North Iowa Hospice - Youth Grief Worksheet #6

One thing you always have are the memories of your loved one. Sometimes memories are sad to remember, especially if it hasn’t been very long since the death of your loved one. As you begin to feel better, it is fun to think about the funny things grandpa said, or the special shopping trips with mom or grandma, or even favorite holiday traditions with friends or relatives. Some ways to remember your loved one include:

- Creating a scrapbook.
- Writing them a letter (about what you miss, what’s happening in your life).
- Keeping a picture or other special item in your room.

Remember the specialness of your relationship and the wonderful memories you shared together. To help, try completing the sentences below:

- We enjoyed doing these things: ____________________________________________________  
  ________________________________________________________________________________.

- List some things you can still do to remember your loved one: ______________________  
  ________________________________________________________________________________.

- If I could ask him/her a question, it would be: ______________________  
  ________________________________________________________________________________.

Celebrating special occasions without your loved one will be different. It might be a while before you even feel like celebrating. Be patient with yourself as you and your family adjust to the many changes.

As holidays or other special occasions come up, talk to your family about things you can do together to remember this person. It could be making a special meal, hanging a special ornament on the Christmas tree, or telling favorite stories about this person. Remember, people cope with grief in many ways and some of these ways might seem weird to you. Just remember to be respectful of other people’s wishes during difficult times.

If you have questions about what you are feeling since your loved one died, talk to a trusted adult in your life. You can also call one of the bereavement coordinators at North Iowa Hospice.