

# **OUR LOVED ONE DIED SERVING OUR COUNTRY**

**A BOOK ON FEELINGS AND MEMORIES  
FOR THE ENTIRE FAMILY**



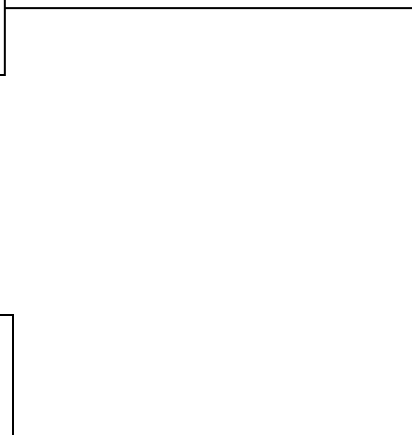
**Written and Illustrated by  
HELEN FITZGERALD  
And**

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(your name)

**This book is a way for you and your family to keep the memory of your loved one alive and close to your hearts. It is a place for all of you to remember and to share. It may be a book that you want to work on with your child or your child might want to have a copy of her/his own. My thoughts and prayers are with you as you journey through your grief. My gratitude goes to your loved one who gave his/her life making our country safe.**

**ON THIS PAGE, PASTE PICTURES OF YOUR MILITARY EMBLEM, OF YOUR LOVED ONE WHO DIED, AND OF YOU.**



# **THIS IS MY STORY**

**The name of my loved one is** \_\_\_\_\_

**He/she served in the** \_\_\_\_\_

**He/she was my** \_\_\_\_\_

**This is what happened** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**This is what I remember the last time I saw or talked with him/her**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**I found out about his/her death when** \_\_\_\_\_

\_\_\_\_\_

**What I miss the most is** \_\_\_\_\_

\_\_\_\_\_

**This is what I want the world to know about our loved one** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**LIST SIX FEELINGS YOU HAVE HAD SINCE YOUR  
LOVED ONE DIED. PICK ONE AND DRAW A PICTURE  
OF IT IN THE SPACE BELOW.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

**MAKE A LIST OF WHAT HELPS YOU WHEN YOU ARE FEELING SAD, SCARED, OR LONELY.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

## **WHEN YOU ARE ANGRY, HERE ARE SOME THINGS TO DO INSTEAD OF HURTING OTHERS:**

- 1. Rip up an old magazine and throw it about. Then play “basketball” as you clean up.**
- 2. Pound a pillow or mattress.**
- 3. Run around the outside of your house 4 times.**
- 4. Go into your closet, close the door and yell as loud as you can.**
- 5. Get out a tape recorder and yell your anger to it.**
- 6. Do a “mad” dance.**
- 7. Draw a “mad” picture and share it with an adult.**
- 8. Make a “mad” face in the mirror.**
- 9. Count to 10, slowly and loudly.**
- 10. Talk to someone about your mad feelings.**
- 11. Write the things you are mad about on a balloon and break the balloon creatively.**
- 12. Throw a Nerf ball against the wall.**
- 13. Do something funny.**
- 14. Play some soothing music.**
- 15. Cuddle up with a soft blanket or favorite toy.**
- 16. Clean your room.**

**ARE THERE SOME QUESTIONS YOU HAVE BEEN  
AFRAID TO ASK?**

**LIST THEM HERE AND FIND A TRUSTED ADULT TO SHARE THEM WITH**

**1.** \_\_\_\_\_

**2.** \_\_\_\_\_

**3.** \_\_\_\_\_

**4.** \_\_\_\_\_

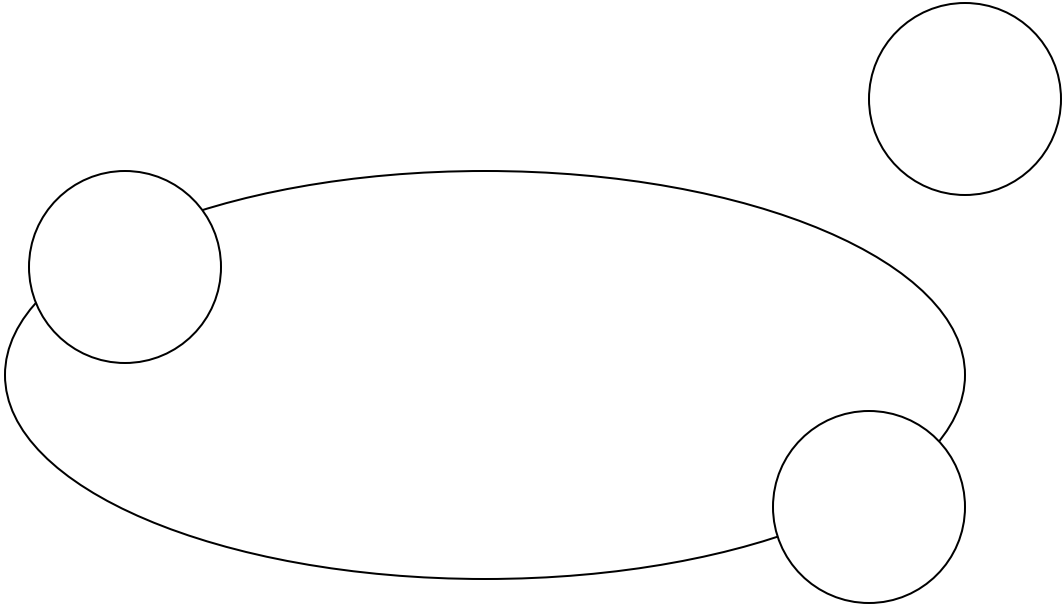
**5.** \_\_\_\_\_

**THIS IS A FUN SPACE. WRITE DOWN YOUR LOVED ONE'S NAME AND THEN USE EACH LETTER OF HIS NAME TO DESCRIBE HIM/HER.**

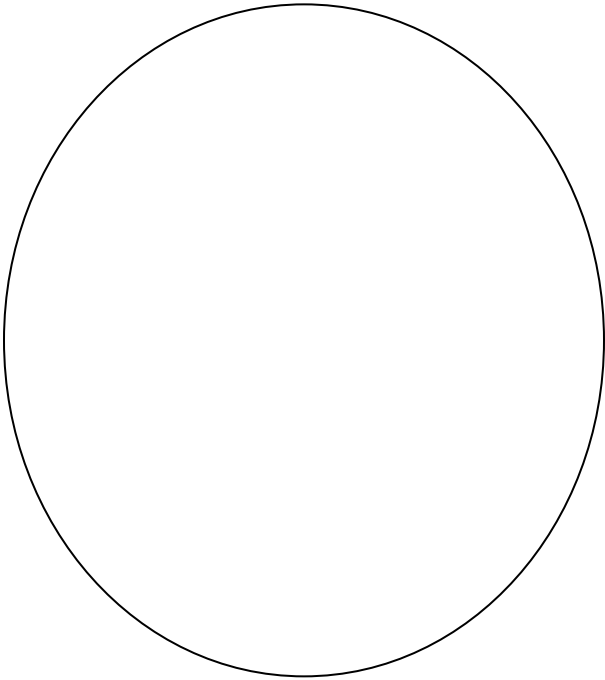
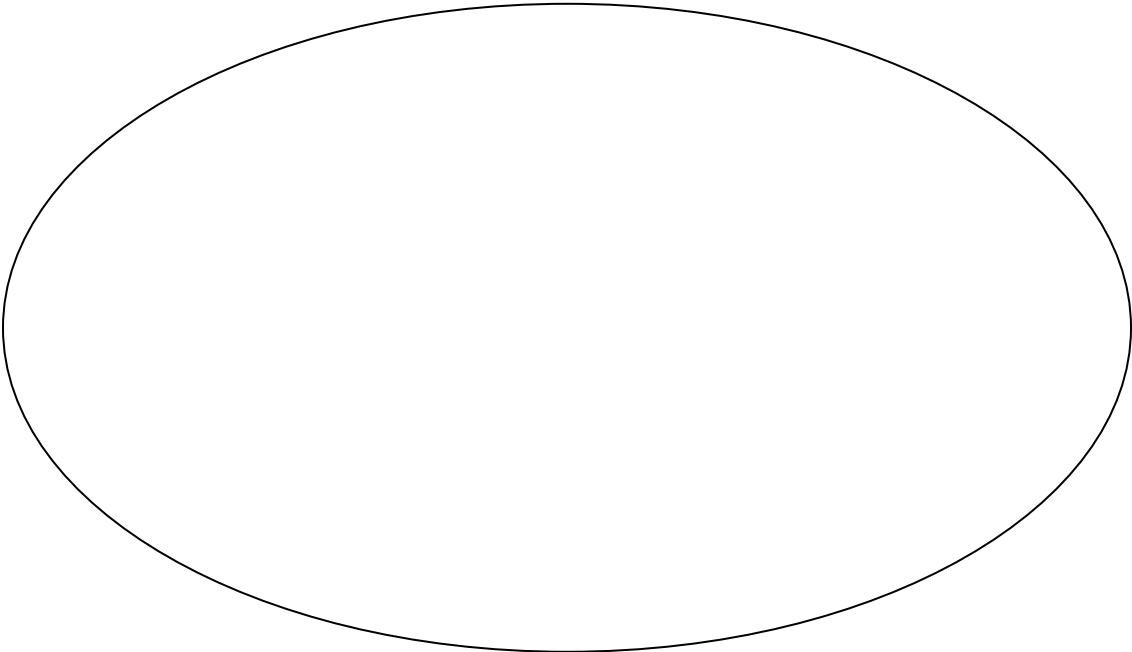
For example: Let's pretend your loved one was called Jim.

<u>J</u>	<u>Jolly</u>
<u>I</u>	<u>Inventive</u>
<u>M</u>	<u>Muscular</u>

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____



**DESIGN A ‘HERO’S BADGE’ FOR YOUR LOVED ONE WHO DIED.**





**WHAT IS A GOOD OR FUNNY MEMORY OF YOUR  
LOVED ONE THAT MAKES YOU SMILE?**

**MEMORIES ARE TO BE CHERISHED. ON THIS PAGE DEVELOP A COLLAGE BY CUTTING OUT PICTURES AND WORDS FROM MAGAZINES AND GLUE THEM DOWN. SHARE YOUR MEMORIES WITH OTHERS.**

**SOMETIMES YOU HAVE DREAMS ABOUT YOUR  
LOVED ONE. DRAW A PICTURE OF ONE OF THEM.**

# **LOTS OF PEOPLE LOVE YOU & WILL TAKE CARE OF YOU.**

**DRAW OR PASTE A PICTURE OF YOURSELF ON THIS PAGE AND WRITE THE NAMES OF PEOPLE WHO LOVE AND SUPPORT YOU IN SMALLER CIRCLES AROUND YOU.**

## WHAT WAS HARD ABOUT RETURNING TO SCHOOL?

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_
3. \_\_\_\_\_  
\_\_\_\_\_
4. \_\_\_\_\_  
\_\_\_\_\_
5. \_\_\_\_\_  
\_\_\_\_\_

# WHAT DO YOU THINK YOUR FUTURE WILL BE LIKE?

**1 Year from now**

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**2 Years from now**

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**5 Years from now**

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**When you are an adult**

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**HOW CAN YOU HELP OTHERS WHO HAVE HAD  
LOVED ONES DIE? WHAT ADVICE WOULD YOU  
HAVE FOR THEM?**

# **SOME GUIDELINES FOR PARENTS: HOW TO HELP YOUR CHILD THROUGH GRIEF**

Prepared by Helen Fitzgerald, CT  
Author of *The Grieving Child* and *The Grieving Teen*

Note to all parents or caregivers: The best thing you can do for your grieving children is to offer loving support. Hugs and touch are so healing. Listen to the child in your care and really hear what he/she is saying. And create times for your children to feel safe to talk about whatever might be on their minds. The following will also be of help:

- **As soon as possible after the death, set time aside to talk to your child.**
- **Give your child the facts in a simple manner - be careful not to go into too much detail. Your child will ask more questions as they come up in his/her mind.**
- **If you can't answer their questions, it's OK to say, "I don't know how to answer that, but perhaps we can find someone to help us."**
- **Use the correct language - say the word "dead" etc. Do not use phrases such as: "He's sleeping," or "God took her," or "He went away," etc.**
- **Ask your child questions to better understand what he/she may be thinking or feeling. "What are you feeling?" "What have you heard from your friends?" "What do you think happened?"**
- **Explain your feelings to your child, especially if you are crying. Give him/her permission to cry too. We are children's role models and it's appropriate for children to see our sadness and to share our feelings with them.**
- **Use the given name of the deceased when speaking of him or her.**
- **Understand the age and level of comprehension of your child. Speak to that level.**
- **Talk about feelings, such as: sad, angry, feeling responsible, scared, tearful, depressed, worried, etc. Discuss ways to express those feelings.**
- **Read a book on childhood grief so you have a better understanding of what your child may be experiencing.**
- **Read a book on death to your child. Take time to discuss what you have read and relate it to what is happening to you.**

- **Before taking your child to the funeral, talk about the rituals of the viewing and funeral. Explain what happens at these events and find out if your child wants to attend.**
- **Think about ways your child can say "good-bye" to the person who has died.**
- **Talk to your child about God, if appropriate, and what happens to people after they die. It is a time to teach your child the religious beliefs you want to instill in him or her.**
- **Invite your child to come back to you if he or she has more questions or has heard rumors - This will help you get the correct information.**
- **Talk about memories, good ones and ones not so good.**
- **Watch out for "bad dreams." Are they occurring often? Talk about the dreams or even draw a picture of them.**
- **Watch for behavioral changes in your child both at home or at school.**
- **Friends, family, schoolmates, etc, frequently find solace and comfort in doing something in the name of the person who died – particular rituals or a memorial.**

**You might see some of the following:**

- 1. Significant crying and irritability**
- 2. Clinging**
- 3. Frequent whining**
- 4. Somatic complaints**
- 5. Loss of concentration**