

A family member is sick.



My best friend moved away.



Things that already happened.



The weather.



What other people say.



Someone I love died.



Being mean to my siblings.



My future.



What I do when I'm upset.



My thoughts and attitude.



How I treat others.



How hard I try.



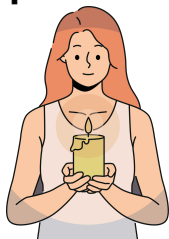
How other people grieve your special person.



When and how I talk about my grief.



How I remember my special person.



What dreams I have at night.



My body's response to grief.



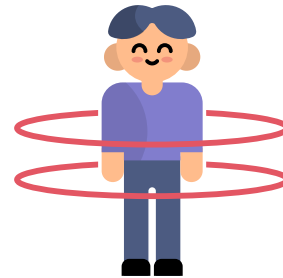
How I take care of myself.



Decisions adults make.



Boundaries I set with others.



Asking for help.



Getting older.



Choosing to rest when I feel tired.



Keeping something that reminds me of my special person.

