

Children often find it difficult to express their feelings, especially when coping with grief and loss. To support a child during this time, use the following questions to gently start a conversation. It's helpful if the adult caregiver also shares their own responses—this not only models emotional expression but also introduces the child to the vocabulary they can use to describe their own feelings.

- What did your loved one enjoy most?
- What do you miss most about your loved one?
- How would you like to honor your loved one's memory?
- What activity can we do together?
- What was your best day with your loved one?
- What is the hardest part of loss?
- How does it make you feel?
- How did you spend time with your loved one?



The one thing I miss most about you is:

If we had one more day together we would:

My favorite day together was when we:

The thing that is the hardest without you here is:

Something that makes me feel better when I have a hard day is:

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The one thing I miss most about you is:

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A time we laughed together is when:

The best advice you ever gave me was:

When I found out you were gone, I felt:

We both loved:

If I could say one more thing to you, it would be:

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