



THE MINDFUL STEPS SERIES™

I Can Work Through Grief Feelings

A grief and loss coping plan for kids

Andrea Dorn, MSW
AndreaDorn.com





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First, let's identify the grief feelings you have most often.

There are lots of different grief feelings.

★ Circle the most common grief feelings you have (or draw any other feelings you have on the back of this page):



Accepting

Sometimes I might feel calm and peaceful or even happy when I think about the person who died.



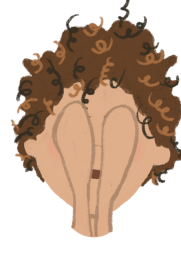
Bargaining

I might wonder if there's anything I can do to make the person who died come back.



Curious

Sometimes I might feel curious about what it means to die or what happened to the person who died.



Denial

Sometimes I might forget that things have changed or that someone has died. I might even pretend that the person who died isn't gone.



Distracted

Sometimes it might be hard to focus.



Embarrassed

Sometimes I might feel embarrassed to talk about what happened or if people treat me differently than they used to.



Fear

Sometimes I might feel scared that someone else is going to die



Guilty

Sometimes I might feel like something was my fault or guilty about having fun or making new relationships.



Hopeful

Sometimes I might feel like everything is going to be okay.



Lonely

I might feel all alone or like no one understands what I'm going through.



Mad

Sometimes I might feel angry.



Numb

Sometimes I might not know how to feel or I might not feel anything at all.



Physical Sensations

Sometimes my body hurts for no good reason.



Sad

Sometimes I might feel sad.



Worry

I might worry about other people when they have grief feelings. I might worry I will forget the person who died.



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Grief feelings can show up anytime, anywhere. It can be helpful to know the common thoughts or reminders that cause my grief feelings.

★ I have grief feelings when I...

SEE...

HEAR...

FEEL (WITH MY SENSE OF TOUCH)...

THINK ABOUT...

SMELL...

OTHER...





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When I have tricky feelings, it can be helpful to have a plan to help me work through them:

Here are **2** things I can do to help me work through **tricky** grief feelings: (Write or draw a picture.)

1

2

HERE ARE THE PEOPLE I CAN SIT WITH OR TALK TO WHEN I HAVE GRIEF FEELINGS:



When I sit or talk with someone, it would be helpful if they: (circle all that apply)

- Just listen or sit quietly with me.
- Ask me if something is wrong.
- Something else? _____
- Give feedback or advice.
- Share a story about the person who died.
- Remind me it's going to be okay.
- Ask me questions about how I'm feeling.
- Share about their grief feelings or a time they had grief feelings in the past.



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Things to remember:

- Connection with others can sometimes feel hard, but it is one of the best ways to work through grief. Determine who are trusted adults and friends you can talk to when you are struggling with grief. (And know that sometimes it's also okay to want some alone time.)
- Sometimes these practices will help, sometimes they may not. This is normal and okay. Keep practicing and exploring things that help you feel happy, healthy, and safe. ❤️

