

BARE.

My grief and my loved one.

The “My Grief and My Loved One” worksheet is a gentle guide to help children work through their feelings as they cope with loss. It starts with a simple check-in, where the child can write down how they feel right now and gently leads them through questions that invite them to explore their emotions and memories about their loved one who has died.

This worksheet provides them a safe space to write about the hardest parts of their grief, what they remember and miss most, any unspoken thoughts, and lessons they may have learned.

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

My grief and my loved one.

Today I feel...

The most difficult thing for me is...

One thing I really miss about the person I lost is...

Something I never told this person is...

Something I wish I had done with this person is...

My life has changed without them because...

Something I learned from the person I lost is...

One way that the person I lost is still with me is...
