"I'm Here Too!"

An activity book for

kids and teens

Who have experienced the death of a loved one

Safe Crossings Program

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 have experienced the death of a loved one.

> 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 someone special in the life of a child or teen dies, many changes often happen in the family. Sometimes the child or teen may wish things could just be normal.

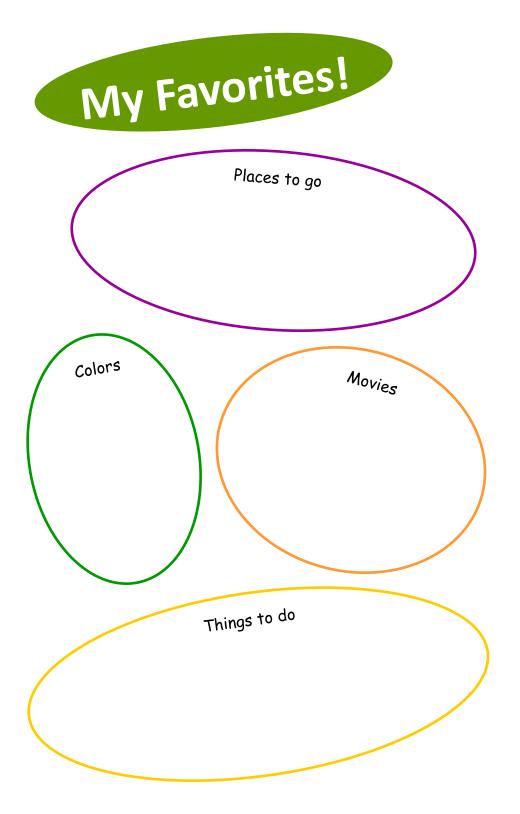
This book has some ideas and activities centered around the importance of YOU, and how the death of your loved one impacts your life and feelings.

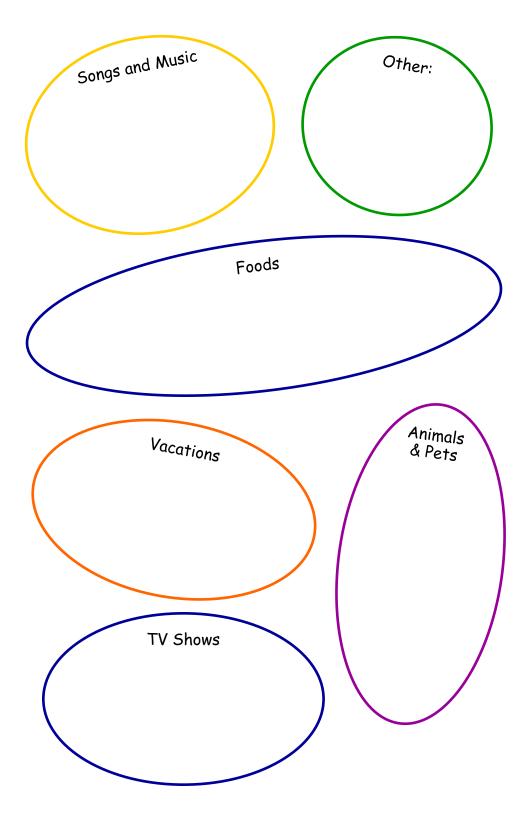
You might do them on your own or with your family. These are just ideas to get you started and may lead you to other ideas that reflect how YOU like to express yourself.

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

From,

The Safe Crossings Team Providence Hospice of Seattle





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 Loved One

The name of the person who died is		
	This person was my	

Some things I enjoyed doing with this person one were...

My person died from...

The thing I miss most about my person is...

My favorite memory of my person is...

My person really liked...

When I want to share stories about this person, someone I talk to is...

Upset	Sad	R _{elieved}	Frightened	
Happy	Ashamed	Positive	Afraid	
Disguste	d Silly	Surprised	Confused	
Hopeful	Cautious	N _{egative}	Left out	
sny sa	^{cared} Susf	jicious E	mbarrassed	
Because my loved one died, I sometimes feel				
(circle the feelings you sometimes have)				
Shocked	Terrified		ilty Confident	
Tired	Bored	Angry	sappointed	
Unloved	Worried	lealous	onely Coor	
Enraged	Overwhelm	ned Depr	essed Joyful	
Mischievou	s Exhauste	d Nervou	is Excited	
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.

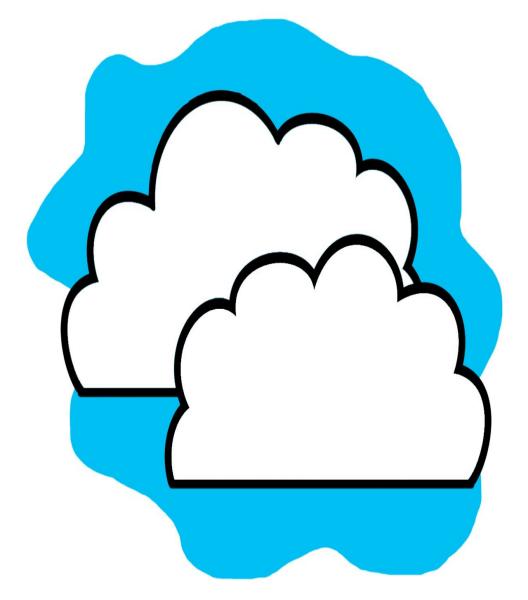
Exercise Spend some time alone Have a good cry Read a good book Laugh out loud Give a hug Get a hug Play an instrument Walk the dog Talk to friends Talk to family Shout or scream outside Dance to loud music Watch a funny movie Spend time with friends Write a letter Write in a journal Play a sport

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:	

Dreams for My Future



In the clouds, write some hopes you have or your loved one had for your life.



Safe Crossings Children's Grief Program 206.320.4000 or 888.782.4445

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