

BARE.

In memory of someone I love.

The 'In Memory of Someone I Love' worksheet can help children preserve memories and reflect on the values of their loved one who has died. It serves as a guide in recalling meaningful moments and what mattered most to that person.

This worksheet also encourages the child to take an action in their loved one's memory, whether it's a personal goal or something that could help others.

This activity aims to offer the child a positive way to keep their loved one's memory alive.

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



In memory of someone I love.

I recently lost a loved one named... _____



They were... _____

One thing that was very important to them was... _____

In memory of them I will... _____

