mym Here Too!

An activity book for children and teens

with a seriously III

Loved One

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 is a grief support program of Providence Hospice of Seattle which serves grieving children, teens, their families, schools, and 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 family member.

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

A special thanks to the Safe Crossings Foundation for their major support of the program



Welcome!

When a kid or teen has a seriously ill loved one, 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, and how the serious illness of your loved one impacts your life and feelings.

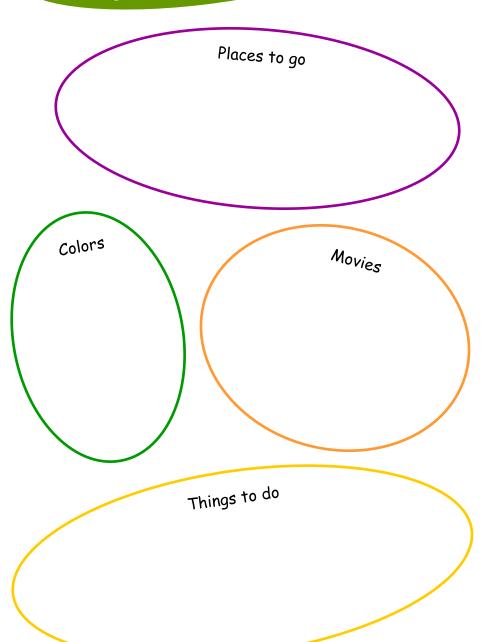
You might do them on your own or with your family. These are just ideas to get you started and may lead you to other ideas that reflect how YOU like to express yourself.

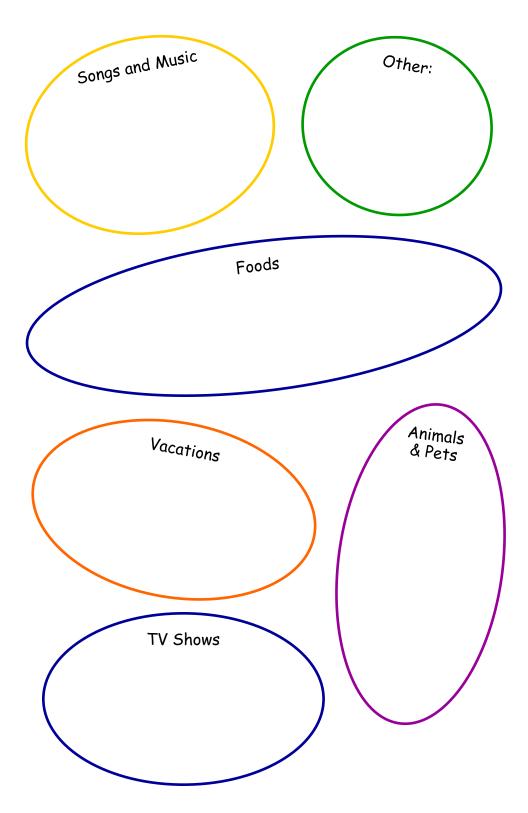
We hope you enjoy this activity book and find it helpful!

From,

The Safe Crossings Team Providence Hospice of Seattle

My Favorites!





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	vou	need	to	know
. •	on a constant		<i>y</i> • • •			

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 loving memory

A sad memory



A memory from a vacation or trip



A memory from a holiday



A birthday memory

All About My Loved One's Serious Illne

The name of my loved one who has a serious illness is This person is my	
Some things I enjoy doing with this person are	
The serious illness that they have is	
Some things I know about the illness are	



Before they were seriously ill, we used to	
Other changes in my family are	
Questions I have about the illness are	



Because my loved one is sick, I sometimes feel...

(circle the feelings you sometimes have)

Guilty Terrified Confident Shocked Angry Tired Bored Disappointed Unloved Worried Jealous Lonely Overwhelmed Enraged Depressed Exhausted Nervous Mischievous **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 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

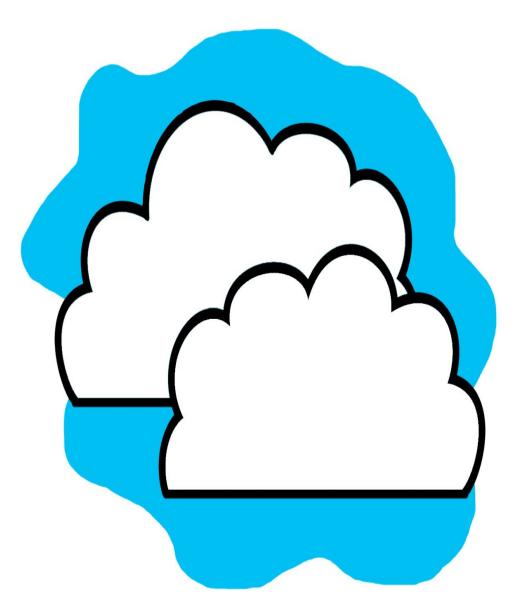
Pets Coaches

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 Program 206.320.4000 or 888.782.4445 2811 S 102nd St., Suite 220 Tukwila, WA 98168