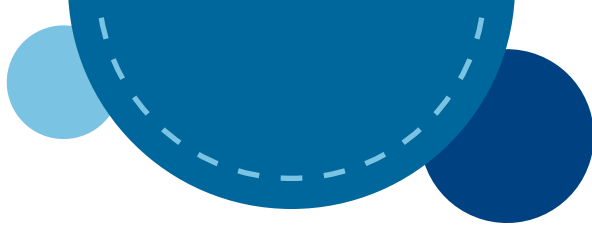


# Coping with Grief Journal





## Day 1

What is your strongest feeling today?

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## Day 2

What can you do today? "I can..."

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## Day 3

Today's goal is to allow yourself to laugh and feel happy.

What could you do to achieve this?

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## Day 4

Who can you talk to about your feelings?

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## Day 5

When can you talk about your feelings? If you struggle to do this, can you agree a time each day when you can tell the person you trust how you are feeling and why?

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## Day 6

What helps you to feel calm and happy? Is it drawing, listening to music, playing sport, baking, dancing, singing or something else?

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## Day 7

When you feel angry, what helps you to get the anger out of your body? Is it shouting, exercising, talking, being on your own, being with others, shredding or screwing paper up or something else?

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## Day 8

Make a keepsake box to keep your important things in. You can decorate this box however you would like, and you can choose what you would like to keep in the box.

## Day 9

What is your happiest memory?

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## Day 10

How would the person who has died describe you?

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## Day 11

What do you miss the most about them?

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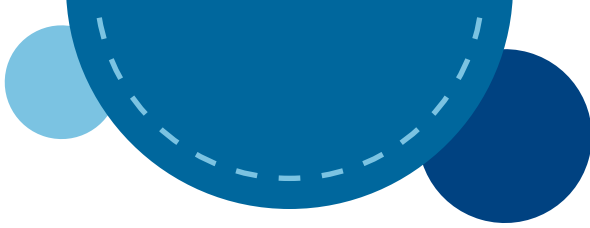
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## Day 12

Can you write a list of all the different feelings you have and circle the ones you feel are the most difficult to deal with?

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## Day 13

What colour would help describe how you are feeling today?

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## Day 14

What is your favourite photograph?

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## Day 15

Try creating your own picture frame for your favourite photograph.

## Day 16

Describe your favourite day with the person who has died. What did you do? How did you feel? What was the best part?

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## Day 17

Create your own mood jar. There are lots of different ways of doing this:

1. Decorate your own jar and then write notes about how you are feeling and put them into the jar.
2. Choose a different colour to describe each of your feelings and then use coloured paper or sand to show how much of each feeling you have. Blue = sad, red = angry, yellow = confused, green = calm, purple = happy.

## Day 18

What did the person used to say to you that was important to you?

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## Day 19

Why was this saying important to you then and now?

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## Day 20

What do you think the person would want you to feel like today and in the future?

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## Day 21

What is the one thing you wish you had asked?

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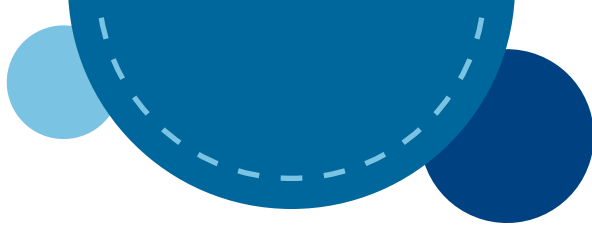
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## Day 22

Is there anyone else you could ask that would know the answer?

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## Day 23

Can you create a balloon tag that you can write a message to the person on and release it into the sky?

## Day 24

Is there anything you would like to do to remember the person?

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## Day 25

Share your ideas with an adult to see if they can help you with some of your ideas.

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## Day 26

Would you like to join a group with other young people that have experienced the death of someone? If so, speak to a trusted adult who can help you with this.

## Day 27

If you could tell the person one thing, what would you want to tell them? Could you write this in a letter, draw a picture or make them a song?

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## Day 28

What coping strategies work for you?

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## Day 29

Can you tell people how you feel face to face, or do you need a different way of telling people? For example, can you use sticky notes, a blackboard, text message or something else?

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## Day 30

Describe your favourite holiday with the person who has died. You can write about it or draw it if you find it easier. Think about where you went, what you did and how you felt. Why was it your favourite?

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