LOVE & MEMORIES
Activities for Kids Who Have Lost a Loved One
by Susan B. Weaver
There are ALL KINDS of things you can do to HONOR and REMEMBER your loved one!

In Loving Memory Of:

Person's Name: ___________________________

Today's Date: ____________________________

Let's get started!

Draw a picture of the person here.
How was this person connected to you?

grandmother, grandfather, mom, dad, sister, brother, aunt, uncle, cousin, good friend, someone else?

What are some things you remember about how they looked?

What color were their eyes? __________________________

Did they wear glasses? __________________________

What color was their hair? __________________________

Was their hair long or short... or maybe they had no hair at all? __________________________

Did they like to wear hats? __________________________

Did they smell good? __________________________

What did their voice sound like? __________________________

What else do you remember about how they looked?

__________________________________________________________________________________________
Draw a picture of them here!
Families have different beliefs about where people go when they die.

Ask someone in your family about these beliefs.
How do you feel most of the time since this person is gone?

- Pretty Good
- Just OK
- Friendly
- Loving
- Energetic
- Hopeful
- Stressed
- Mad
- Confused
- Lonely
- Sad
- Shocked

My feelings keep changing back and forth all the time.
Frame some pictures!

1) Get some pictures of the person...  
(ask a grown-up what pictures you can use)

2) Place the pictures on these pages... 
(attach the pictures with glue or tape)

3) Color a frame around each picture!
Draw pictures of the places where you spent time together!
What were some of your loved one’s favorite expressions or things they liked to say?
What was it you especially loved about them?

Stuff they let you do?

How they looked?

Hugs?

How they were always there for you?

Special stuff they did for you?
What are some special occasions you spent with your loved one?

Birthdays

Vacations

Holidays

List them here:

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Write some words that describe your loved one...

_________________________  _________________________

_________________________  _________________________

_________________________  _________________________

_________________________  _________________________

_________________________

Now make up a story or poem about them using the words you wrote!

You might want to ask for help on this one!
Use this activity book to remember your loved one!

Look through this book or add to it whenever you are thinking about and missing this person.

Know that this person will always be a part of your life and who you are, and that it’s OK to be happy when you think about them.

Remember that as long as you have loving thoughts about this person, they will live in your heart forever... with wonderful LOVE & MEMORIES.