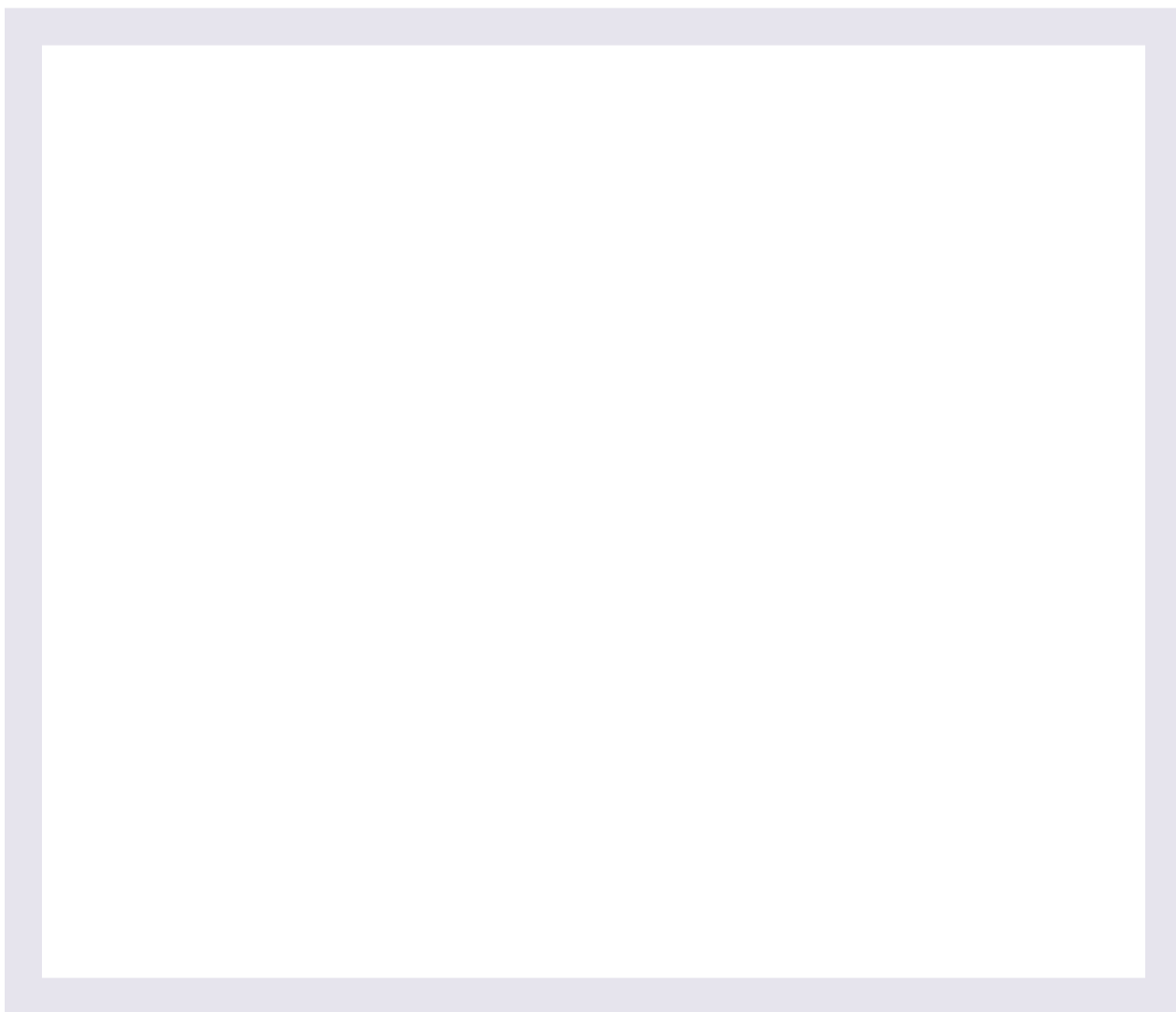


Riding the wave



Grief is what we feel when someone or something we care about is gone. It can bring up many different emotions. Grief often feels like riding a wave, with some waves being small and others huge.

Use the space below to draw your grief wave and include what helps you feel better, such as hugging a pet, talking to a friend or resting.



Questions to help explore thoughts and feelings about loss:

1. What do you miss most about the person (or pet) who is gone?
2. What are some things that make you feel sad, angry or confused about what happened?
3. When you're having a hard day, what helps you feel a little better or a little calmer?
4. What do you think your loved one would want you to know or remember about them?