

“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

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 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

Relieved

Frightened

Happy

Ashamed

Positive

Afraid

Disgusted

Silly

Surprised

Confused

Hopeful

Cautious

Negative

Left out

Shy

Scared

Suspicious

Embarrassed

**Because my loved one died,
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:

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

2811 South 102nd St Suite 220 · Tukwila, WA · 98168

www.providence.org/hospiceofseattle