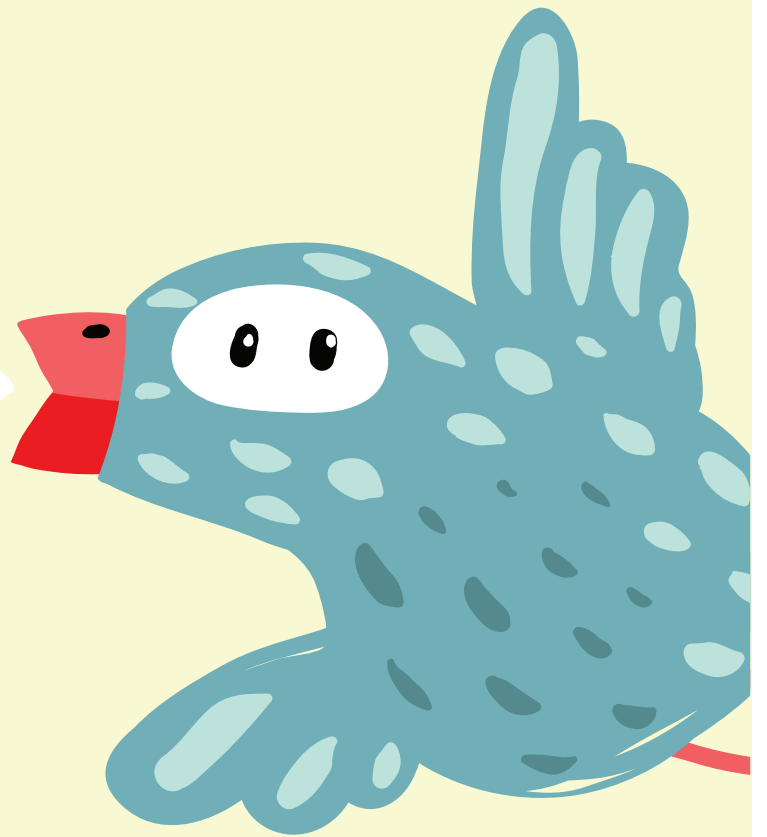
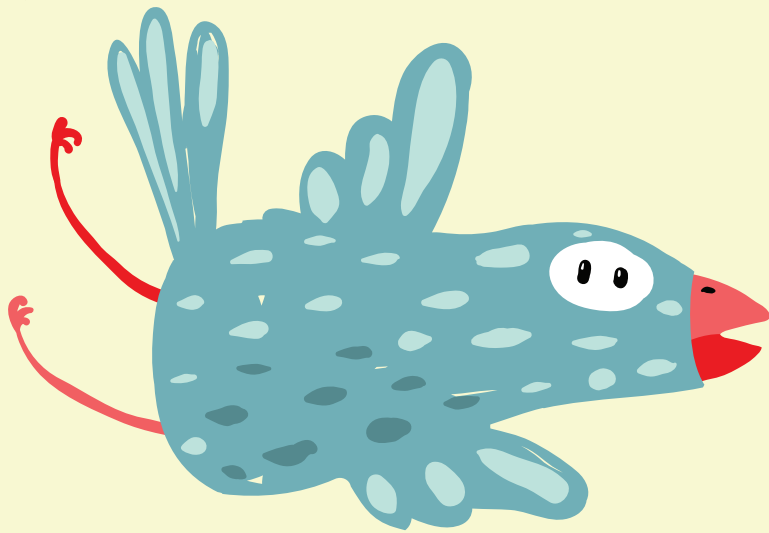


My Feelings Book



For Elementary Aged Children

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It can be hard when we lose someone we love. It may be hard to talk about our feelings. This book has been made for you to talk about and honor your special person. You can work on these activities alone or with your parent or caregiver. We hope you find the activities in this book helpful on your grief journey.

Hello, my name is:

I am _____ years old.

This is me.

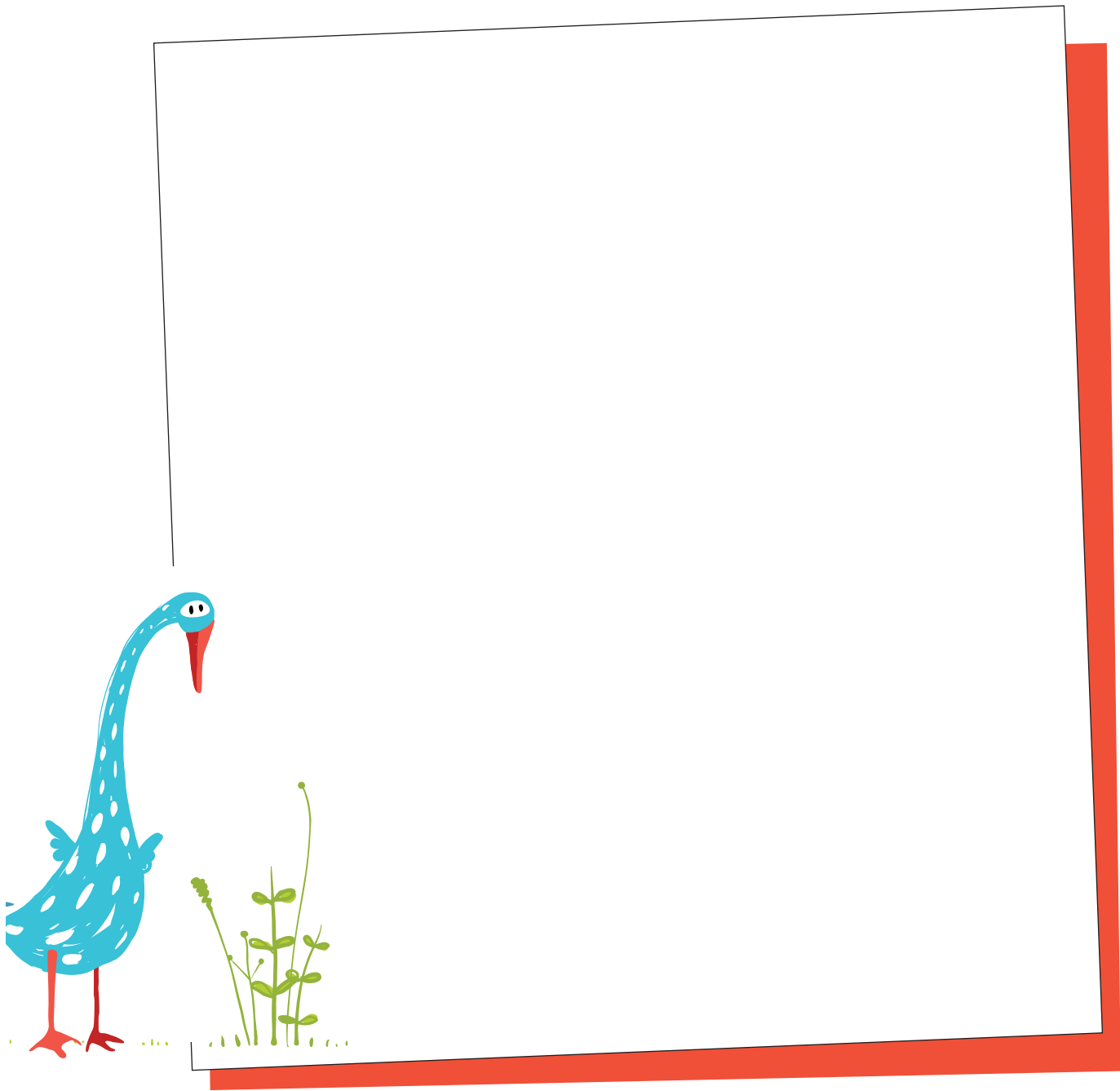


A special person I love died.

It was my _____.

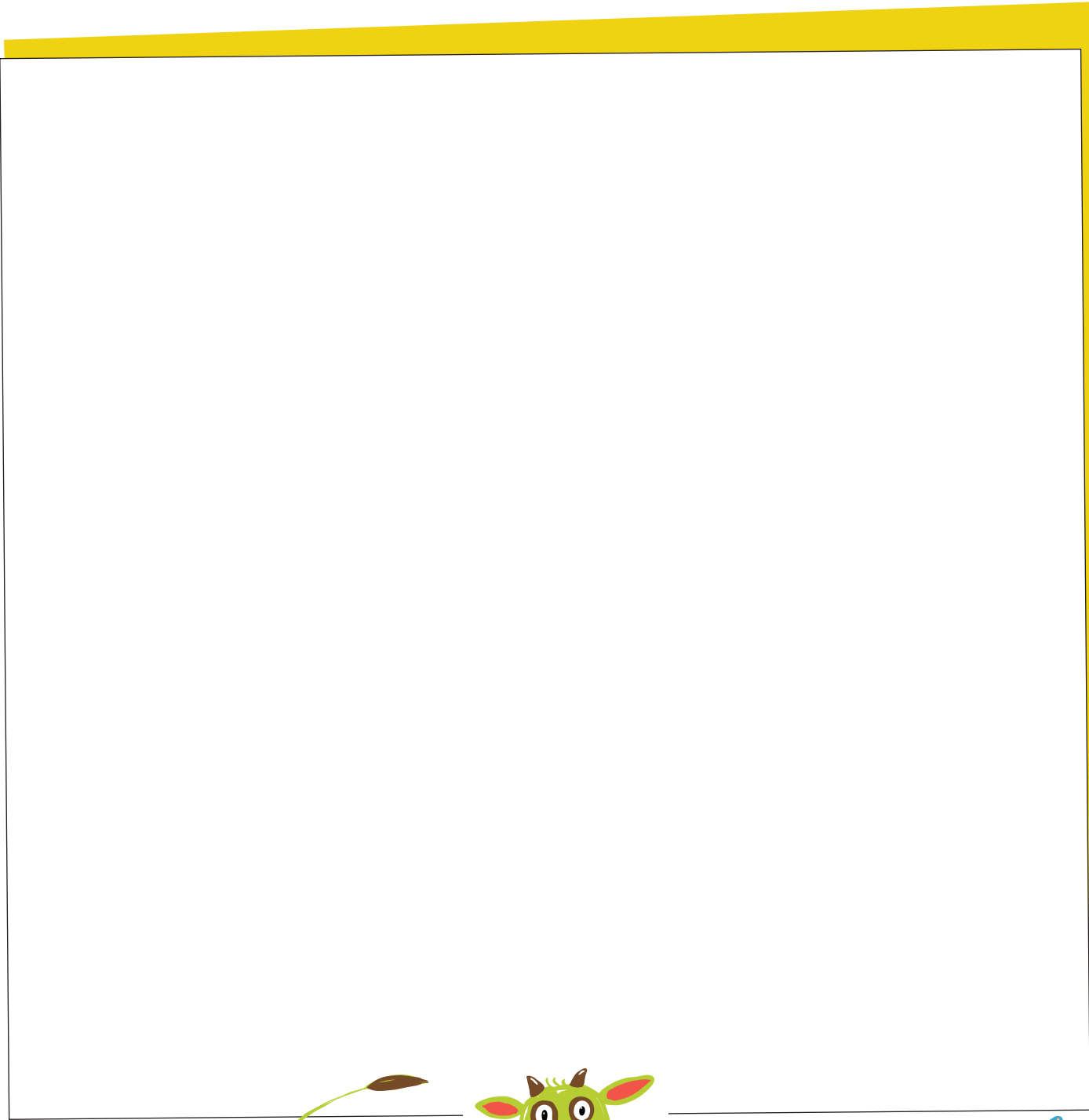
Whose name was _____.

This is a picture of my special person.



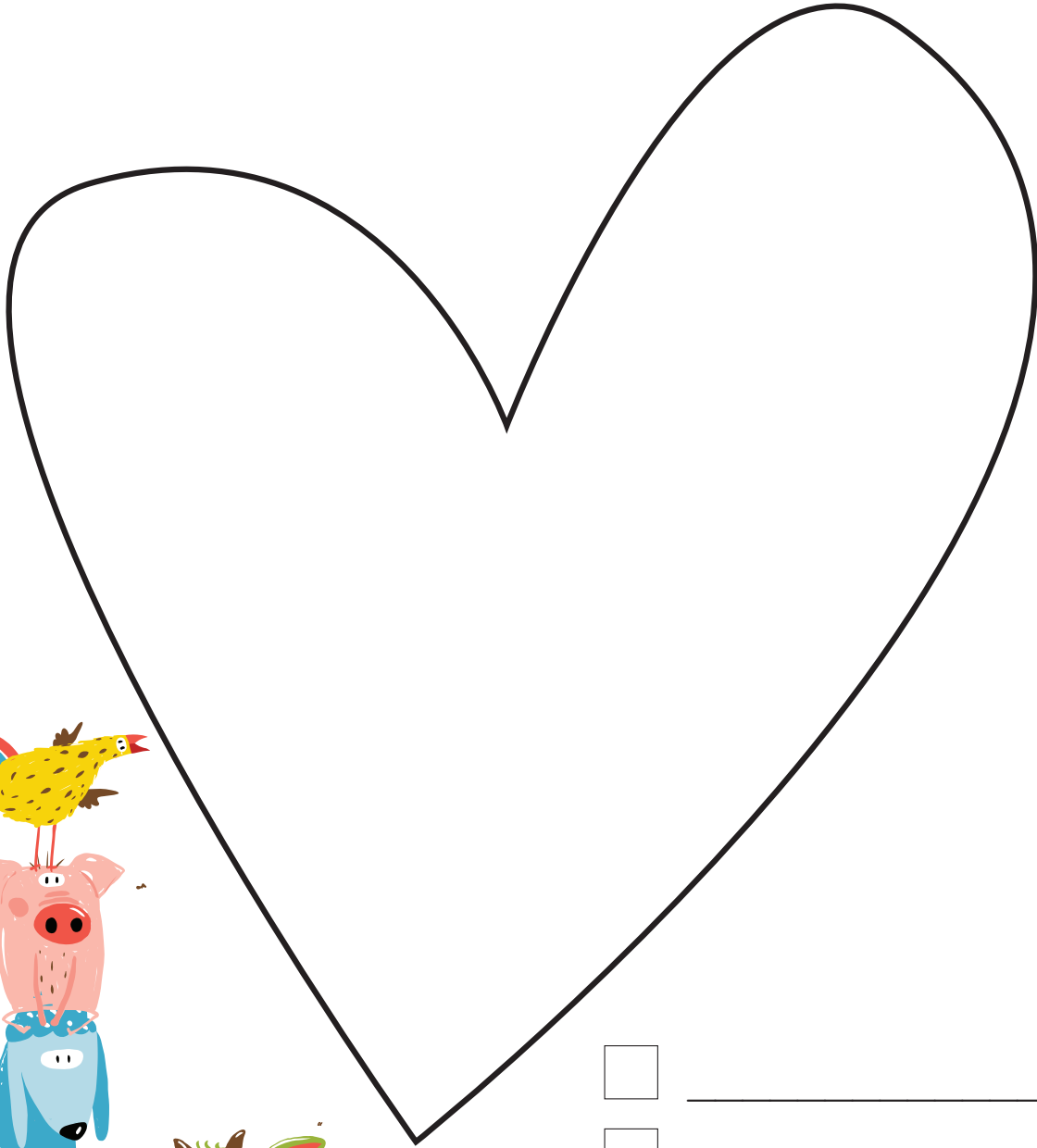
Their favorite thing to do was _____.

This is a picture of my family.



Sometimes when we miss our special person,
we can feel happy and sad at the same time.

Color and label the different feelings in your heart.



<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

How are you feeling today?



Hurt



Surprised



Happy



Sad



Angry



Confused



Disappointed



Excited



Proud

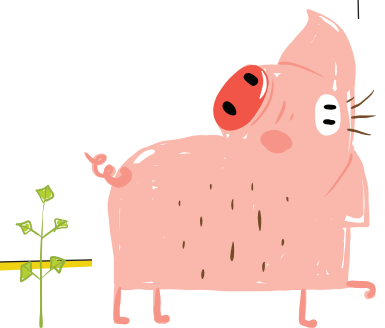


I feel sad when ...

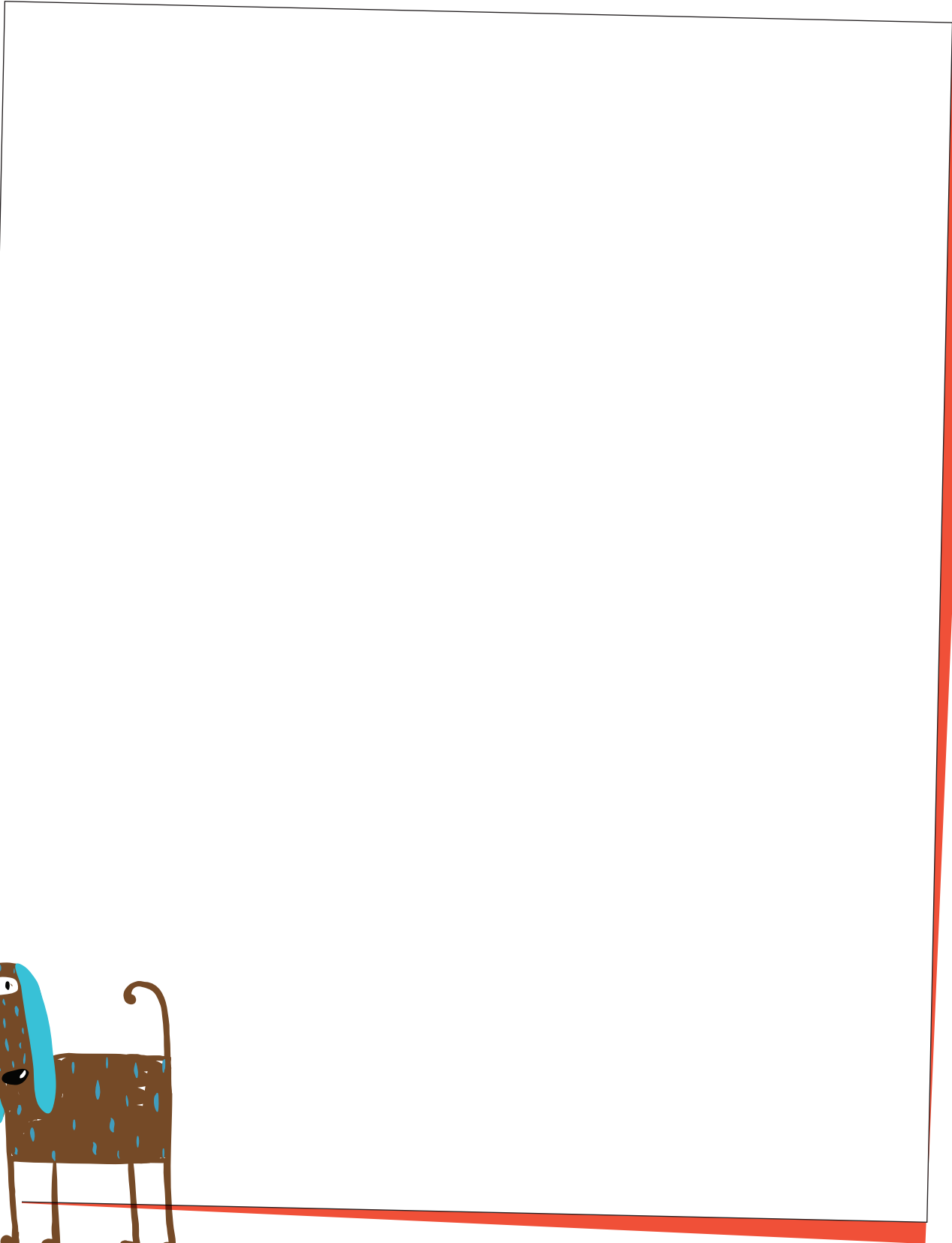


It's okay to feel sad, and it's okay to cry.

I feel happy when ...



My favorite memory of my special person is...



**Here's an activity everyone in my family can do together
to remember our loved one:**

Memory Lanterns

Supplies:

- Empty clear jar
- Tissue paper
- Markers
- Glue (liquid school glue)
- Foam brush
- LED Candle



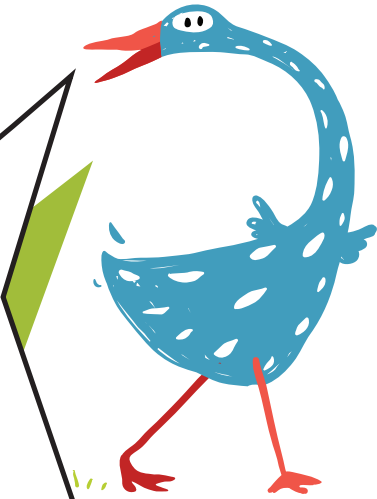
Directions:

Start by cutting small squares of tissue paper that are big enough to draw on. Then draw or write your favorite memories of their loved one. Next, glue the squares onto the outside of the jar. Make sure not to use too much glue! Use the foam brush to lightly spread the glue. Let the jar dry. Once the jar has dried, place the LED candle inside to light the lantern.

You put it in a special place where you can always see it
or use it as a night-light!



If I could say anything to my loved one, I would tell them ...



The Precious Present

Some of my favorite pastimes are: _____

Things I could try are: _____

When I am angry, sad, or frustrated, it helps me to: _____

I could also try: _____

I am proud of: _____

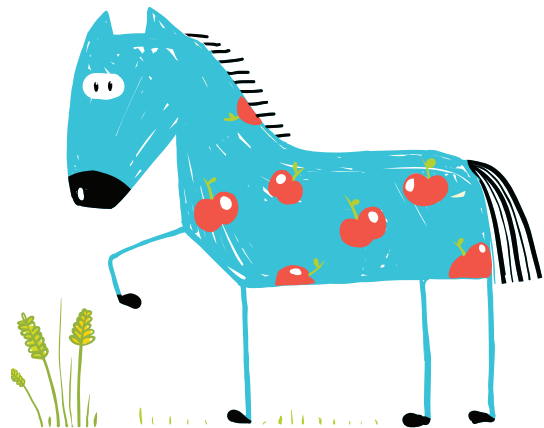
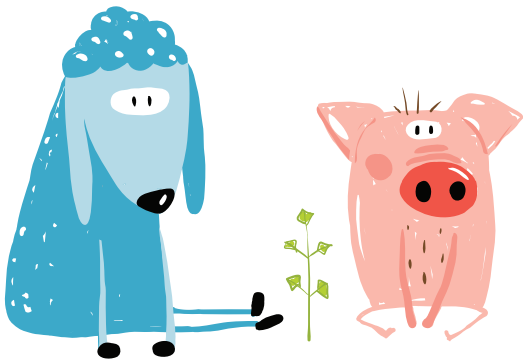
Goals I have for myself are: _____

When I need to talk, these people are helpful: _____

If I need to talk, I could also talk to: _____

Trusted adult's phone number

Emergency number



Acknowledgements

This publication was made possible through a Caring Communities Create Capable Children: C's the Day! Mini-Grant, sponsored by the Michael & Susan Dell Center for Healthy Living at UT School of Public Health in Austin with funding from the Michael & Susan Dell Foundation. These materials will provide vital information and tools to families and professionals working with grieving youth throughout Central Texas. We are grateful for the support of The Christi Center staff in the development of this publication.

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About The Christi Center

The Christi Center helps build well-being by offering people who have experienced the death of a loved one to opportunity to connect with others. When grief is not endured in isolation or ignored, it helps all of us weather life's storm, and our community grows stronger. We offer support groups where people connect and find a safe space to explore the emotions that are part of the grief process, activities to help maintain a healthy relationship with the deceased, and community education so that we are all better equipped to help the grieving people in our lives. Understanding that grief does not have a cure, but requires ongoing maintenance, our services are available for however long they are needed and are always free of charge. We serve children, teens, and adults, supporting people through all stages of the life cycle, in order to build a healthier culture around death and grief.

To learn more about us, visit us online at
www.christicenter.org
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Dear Caregiver of a Grieving Child,

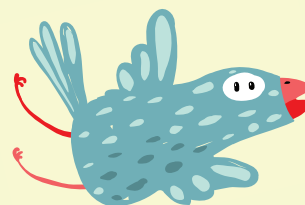
The Christi Center is proud to present the “My Feelings Book” Family Grief Booklet. We developed this toolkit to support those working with elementary school-aged children who have experienced the death of a parent, sibling, or other close loved one. The “My Feelings Book” is intended to guide a child’s grief journey by providing healthy activities to develop healthy coping behaviors and positive ways to remember the loved one. This toolkit is a therapeutic activity book for ages 5+ that encourages expression of feelings of loss. The activities in this book are based on therapeutic interventions but are not meant as a substitute for mental health therapy. It can be used by school counselors, therapists, teachers, and parents.

Please Note: If there is an immediate crisis that may arise during the use of this book, such as disclosure of abuse, behaviors, or expressed thoughts of self-harm or harm to others, please call 911.

The Christi Center connects people grieving the death of a loved one, and support the people assisting the bereaved through peer-based support groups, therapeutic activities, and education. We offer open-ended support and a respect for grieving in your own way and on your own timeframe. Our support groups include loss-specific groups for adults in Austin and Georgetown, and semi-monthly groups in Austin for kids (5-12) with a concurrent group for parents/guardians, a semi-monthly group for teens, school-based groups, and individual work with elementary aged children in Austin ISD Title I schools.

For more information about this book, or any of the services offered by The Christi Center, please call us at 512-467-2600. We’d love to hear your feedback.

Warmly,
The Christi Center



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