My Pet Memory Map

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

Name: _____ **Date:** _____

1 How I feel since my pet died

Tick all that fit. Feelings can change every day

- [ ] Sad
- [ ] Angry
- [ ] Lonely
- [ ] Confused
- [ ] Guilty
- [ ] Scared
- [ ] Numb
- [ ] Okay sometimes

2 True things about when a pet dies

Tick the ones I want to remember

- [ ] Death is forever
- [ ] My pet feels no pain
- [ ] 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 pet

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

My pet's name: _____

My favorite memory: _____

Something funny my pet did: _____

What I want to say to my pet: _____

4 Draw my pet

Draw my pet doing their favorite thing

My pet and me:

Original layout by Lotus & Tulip. A support tool, not a test, a diagnosis or therapy. All feelings are okay.

My Remembering Plan

Ways to remember my pet, what helps on hard days and my feelings week.

Name: _____ **Date:** _____

1 Ways to remember my pet Tick the ones I want to do

- [ ] Make a memory box
- [ ] Plant a flower
- [ ] Write a letter
- [ ] Look at photos
- [ ] Make a scrapbook
- [ ] Hold a goodbye
- [ ] Tell pet stories
- [ ] Help animals

2 On hard days I can Tick what helps me when I miss my pet a lot

- [ ] Get a hug
- [ ] Cry it out
- [ ] Draw or color
- [ ] Run or move
- [ ] Talk to a grown up
- [ ] Hold a soft toy
- [ ] Listen to music
- [ ] Read a pet book

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 my pet 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 plain words like "died" and "dead". Avoid "put to sleep" or "ran away"; young children take words literally and lies can break trust.

Let your child see you are sad too. Anger and guilt are normal. Offer a goodbye ritual, but never force it. A new pet is not a replacement.

Tell the pediatrician if sleep, school or mood problems last for months. Pet loss support: Cornell hotline 607-218-7457.

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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