

Instructions

Looking for a DIY grief activity that can help you/your family/students process the loss of a loved one?

With just a printer, a pair of scissors, glue, and a pen you can participate in a therapeutic intervention which will support you through grief and loss.

Step 1: Download the PDF.

Step 2: Save and PRINT

Step 3: Glue the first two pages back-to-back so that the printed windows are facing out.

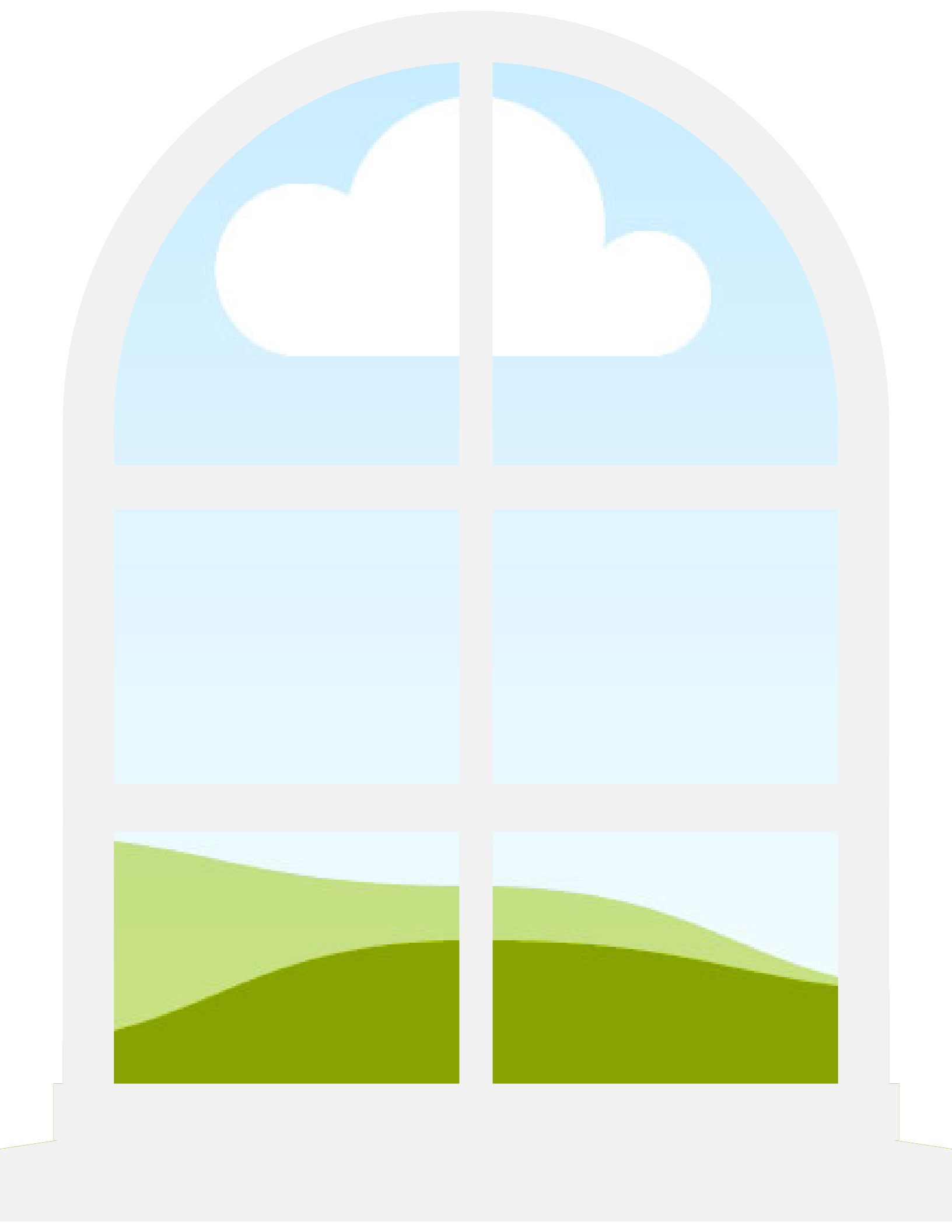
Step 4: Use scissors or exacto knife to cut along the dotted lines indicated on the printed grayscale side.


Step 5: Once cut, you will be able to fold the windows open (open from the color-window side).

Step 6: Add the third blank page – glue to the back. This gives backing to the window and this is where you will write your answers (answers to prompts under the flaps).


Step 7: Take time to answer each prompt under each flap. There are no right/wrong answers. This is a private activity for you. You can share with others or keep in a safe place – it's up to you!

Let me know how this activity goes!








Write your loved
one's name
& special
dates here.




Use this space to
communicate
appreciation
that you did not get
to share or that
you want to express
again in writing





List any
sad / uncomfortable
memories



List any
happy / fond
memories



What I will miss from
the past.
What I was
looking forward to in
the future & will miss now.



What I wish I had done
differently.

