

# Memory Jar Slips

Cut out each slip and write or draw something special you remember.

■ A favorite memory I have is...

■ A message I want to send is...

■ Something that made me laugh is...

♥■ I loved when we...

■ A wish I have for them is...

■ A picture I drew of us together...

■ A song that reminds me of them is...

■■ A way I keep their memory alive is...

# Feelings Cards

■ **Happy** I can draw a picture or share a smile.

■ **Sad** I can hug my favorite stuffed animal.

■ **Angry** I can take deep breaths and count to 10.

■ **Scared** I can talk to someone I trust.

■ **Confused** I can ask questions or write in my journal.

■ **Tired** I can rest or take a break.

# **My Grief Journal**

A special place to remember, feel, and heal.

**All About My Special Person**

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**How I Feel Today**

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## What I Wish I Could Say

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**Draw a Picture of Us**

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**What I Do to Feel Better**

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**A Letter to Them**

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**A Happy Memory We Shared**

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