

# BARE.

## Sentence completion worksheet.

Starting a conversation about grief can be difficult. This worksheet can help children and young teens express themselves more easily, through the use of prompts, and may aid in processing their grief.

Some of the prompts might be challenging, so we suggest allowing your child to skip any that they are uncomfortable answering.

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

# Sentence completion worksheet.

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Right now, I feel...

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I feel the saddest when...

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The thing I miss most about the person I lost is...

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Since the loss, things have been different because...

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**If I could ask the person I lost one thing, I would ask...**

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**Something I liked about the person who I lost was...**

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**One thing I learned from the person who I lost is...**

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