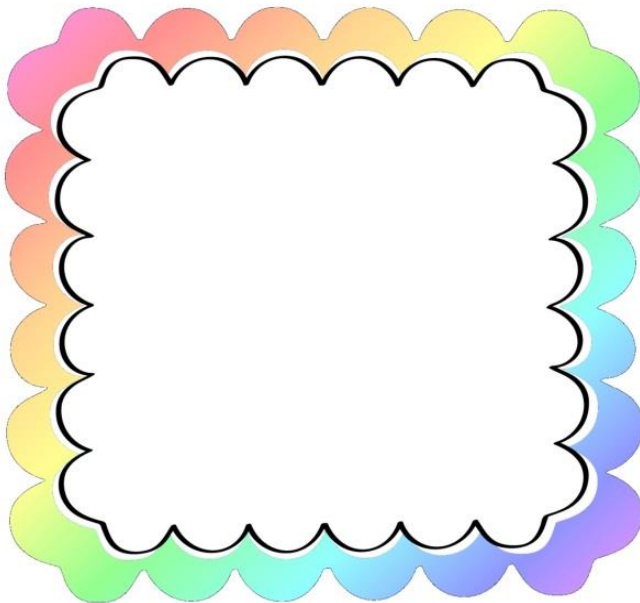


Write down all the people who are in your life now. These people are there to protect you, keep you safe, and help to make you feel better. You can draw their pictures too if you want.

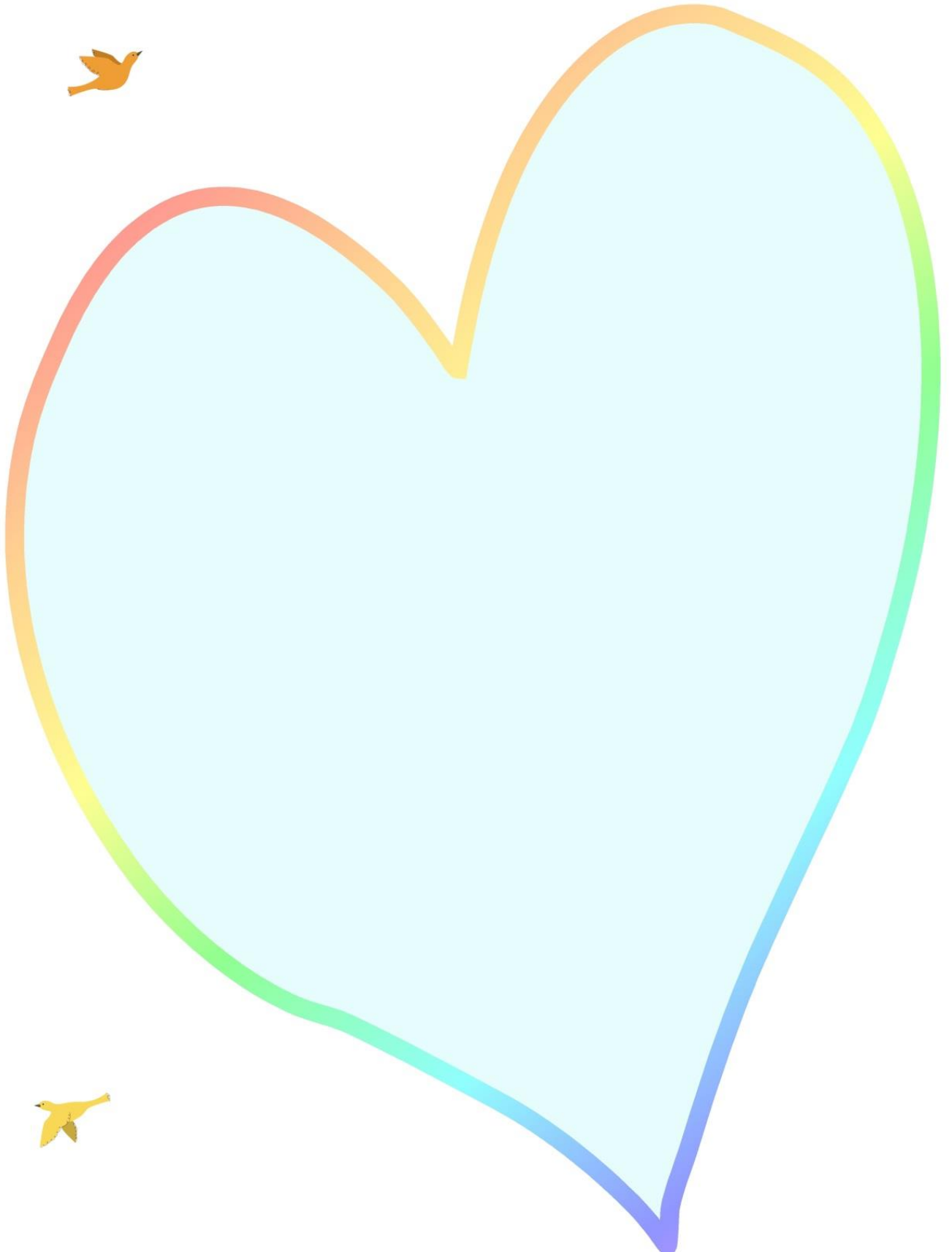




What did you like to
do with your
special person?

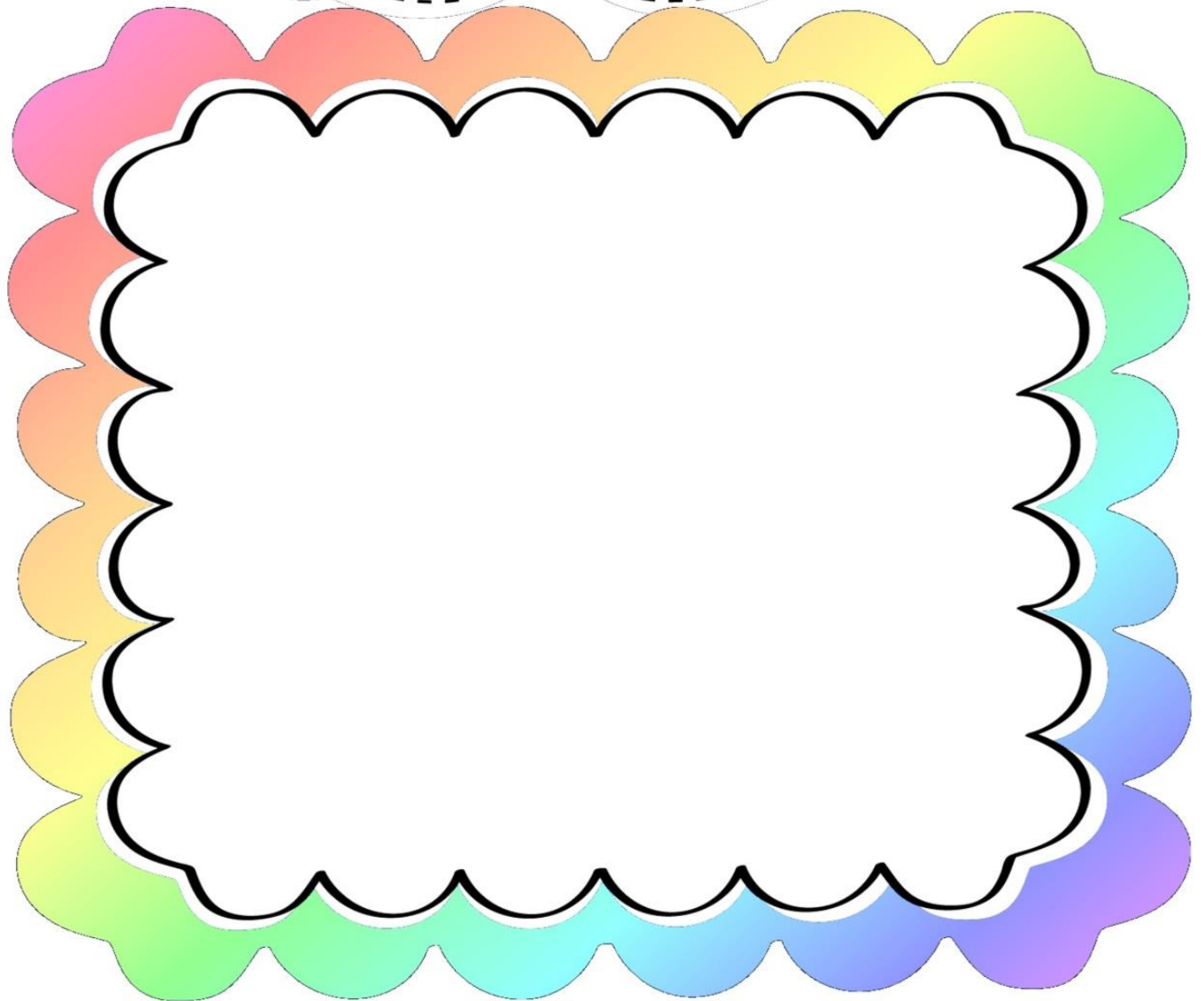


How did your special person die?
What do you remember?





How did you say goodbye
to your special person?



It is comforting to say goodbye to the person who died. There are many ways to do this. Some people let off balloons, or they might write a letter telling the person how they feel. They might plant a tree or bush in memory of the person who died. There is usually a funeral where everyone who knew the person comes together to celebrate their life.

A large, empty rectangular box with rounded corners. It is outlined with a thick, multi-colored rainbow gradient border, intended for writing a memory.A second large, empty rectangular box with rounded corners, identical to the one above, outlined with a thick, multi-colored rainbow gradient border for another memory entry.

What will you miss most about your special person? What are your best memories? What are your funniest memories? What did you like most about being with your special person?

If you could write a letter
to your special person. What
would you say?





Things to make you feel better

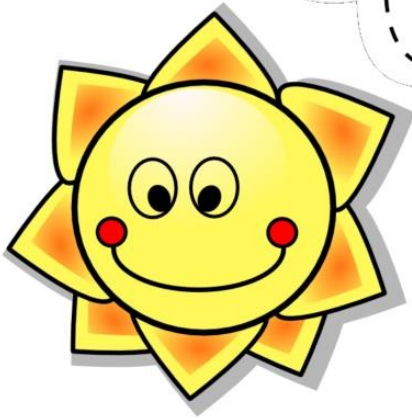
Paint a pebble with your special person's name. Put it in your pocket and if you feel a bit sad take it out and hold it. This will feel very comforting.

Talk to anyone who will listen. Your friends, family and your teachers at school. Talking about our feelings helps us and also lets other people know how we are feeling. Your friends may also have lost a special person and it will help talking to someone who has felt the same as you.



Make a memory box to put all the things associated with your special person. You could write notes and letters to your special person and put them in the box. You could put some photographs, cards, tickets, and anything that reminds you of them. You could decorate it with shiny paper and glitter so that it looks very special too.

What sort of things
could you do to
make yourself feel better?





Thoughts and feelings



Thoughts and feelings

Remember that everything that you feel is totally normal. Everyone feels sad, upset, lost, scared and a whole range of feelings when someone who they love and care about dies. It will take time but you will feel happy again and you will remember all the special memories about the person who died.



I hope you enjoyed filling in this book and that you will look back through it from time to time over the years with a smile on your face.

