

# **Kammie's 5 Stages of Grief Workbook**

With love from Mom Ellie

# A Message from Mom Ellie

Hi there,

Grief is something we all go through when we lose someone we love. It's okay to feel lots of different things — happy memories, sadness, anger, or confusion. This workbook is here to help you, just like I'm here for Kammie.

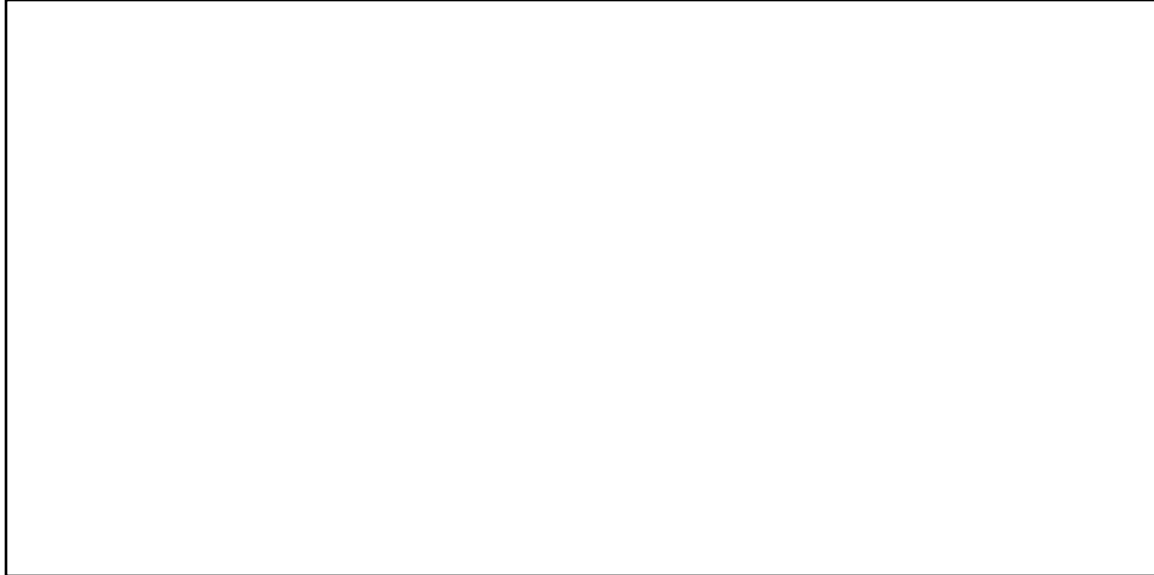
You're not alone. Let's take this one page at a time.

Love, Mom Ellie ■

# What is Grief?

Grief is what we feel when we lose someone we love. It's okay to be sad or confused. We may feel different each day. This is all part of healing.

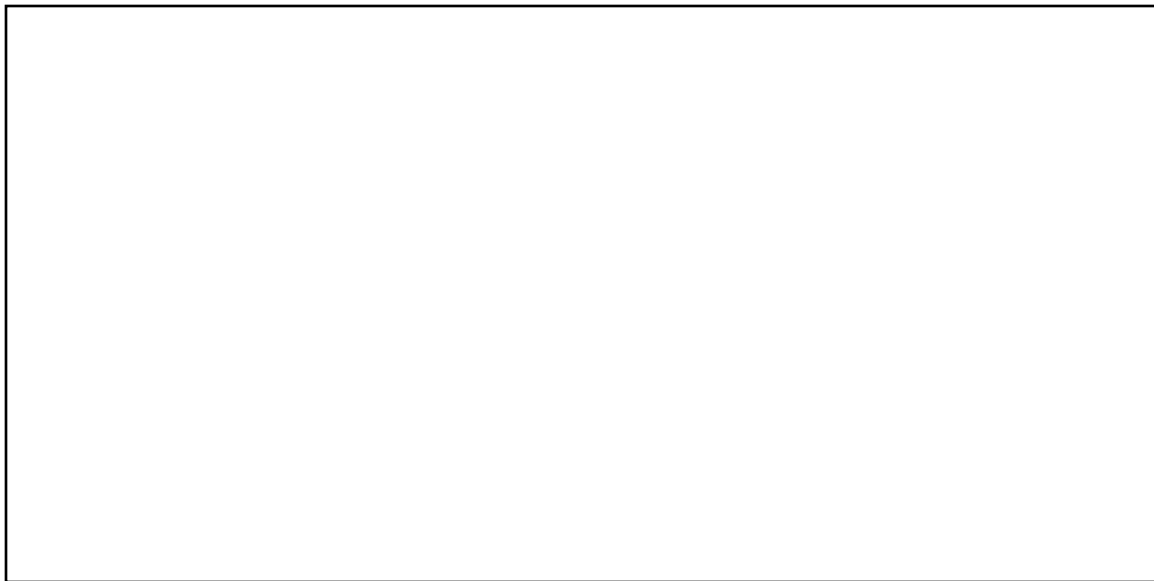
Can you draw what you think grief looks like or feels like?

A large, empty rectangular box with a thin black border, intended for a drawing or illustration. It occupies the lower half of the page.

# Denial

Sometimes we can't believe what's happened. It's okay to feel unsure.

Draw a picture of how Kammie might feel.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the central portion of the page.

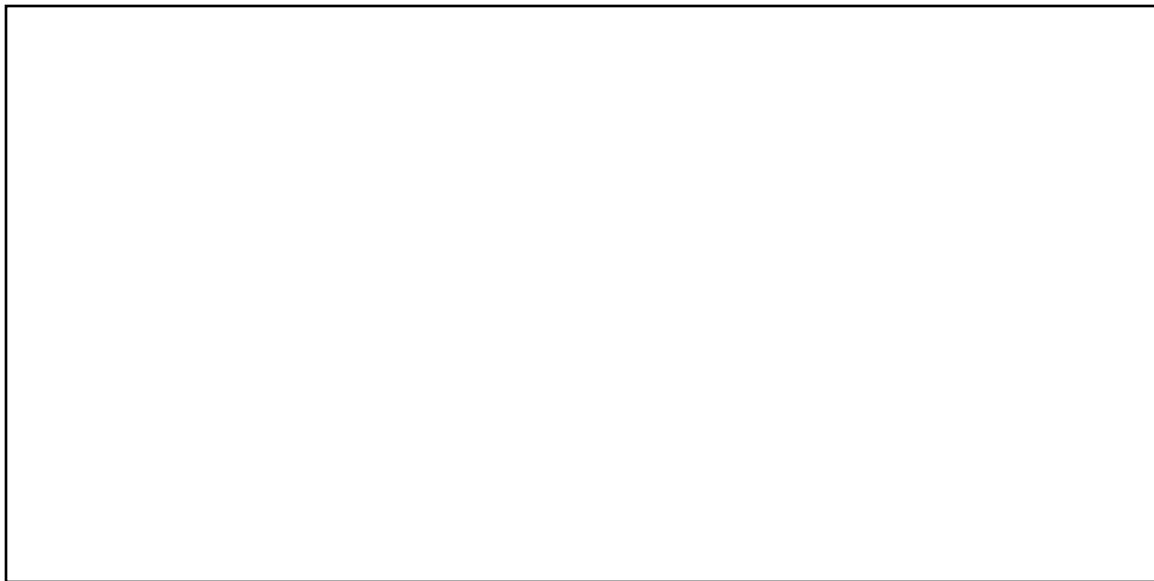
Talk with Mom Ellie: What do you feel right now?

Kammie's Thought Bubble: \_\_\_\_\_

# Anger

Sometimes we feel mad about what's happened. That's normal.

Draw a picture of how Kammie might feel.

A large, empty rectangular box with a black border, intended for a child to draw a picture of how Kammie might feel.

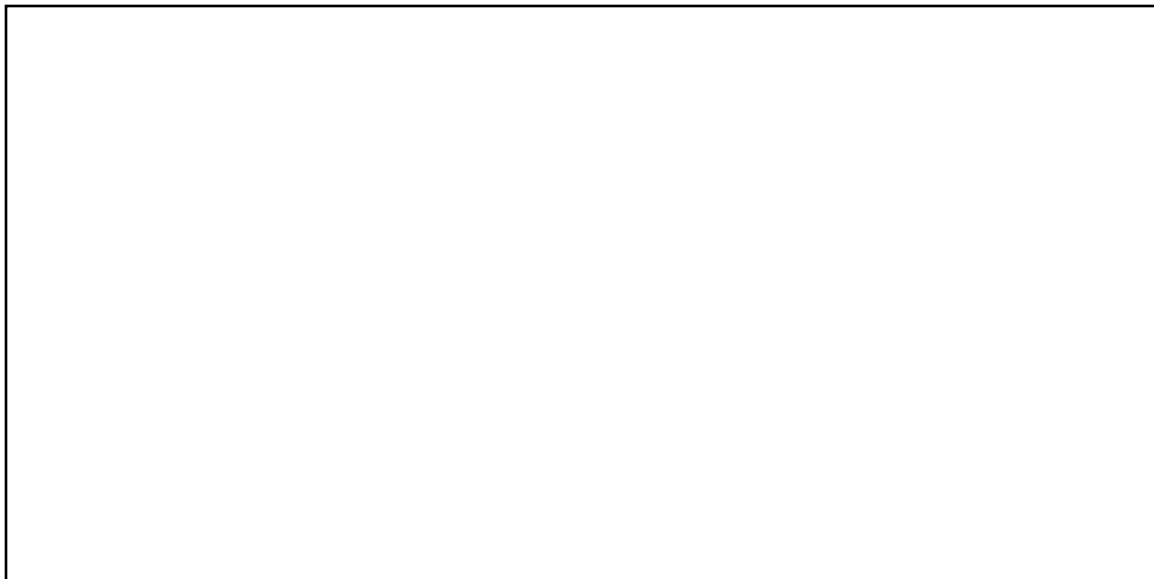
Talk with Mom Ellie: What do you feel right now?

Kammie's Thought Bubble: \_\_\_\_\_

# Bargaining

We might think, 'what if I had done something different?'

Draw a picture of how Kammie might feel.

A large, empty rectangular box with a black border, intended for a drawing. It occupies the central portion of the page below the instructions.

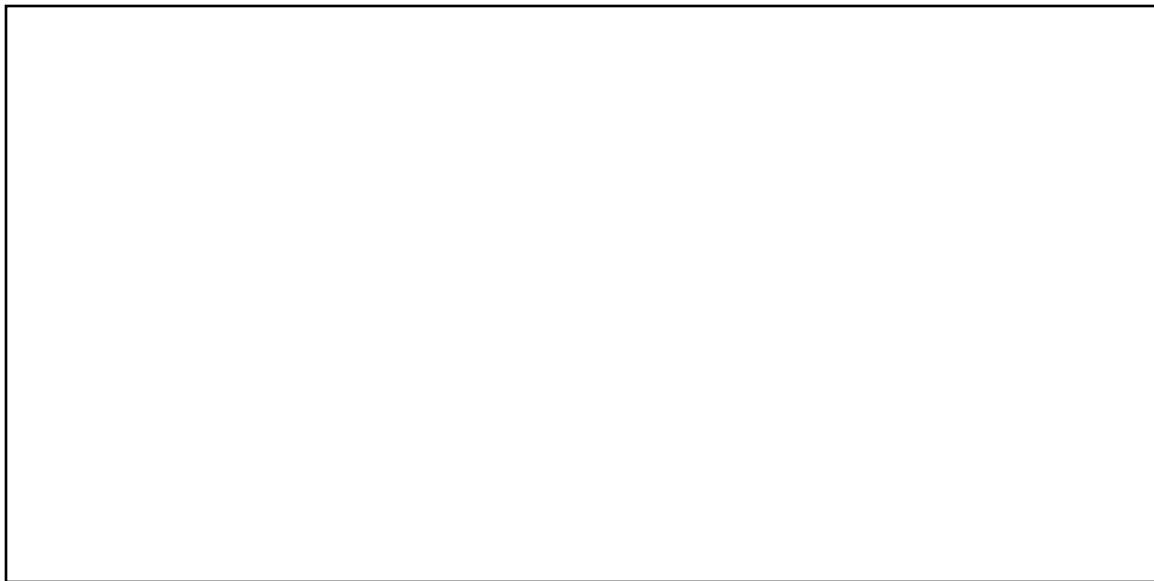
Talk with Mom Ellie: What do you feel right now?

Kammie's Thought Bubble: \_\_\_\_\_

# Depression

We feel deep sadness and might want to be alone.

Draw a picture of how Kammie might feel.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the central portion of the page.

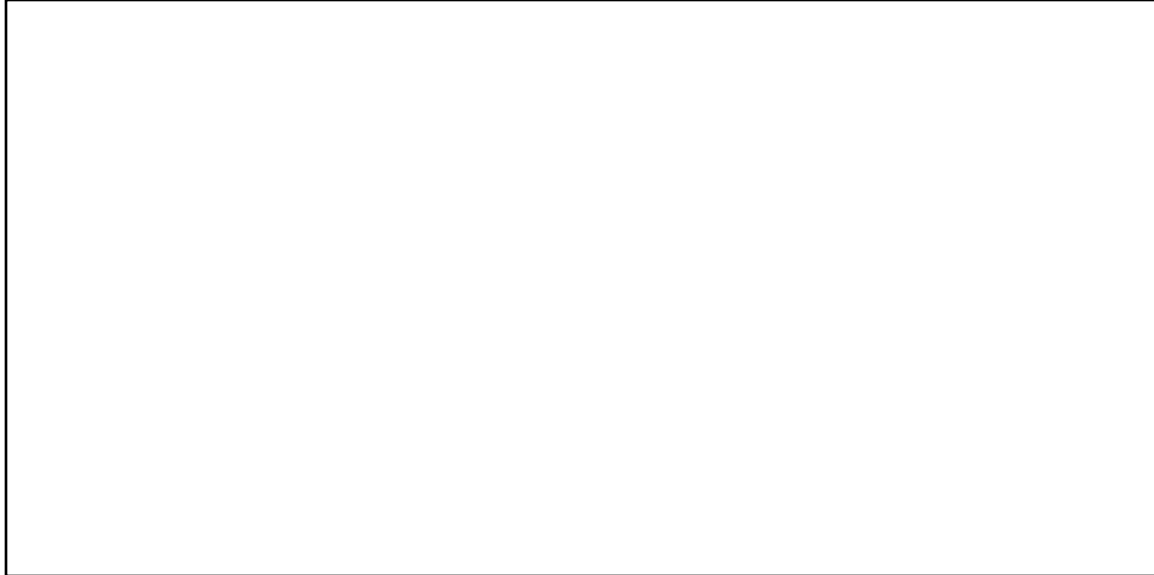
Talk with Mom Ellie: What do you feel right now?

Kammie's Thought Bubble: \_\_\_\_\_

# Acceptance

We begin to understand that it's okay to remember and feel better.

Draw a picture of how Kammie might feel.

A large, empty rectangular box with a thin black border, intended for a drawing. It occupies the central portion of the page below the instructions.

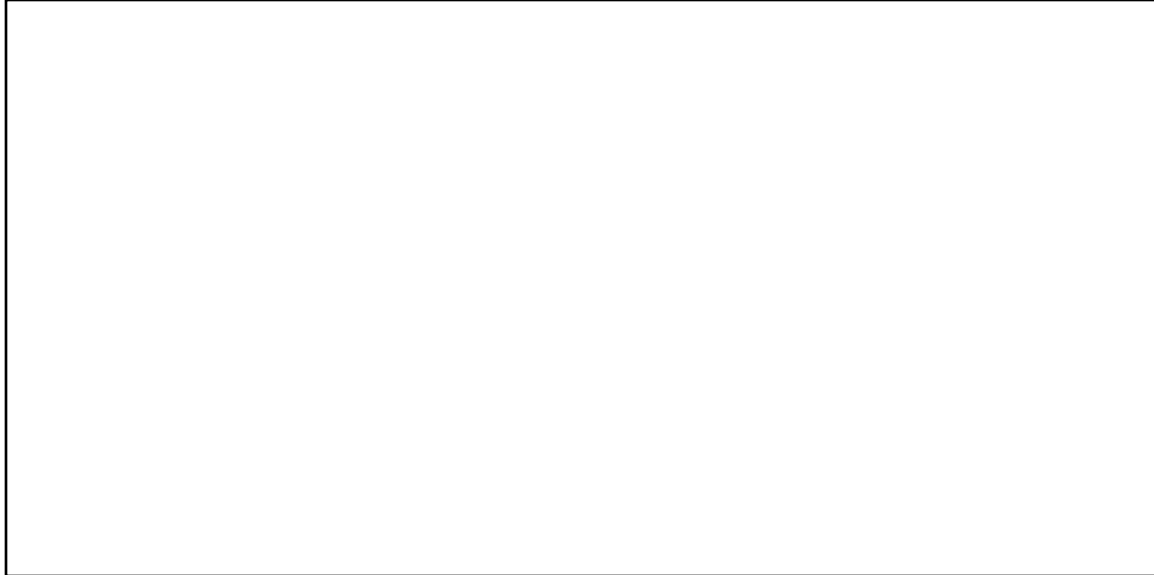
Talk with Mom Ellie: What do you feel right now?

Kammie's Thought Bubble: \_\_\_\_\_



# Create a Memory for Addie

Draw or write about a special moment you shared with Addie.

A large, empty rectangular box with a thin black border, intended for a child to draw or write about a special moment shared with Addie.

# My Comfort Plan

What helps you feel better when you're sad?

- ☐ Take deep breaths
- ☐ Talk to someone I trust
- ☐ Hug a favorite stuffed animal
- ☐ Draw or color
- ☐ Look at a picture
- ☐ Remember happy times

# **I Am Brave**

Color in these words or write your own.

**I am brave.**

**I am loved.**

**I am healing.**

# My Feelings Today

Circle the faces that match how you feel today:

- Happy
- Sad
- Mad
- Confused
- Tired
- Calm

# **Certificate of Bravery**

**This Certificate is Awarded To:**

For being brave while learning to heal.

Signed: Mom Ellie & Kammie