

**A Cuddle-Up
Coloring
Book**



**For Children
Who Are Grieving**

How I Feel

Draw a picture or write something about how you felt when someone died.



When Someone Dies . . .



**it's okay
to be sad**

Memories

Draw a picture or write something about your favorite memories of the person who died.



When Someone Dies . . .



**it's okay
to cry**

Some Things Change

Draw a picture or write something about things that will change because someone died.



When Someone Dies . . .



**it's okay
to miss them**

Little Things

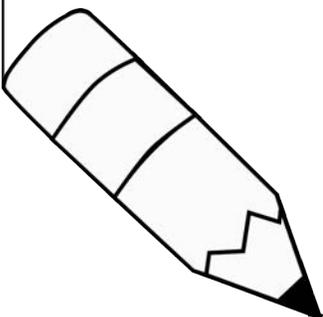
There are little losses inside one big loss.

When a brother or sister dies,
you lose someone to fight or laugh with.

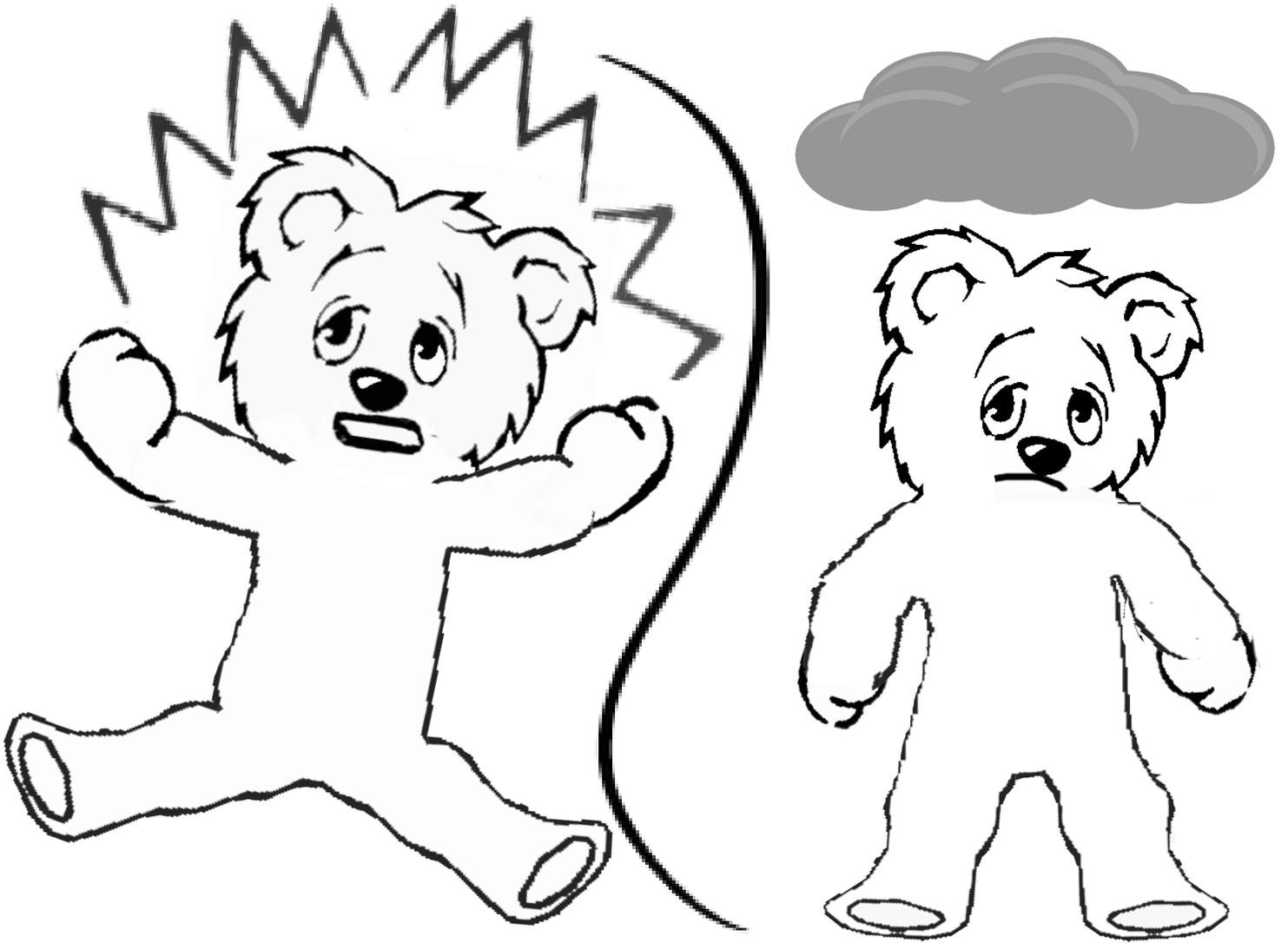
When a parent or grandparent dies,
you lose the person who made you feel safe.
List things that you did for the person who died
and what they did for you

Things you did for the person who died

Things the person who died did for you



When Someone Dies . . .



**it's okay to be upset
... ask for a hug**

Remembering

with our senses: see, smell, hear, taste and feel . . .

Write or draw what reminds you of the person who died.

SEE:



SMELL:



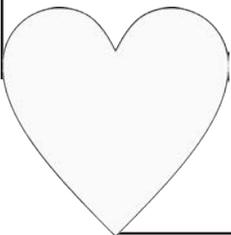
HEAR:



TASTE:



TOUCH/FEEL:

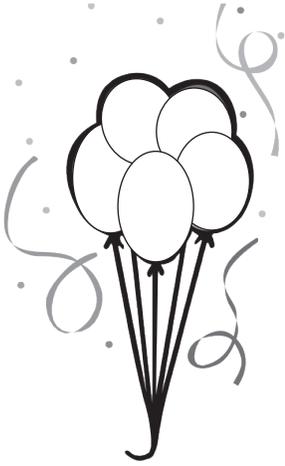


When Someone Dies . . .



**it's okay to be a kid
... laugh and play**

Happy Times



Draw pictures of happy times.

When Someone Dies . . .



**it's okay to feel better
and have fun**

What Makes Me Happy

Make a list or draw pictures of things that make you happy.



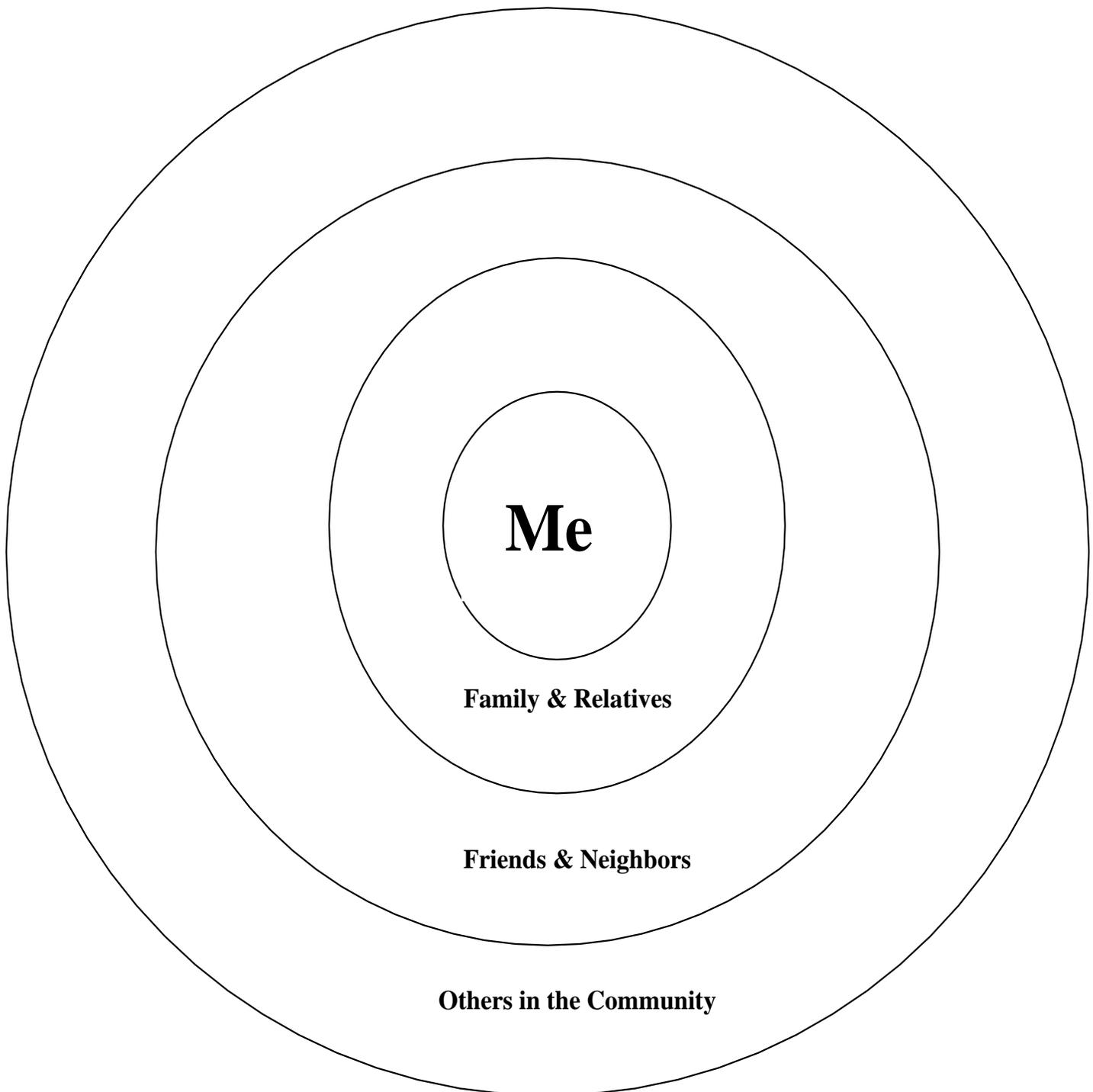
When Someone Dies . . .



**it's okay to keep them
in your thoughts
and prayers -
they watch over you**

Circle of Caring

Write the names of people who care about you.



When Someone Dies . . .



**be with those who
care about you -
look toward
the future**

My Grief Rights: Ten Healing Rights for Grieving Children

by Alan D. Wolfelt, Ph.D.

(Author's note: This "bill of rights" for grieving children is intended to empower them to help themselves heal and to help direct the adults in their lives to be supportive as well.)

Use this list to keep you on track as you move toward healing from your loss.

The following ten rights will help you understand your grief and eventually feel better about life again. Use the ideas that make sense to you. Post this list on your refrigerator or on your bedroom door or wall. Re-reading it often will help you stay on track as you move toward healing from your loss. You might also ask the grown-ups in your life to read this list so they will remember to help you in the best way they can.

“Bill of Rights” For Grieving Children

1. I have the right to have my own unique feelings about the death.

I may feel mad, sad or lonely. I may feel scared or relieved. I may feel numb or sometimes not anything at all. No one will feel exactly like I do.

2. I have the right to talk about my grief whenever I feel like talking.

When I need to talk, I will find someone who will listen to me and love me. When I don't want to talk about it, that's OK, too.

3. I have the right to show my feelings of grief in my own way.

When they are hurting, some kids like to play so they'll feel better for a while. I can play or laugh, too. I might also get mad and scream. This does not mean I am bad, it just means I have scary feelings that I need help with.

4. I have the right to need other people to help me with my grief, especially grown-ups who care about me

Mostly I need them to pay attention to what I am feeling and saying and to love me no matter what.

“Bill of Rights” For Grieving Children

5. I have the right to get upset about normal, everyday problems.

I might feel grumpy and have trouble getting along with others sometimes.

6. I have the right to have “griefbursts”.

Griefbursts are sudden, unexpected feelings of sadness that just hit me sometimes – even long after the death. These feelings can be very strong and even scary. When this happens, I might feel afraid to be alone.

7. I have the right to use my beliefs about my god to help me deal with my feelings of grief.

Praying might make me feel better and somehow closer to the person that died.

8. I have the right to try to figure out why the person I loved died.

But it's OK if I don't find an answer. Questions about life and death are the hardest questions in the world.

9. I have the right to think and talk about my memories of the person who died.

Sometimes those memories will be happy and sometimes they might be sad. Either way, these memories help me keep alive my love for the person who died.

10. I have the right to move toward and feel my grief and, over time, to heal.

I'll go on to live a happy life, but the life and death of the person who died will always be a part of me. I'll always miss this special person.



of Citrus
and the Nature Coast

www.friendsofcitrus.org

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Friends of Citrus and the Nature Coast is a charitable organization providing community grief support workshops for anyone who has experienced a loss; telephone support; grief support resources for all ages; educational materials for parents and teachers; wellness support programs; and children's grief support camps. Social support for widows and widowers is provided through the **L.I.F.T. Program**, sponsored by Dignity Memorial in Citrus County.

Herry's Kids Children's Services programs include **Camp Good Hope** and **Teen Encounter** grief support camps, which provide an honest, safe environment where kids can learn to talk openly about their loss and improve their ability to cope.

VISION:
To be a grief resource for people of all ages and stages of life.

MISSION:
To provide help, hope and healing to people in grief

Grief

is the normal and natural response to losing someone or something.

Memorial opportunities include the annual **Tree of Remembrance**, **Renewal Memorial Services**, memorial stones, plaques, Veteran's recognition and **Tree of Loving Memory** leaves.

All of the programs and services offered by Friends of Citrus and the Nature Coast are totally dependent on donations, fundraising and Thrift & Gift Shoppe operations.

For information about services or to donate, call **352.249.1470**

or visit

www.friendsofcitrus.org

or

Friends of Citrus on Facebook.



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"Herry the Heron" is the logo for Friends of Citrus and the Nature Coast. The heron is symbolic of calm, grace, solitude, patience, versatility, tranquility, intelligence, determination, independence and resourcefulness.
Herry carries a message that says *we cannot always do everything by ourselves. There are times in everybody's life in which we gotta "get a little help from our friends."*