Memory Book

This Book is About

Place a picture of your loved one here

How I feel about __________ dying

Very Sad  Angry  Sad

Peaceful  Shocked

Circle the feelings that match your feelings. Or draw a picture about how you feel. Things that changed for me when __________ died.

Things that changed for me when __________ died.

I moved to a new house

New people to help me

Talk about what changed for you or write down the things that changed.
What can I do when I really miss
______________?

- Talk to someone who helps you.
- Listen to music
- Look at your memory book
- Walk with a friend
- Visit the cemetery or memory site.

Put down the things that help you to feel better. Circle the ideas that might help if you have trouble thinking of things to do.

Things I want to remember about
______________________________

Made by: ______________________