

Grief Worksheet for Kids: Sentence Completion

Name: _____ Date: _____

Overview: This worksheet is a tool to help you express your feelings and thoughts about someone special who you have lost. Sometimes, it's hard to talk about these things, but remember; it's okay to feel different emotions. Here are some sentence beginnings that you can complete. Remember, skipping any that makes you feel uncomfortable is okay.

Instructions:

- 1. Find a quiet and comfortable place where you can think and write.
- 2. Read through all of the sentence beginnings.
- 3. When you are ready, complete the sentence in your own words in the second column.
- 4. If any sentence beginning makes you feel too uncomfortable, it's okay to leave it blank.
- 5. Take your time. You do not need to complete everything in one go.
- 6. Once you're done, if you feel comfortable, you can share this with someone you trust, like a parent, teacher, or counselor. But remember, it's your choice.
- 7. Keep this worksheet safe. You can look back on it whenever you want.

Sentence beginnings	Your sentence completion
The thing I miss most about the person who I lost is...	
One thing I learned from the person who I lost is...	
When I think of the person who I lost, I feel...	
One thing I wish I could tell the person who I lost is...	

Sentence beginnings	Your sentence completion
A special memory that I have of the person who I lost is...	
Something that scares me about my loss is...	
Something that comforts me during this time is...	
One way I've changed since my loss is...	
If I could ask the person who I lost one more thing, it would be...	
I feel most connected to the person who I lost when I...	
One way I can honor the memory of the person who I lost is...	
One thing that's hard for me to talk about is...	

Remember, this worksheet can be adapted to suit the age and understanding of the child or adolescent. Always ensure they feel comfortable and safe while completing it and that it's part of a supportive approach to helping them deal with their loss.