



Sometimes it can be tricky to talk about our feelings. It might help to have a sentence starter! Try saying these out loud, drawing them out or writing them down with a safe adult that you can talk to about your feelings.

The thing that makes me feel the saddest is
If I could talk to the person who died, I would ask
Since the death, my family doesn't
My worst memory is
If I could change things, I would
One thing that I liked to do with the person who died was
When the person died I
Since the death, my friends
After the death, school
When I am alone