

BARE.

Memory drawing.

The Memory Drawing worksheet can help children remember and honour someone they've lost by encouraging them to gather special items, like keepsakes, letters, or notes. The worksheet guides the children to begin their collection by drawing a special memory they have of their loved one.

The goal of the worksheet is to offer comfort and help them feel close and connected to their loved one through a simple drawing exercise. As a next step to this worksheet you can work with your child to collate other tokens or items which may help the child remember and feel closer to the person they have lost.

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 or call 13 11 14

Memory drawing.

Creating a memory collection for someone you miss can be a comforting way to feel close to them. You can keep small things that remind you of them, write letters to them, or jot down little notes about things you remember.

Start by drawing a picture or writing about a happy memory you shared with your lost loved one.

