

## Grief Memory book

You want to make a memory book called Mom and Me on the cover. (or whomever it is that has died pets also)

Let the students help design the book with stickers, pictures, or clipart.

Page 1: This book is in memory of.

Page 2: Their favorite picture of the person and a date of when the picture was taken if possible.

Page 3: Insert the obituary from the paper or on line. Write a few lines of their thoughts during the funeral or just a copy of the program.

Page 4: A picture or drawing of the two of them together and a caption of why you were special to me . . .

Page 5: Vital statistics, anything you want to remember about their life, birthday, death, time of year, what the day of your death was like, what the day of the funeral was like, people who were your closest friends, people you loved, people who loved you.

Page 6: Your favorite things. Let them make a list of food, seasons, color, animal, vacation, music, TV show, book, flower, sayings they used, as many as you want to remember. At the bottom have them write: My favorite thing or place to go with you was . . .

Page 7: Quiet time thinking of you. Let them write one to four lines each.

I laugh when I think of \_\_\_\_\_.

I got mad when you \_\_\_\_\_.

You were so funny when \_\_\_\_\_.

I liked you most when \_\_\_\_\_.

My best snuggle memory was \_\_\_\_\_.

I cry when I think about \_\_\_\_\_.

One thing I wish I could do with you again \_\_\_\_\_.

Some special things you did for me \_\_\_\_\_.

One special thing you told me \_\_\_\_\_.

Our special secret was \_\_\_\_\_.

Page 8: Create your special poem of the person special to you. (This may be the things you did not get to tell them.)

Page 9: Right now, I feel . . .

Page 10: Collage of pictures or drawings the person liked.

Page 11: You and I will always be together in our book. A special memory or pictures of those favorite times together. Try to get all happy moments to build good feelings.

By the end of this activity, we both have a good time and I am able to gain a new friend from sharing with the student their favorite friend.