My Grandparent Memory Map

My grandparent died. I loved them, and it is okay to miss them.

Name: _____ **Date:** _____

1 How I feel since my grandparent died

Tick all that fit. Feelings can change every day

- [ ] Sad
- [ ] Angry
- [ ] Lonely
- [ ] Confused
- [ ] Worried
- [ ] Guilty
- [ ] Relieved
- [ ] Okay sometimes

2 True things about when someone dies

Tick the ones I want to remember

- [ ] Dead means forever
- [ ] They feel no pain now
- [ ] It was not my fault
- [ ] Grown ups cry too
- [ ] Grief comes in waves
- [ ] I can still laugh
- [ ] Love does not end
- [ ] I can ask anything

3 All about my grandparent

Write or tell a grown up who can write it for me

I called them: _____

My favorite memory with them: _____

Something they taught me: _____

What I want to say to them: _____

4 Draw us together

Draw me and my grandparent doing something we loved

Me and my grandparent:

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My Goodbye and Remembering Plan

Ways to remember, my choices for the funeral or memorial and my feelings week.

Name: _____ **Date:** _____

1 Ways to remember my grandparent

Tick the ones I want to do

- [ ] Make a memory box
- [ ] Cook their recipe
- [ ] Write a letter
- [ ] Look at photos
- [ ] Keep something of theirs
- [ ] Plant a flower
- [ ] Tell their stories
- [ ] Mark their birthday

2 My funeral or memorial choices

A grown up explains what happens first. I can say yes, no or maybe

- [ ] Go to the service
- [ ] Sit with my helper
- [ ] Take a break outside
- [ ] Bring a drawing
- [ ] Place a flower
- [ ] Say goodbye my way
- [ ] Visit the grave later
- [ ] Ask my questions

3 My feelings week

Color a box each day. There is no wrong answer

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
I missed them a lot	☐	☐	☐	☐	☐	☐	☐
I talked or drew about it	☐	☐	☐	☐	☐	☐	☐
I did something that helped	☐	☐	☐	☐	☐	☐	☐

4 For the adult helper

Honest words, all feelings welcome, follow the child's lead

Use the words "died" and "dead". Avoid "went to sleep" or "we lost Grandpa"; young children take words literally. Expect the same questions again.

You may be grieving your own parent. It is okay to cry in front of your child. Ask another trusted adult to help at the service and on hard days.

Invite, never force, the child to the service. Tell the pediatrician or school counselor if sleep, school or mood problems last or get worse.

Crisis: call or text 988. Danger: 911.

Adult notes: what my child said, what helped, who else should know (teacher, counselor)

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Get it on Etsy

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