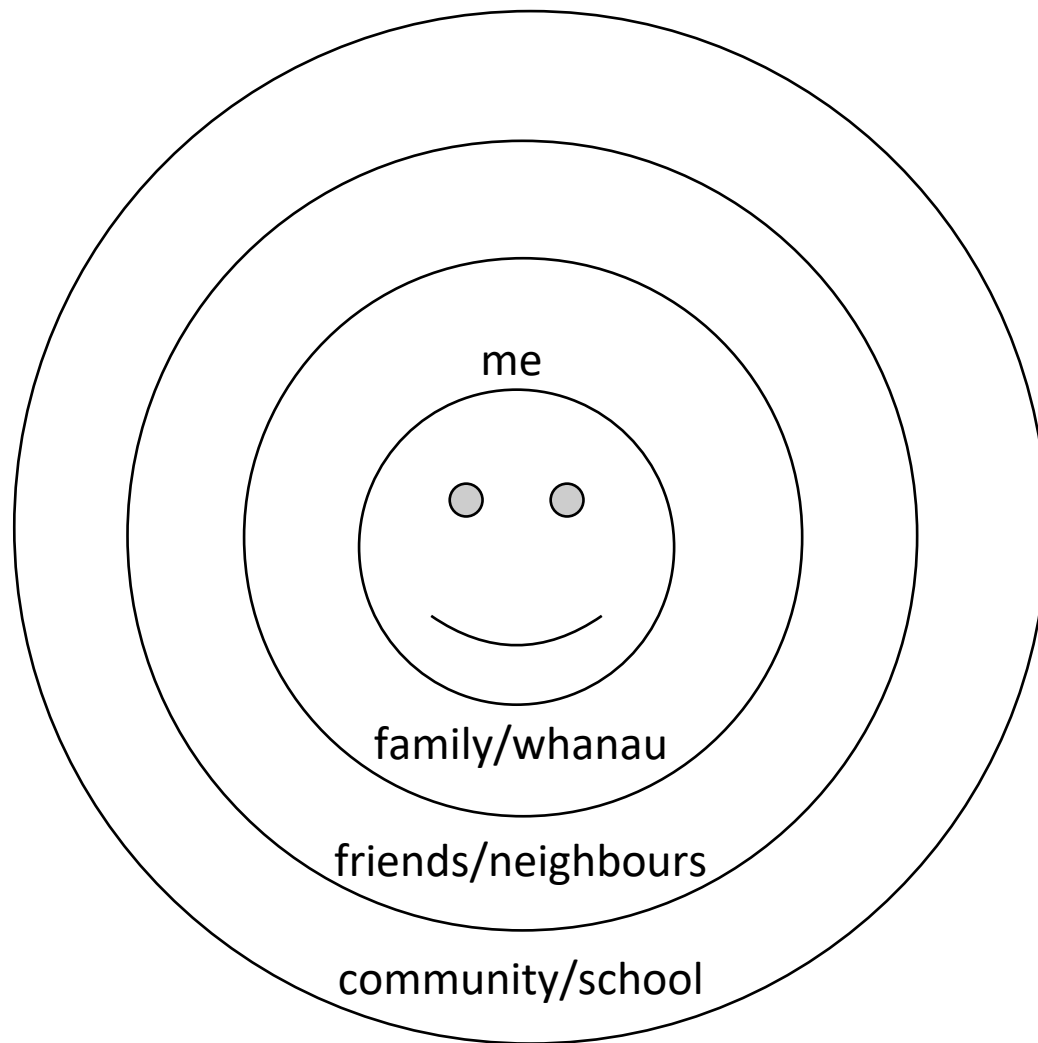


**This is a book
for me &
my family**

Many people care about me...

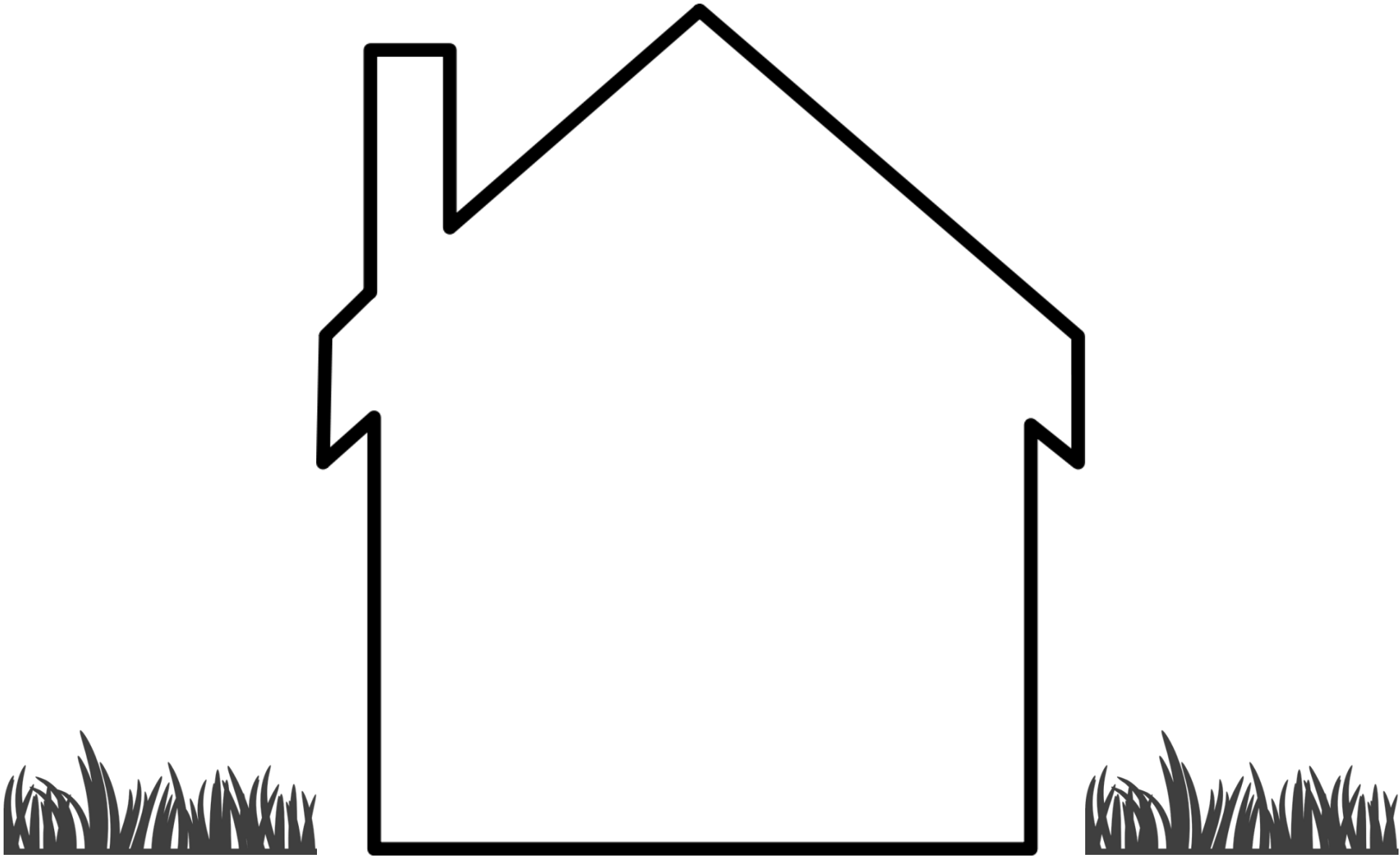


1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

List the names of people in your “caring circle”.

I show others I care about them which makes them feel special...

It makes me feel special too.
(draw someone that you care deeply about)



Best Friends

People I Live With

Important Others

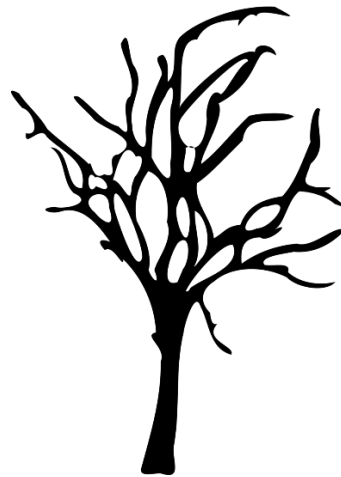
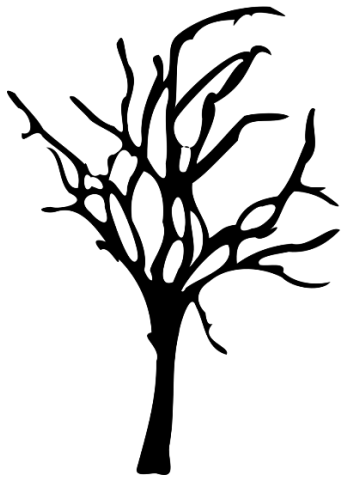
Change is natural. Draw or colour some below.

EGG

CATERPILLAR

COCOON

BUTTERFLY



SPRING

SUMMER

FALL

WINTER

People change too...



Me
"Baby"

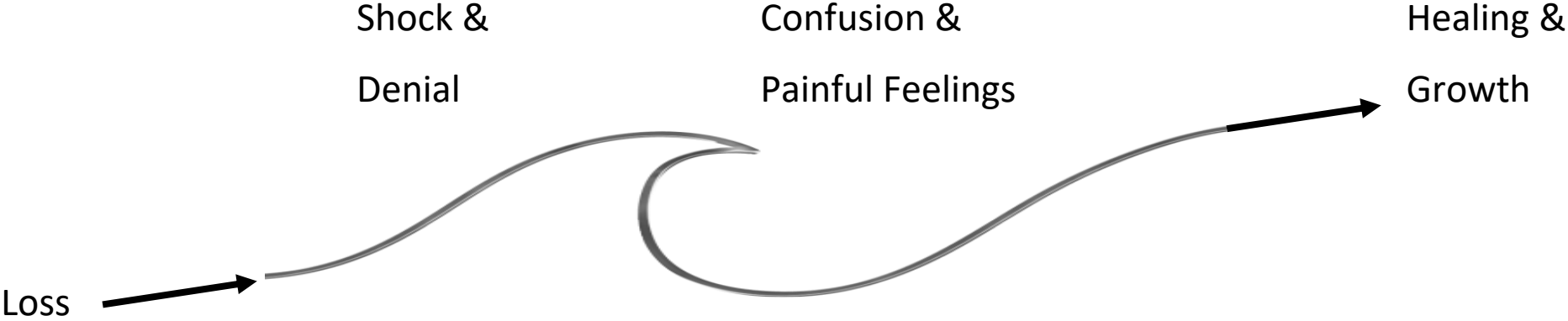


Me
"Now"

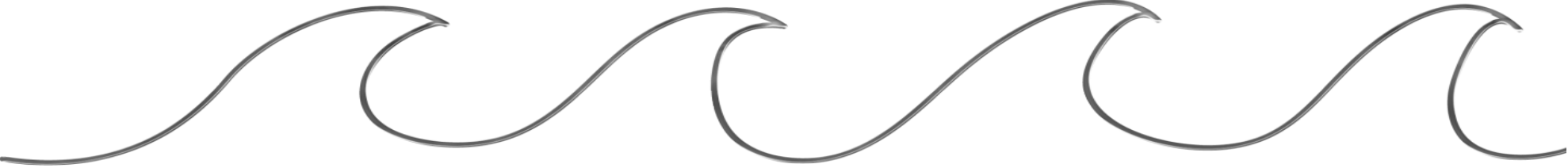


Me
"Very Old"

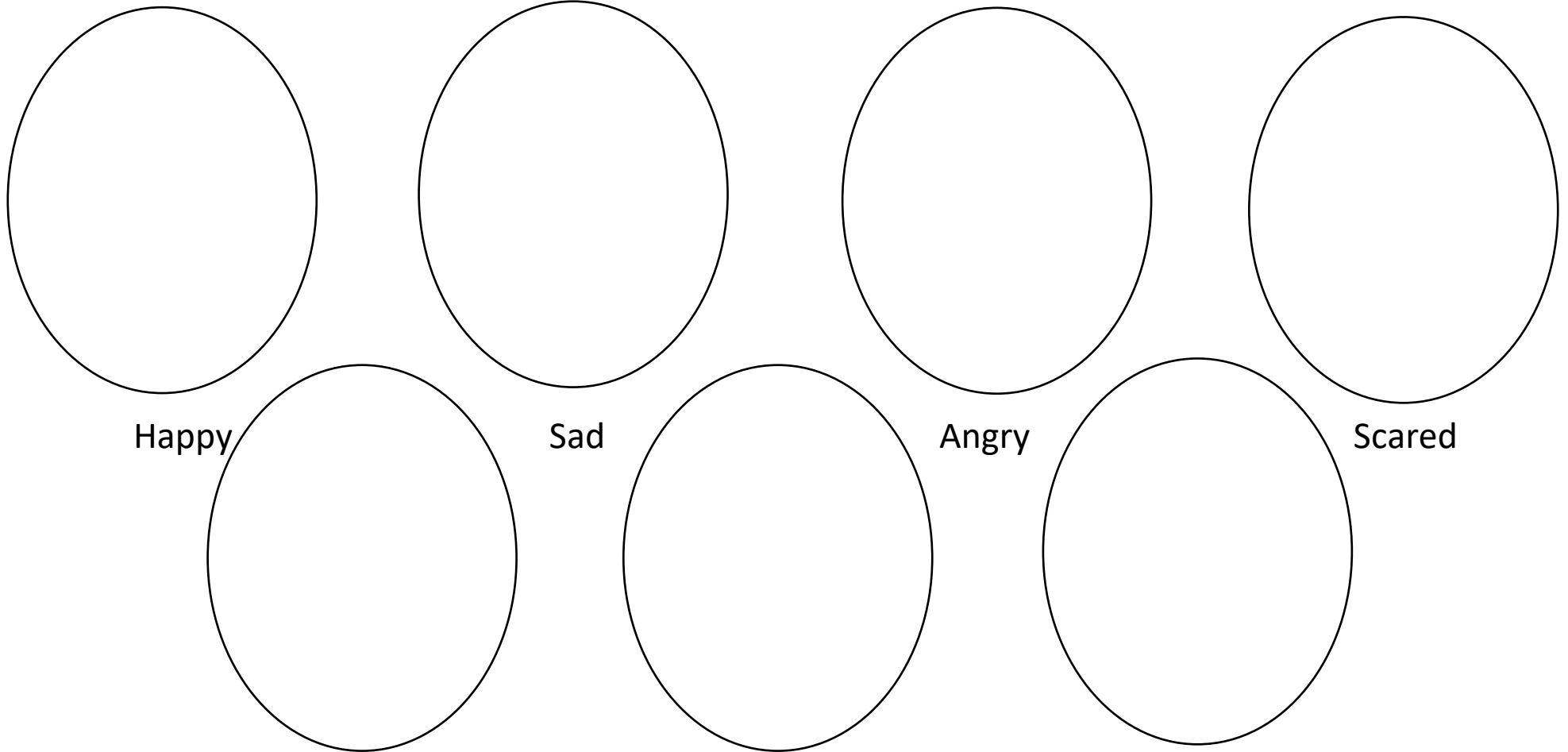
Change creates loss. The pain from loss is called grief.



Grief comes and goes like waves in the ocean.



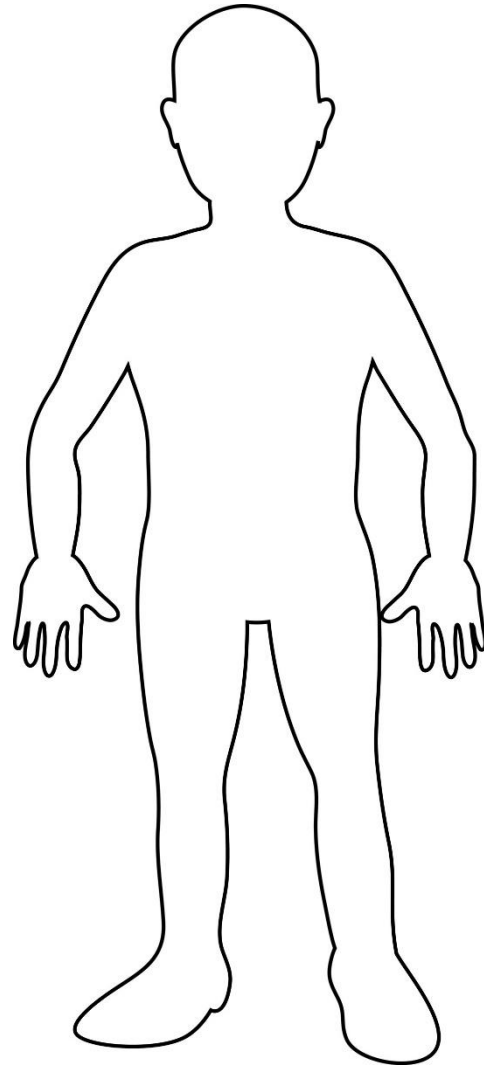
Everyone has lots of different feelings. They are all OK emotions to feel. They will shift and change over time.



Try to draw some feelings faces. Can you think of any extra emotions you may be feeling lately?

Feelings are something we feel in our body. Where do you feel your feelings? What colour do you think of with each feeling?

Where do
You feel your
Feelings?



Feeling = Colour

=

=

=

=

=

=

=

Remember that love lasts forever.
You can always keep it in your heart.

How do you show love?

This is one of my favourite memories with my loved ones...

I have many other good memories, that are mine to keep!

All living things die sometime, and for many different reasons...

But people can't die because of anything we think or say. Draw a picture of someone you know who may have died or may be dying.

I learned something important from this person...

(Draw something you have learnt from this person or an activity
you have done together)

This is how I can continue to remember and celebrate their life.

And I will always have their love they have given to me.