

# BARE.

## Goodbye letter.

The Goodbye Letter exercise can help children and young teens process their grief by expressing it through writing. The prompts allow the child to describe who they are grieving, special memories with that person and lessons learned from their relationship.

The worksheet's goal is to build positive meaning associated with the relationship and aid in moving forward towards closure.

This task is especially useful for children and teens who are having difficulty talking openly about their loss.

The worksheet can be printed out. If you don't have access to a printer, you can instead write these prompts out in any notebook or piece of paper.

### **Important disclaimer**

This worksheet is not a substitute for professional medical or psychological help. If a child you support is struggling with their grief and/or have concerns about their mental health please seek support from a professional.

For 24/7 crisis support, you can visit [lifeline.org.au](https://lifeline.org.au) or call 13 11 14

# Goodbye letter.

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To:

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I am saying goodbye because...

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Saying goodbye makes me feel...

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I remember a time when we....

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**You taught me...**

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**Something I want you to know is...**

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**I will always remember...**

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**From...**

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