



**“I’m Here Too!”**

**An activity book for  
children and teens  
with a seriously ill  
sibling**

*Safe Crossings Program*

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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](http://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

# My Favorites!

Places to go

Colors

Movies

Things to do

Songs and Music

Other:

Foods

Vacations

Animals  
& Pets

TV Shows

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 need to know...

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 funny memory*

**A loving memory**

**A sad memory**





**A memory from a vacation or trip**



**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...

This person 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

Relieved

Frightened

Happy

Ashamed

Positive

Afraid

Disgusted

Silly

Surprised

Confused

Hopeful

Cautious

Negative

Left out

Shy

Scared

Suspicious

Embarrassed

**Because my brother or sister is sick,  
I sometimes feel...**

(circle the feelings you sometimes have)

Shocked

Terrified

Guilty

Tired

Bored

Angry

Confident

Unloved

Worried

Jealous

Disappointed

Enraged

Overwhelmed

Depressed

Joyful

Mischievous

Exhausted

Nervous

Excited

**Other feelings I sometimes have are...**

# I Am

Complete the statements below to create a poem.

I am

I am

I am

I am

I am

I 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.



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