

BARE.

When someone you love is gone.

The 'When Someone You Love is Gone' worksheet can guide children or teens to reflect on and express how their life has changed when their loved one died. It encourages the children to recognise what has changed and what remains constant. At the bottom of the page, they are also invited to draw their loved one which symbolises the lasting love they carry within.

This activity offers a comforting approach to remembering and honouring the person who has passed and can be a reminder that love endures even after 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 or call 13 11 14

When someone you love is gone.

When someone you love has died, a lot of things in life can feel different.

What are some things that feel different in your life since they died?

What are some things that have stayed the same in your life?

Draw a picture of your loved one inside this heart.

The love you have for them will stay in your heart forever. If you feel sad, remember this love is still with you and will always be part of you.

