

GRIEF JOURNALING

Kid's Guide



When someone we love and care about dies, it can be hard to talk about what we're thinking and feeling. You might be happy one minute, then sad the next. Writing or drawing can make it easier to talk about or think more clearly about how you're feeling. You can share it with someone you trust, like a parent or close family friend, or keep it just for you to put down how you're feeling.

You can write or draw whatever you want - if you're feeling angry, sad, confused, happy. There's no right or wrong way to keep a grief journal. It's for you, to help you figure out what you're feeling.

What you'll need



A JOURNAL OR NOTEBOOK



PEN(S)



PHOTOS



CRAYONS, PAINTS OR
COLOURED PENS

Your journal can be made out of just about anything: loose pieces of paper, big or small notebooks, or written on a computer. Use whatever feels right for you. A notebook can be a good choice, as it gives you one safe place to keep all of your thoughts and feelings, and is easy to draw, paint, or write in one place.

You might find it helpful to work on your journal at a certain time each day or a few times a week. You might find it more helpful to use it when you're feeling really happy, sad, or aren't sure what you're feeling. There's no right or wrong time to use it.



Getting started

Not sure where to start? We've got a few ideas that might help.

- Write your name, the date, and name of your loved one who has died.
- If you could talk to them for five minutes, what would you say?
- When do you miss them the most?
- What do you miss most about them?
- Write down any important dates and why they are special.
- What's your favourite memory of them? Write or draw it.

Whenever you sit down to write or draw, try and finish with something positive like a happy memory or something you're grateful for. If you're not sure how to put something down, try and write it down in a few words and come back to it later, when you're ready.

For more free bereavement resources and information for children, visit

Counselling Directory:

<http://www.counselling-directory.org.uk/childhood-bereavement.html/>

Child Bereavement UK:

<https://childbereavementuk.org/for-families/support-for-bereaved-children/>

NHS children and bereavement:

<https://www.nhs.uk/Livewell/bereavement/Pages/children-bereavement.aspx/>