



“We believe in the power of love and goodness.”

## I REMEMBER...

For young children, having a supportive environment to talk about their experience and remember their loved one is an important part of the grief process. Many children find it comforting to hear that loved ones live on in our hearts and our memories. The following activity utilizes art which can be a helpful tool for children who are having difficulty expressing themselves verbally. All feelings are “normal” and they may choose to draw an experience/memory that depicts a difficult or happy time. Its important to support them in whatever they choose to draw.

**Exercise:** Provide your child with pens, pencils and/or crayons. Encourage him or her to draw a memory of their deceased loved one. Invite the child to share their drawing with you if they wish. If they do, ask them to tell you about it and how it makes them feel. Tell them they did a good job.