# "I'm Here Too!"

An activity book for children and teens with a seriously III sibling

Safe Crossings Program

#### © Safe Crossings

A program for grieving children at Providence Hospice of Seattle 2811 S. 102nd St., Suite 220 Tukwila, WA 98168

#### Safe Crossings Program

of Providence Hospice of Seattle serves grieving children, teens, their families, schools, the entire King County community and south Snohomish County.

Safe Crossings offers consultation, education and emotional support to families who are providing care to a seriously ill child.

Services are offered at no charge. However, donations from individuals, foundations and corporations are welcome.

> Please contact Safe Crossings at 206-320-4000 or 888-782-4445 for more information.

Or visit our website at www.providence.org/hospiceofseattle

# Welcome!

When a child or teen has a seriously ill sibling many changes often happen in the family. Sometimes the child or teen may wish things could just be normal.

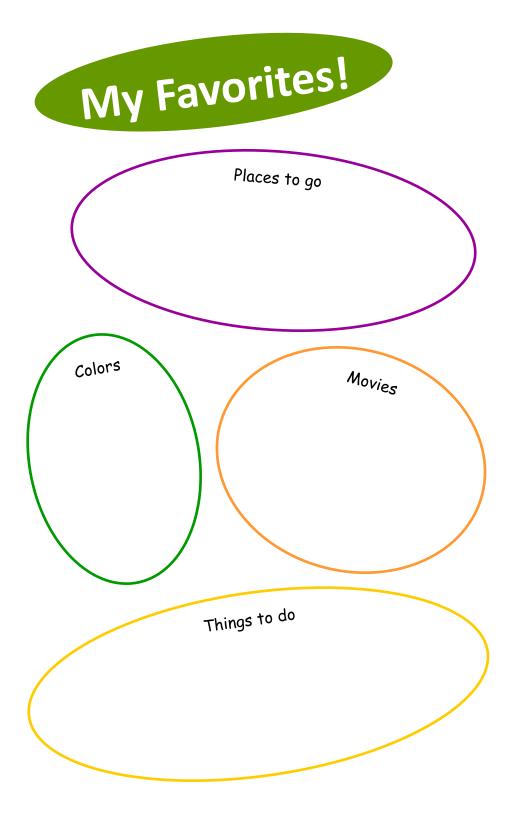
This book has some ideas and activities centered around the importance of YOU, the sibling, and how the serious illness of your brother or sister impacts your life and feelings.

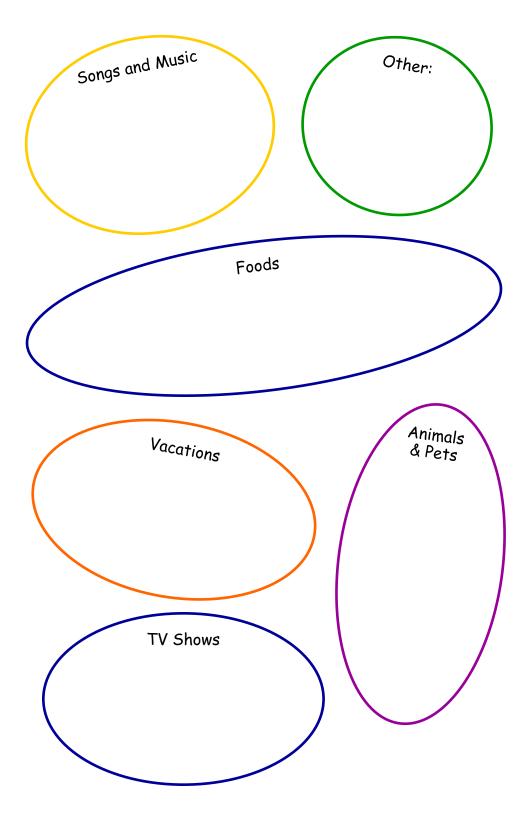
You might do them on your own or with your family. These are just ideas to get you started and may lead you to other ideas that reflect how YOU like to express yourself.

We hope you enjoy this activity book and find it helpful!

From,

The Safe Crossings Team Providence Hospice of Seattle





There are many helpful ways to express yourself! Use the space above for your own personal expression, such as writing, drawing, painting, word gathering, poetry & doodling.

# **Express Yourself!**

# To Understand Me

Complete the statements below to create a poem.

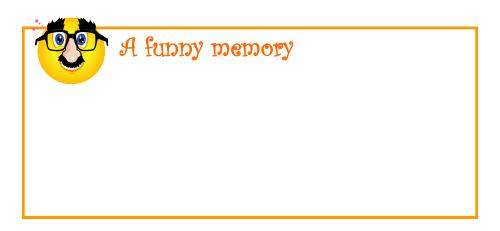
To understand me you need to know...

To understand me you need to know ....

To understand me you have to know...

# **Memories**

Write or draw about some of your favorite memories.



## A loving memory





## A memory from a holiday



A birthday memory

## All About My Sibling's Serious Illness

The name of my sibling who has a serious illness is		
nas a serious liiness is	This pers	on is my

Some things I enjoy doing with this person are...

The serious illness that my sibling has is...

Some things I know about my sibling's illness are...

Before I had a seriously ill sibling, we used to...

Other changes in my family are...

Questions I have about my sibling's illness are...

Upset	Sad	<b>R</b> elieved	Frightened	
Happy	Ashamed	Positive	e Afraid	
Disgusted	Silly	Surprised	Confused	
Hopeful	Cautious	N <sub>egative</sub>	Left out	
shy sc	ared Susf	picious d	Embarrassed	
Because my brother or sister is sick,				
I sometimes feel (circle the feelings you sometimes have)				
Shocked	Terrified	l Gu	ilty Confident	
Tired	Bored	Angry	Conne	
Unloved	Worried	Jealous	onely Coor	
Enraged	Overwhelm		ressed Joyful	
Mischievous	Exhauste			
Other feelings I sometimes have are				

## I Am

Complete the statements below to create a poem.

### I am

l am

#### l am

#### l am

#### 1 am

#### 1 am

## What Helps!

Circle the activities that help you express your feelings.

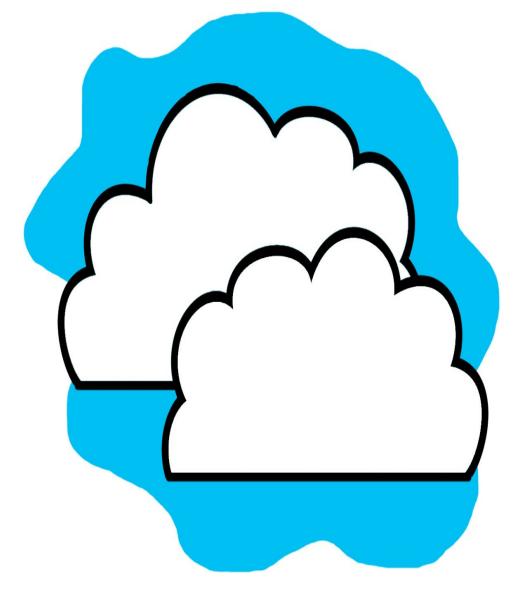
Exercise Spend some time alone Have a good cry Read a good book Laugh out loud Give a hug Get a hug Play an instrument Walk the dog Talk to friends Talk to family Shout or scream outside Dance to loud music Watch a funny movie Spend time with friends Write a letter Write in a journal Play a sport

Add your own:

Circle some of the people and places that have helped you or can help you. Write their names in the space provided.

Family	Counselors	
Pets	Coaches	
Friends	Support group	
Neighbors	Faith/Cultural Communities	
Teachers	Add any others:	

# My Dreams for My Future



In the clouds, write some hopes you have for your life.



#### Safe Crossings Children's Grief Program

206.320.4000 or 888.782.4445 2811 South 102nd St., Suite 220 Tukwila, WA 98168 www.providence.org/hospiceofseattle