

**Grief Permission Slip: For Kids**

*If you need help, ask a trusted adult to help you answer the following questions:*

1.) Who is one adult that helps you feel safe with right now?

2.) Who is one friend that makes you feel happy?

3.) Who do you miss the most right now?

4.) When you are sad, what is one \_\_\_\_\_ that makes you feel better? (Use the idea bank if you need some help.)

A. thing to do

B. thing to eat

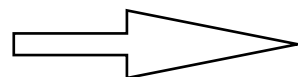
C. person to hug

D. toy to play with

**Idea Bank:**

Thing to do	Thing to eat	Person to hug	Toy to play with
Play with my neighbor	My favorite ice cream	My teacher	A toy I liked when I was a baby
Ride my bike	(my loved one's) favorite food	My friend at school	A new toy I just got
Draw a picture	Peanut butter and jelly	Someone from church	A toy I can play with outside
Read a book	Pizza	Someone in my family	A toy that helps me create or build

*Now use your answers to fill in the blanks in the "permission slip" on the next page.*





Day of the month: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

Dear \_\_\_\_\_,  
My name

I know you are missing \_\_\_\_\_ so much right now.  
3

Sometimes you feel very sad and \_\_\_\_\_. It is ok to feel  
How else do you feel?

that way. Grown-ups and kids both feel like this sometimes, and sometimes it makes them cry. Did you know that crying helps you feel better? There are

many other things that you can do to help yourself feel better. When you

feel sad, it is ok to go and talk to \_\_\_\_\_. You can also go  
1

play with \_\_\_\_\_, who is a good friend and makes you feel  
2

happy. Another thing you can do is \_\_\_\_\_,  
A

or ask \_\_\_\_\_ if you can eat some \_\_\_\_\_.  
1 B

When you begin to feel sad, you can always find \_\_\_\_\_ and ask  
C

them for a hug. And don't forget your favorite \_\_\_\_\_,  
D

which always helps you feel better! Don't forget that \_\_\_\_\_  
3

loved you very much and would be very proud of you. \_\_\_\_\_  
1

also loves you very much and is also very proud of you •

Love, \_\_\_\_\_  
My name

