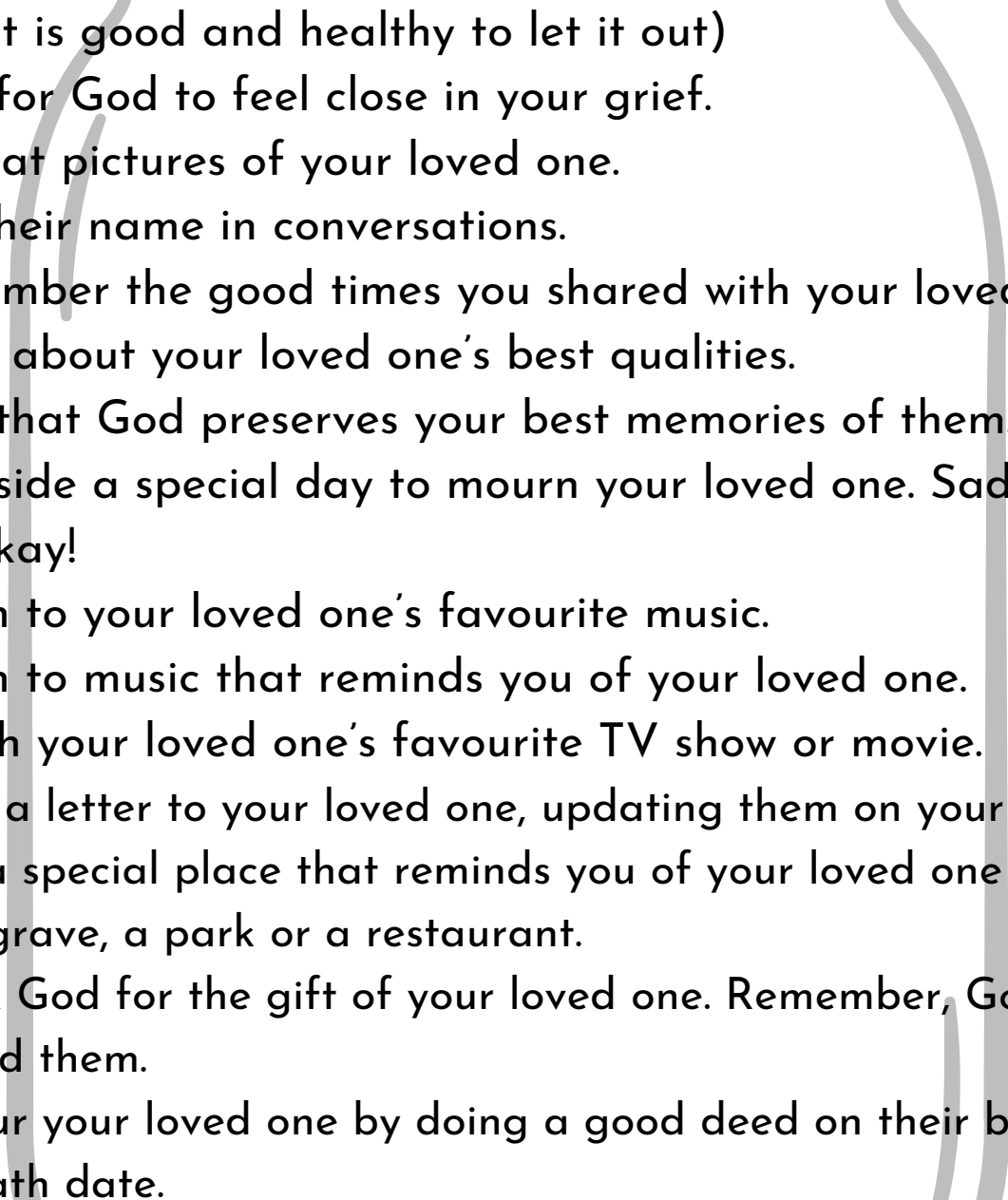
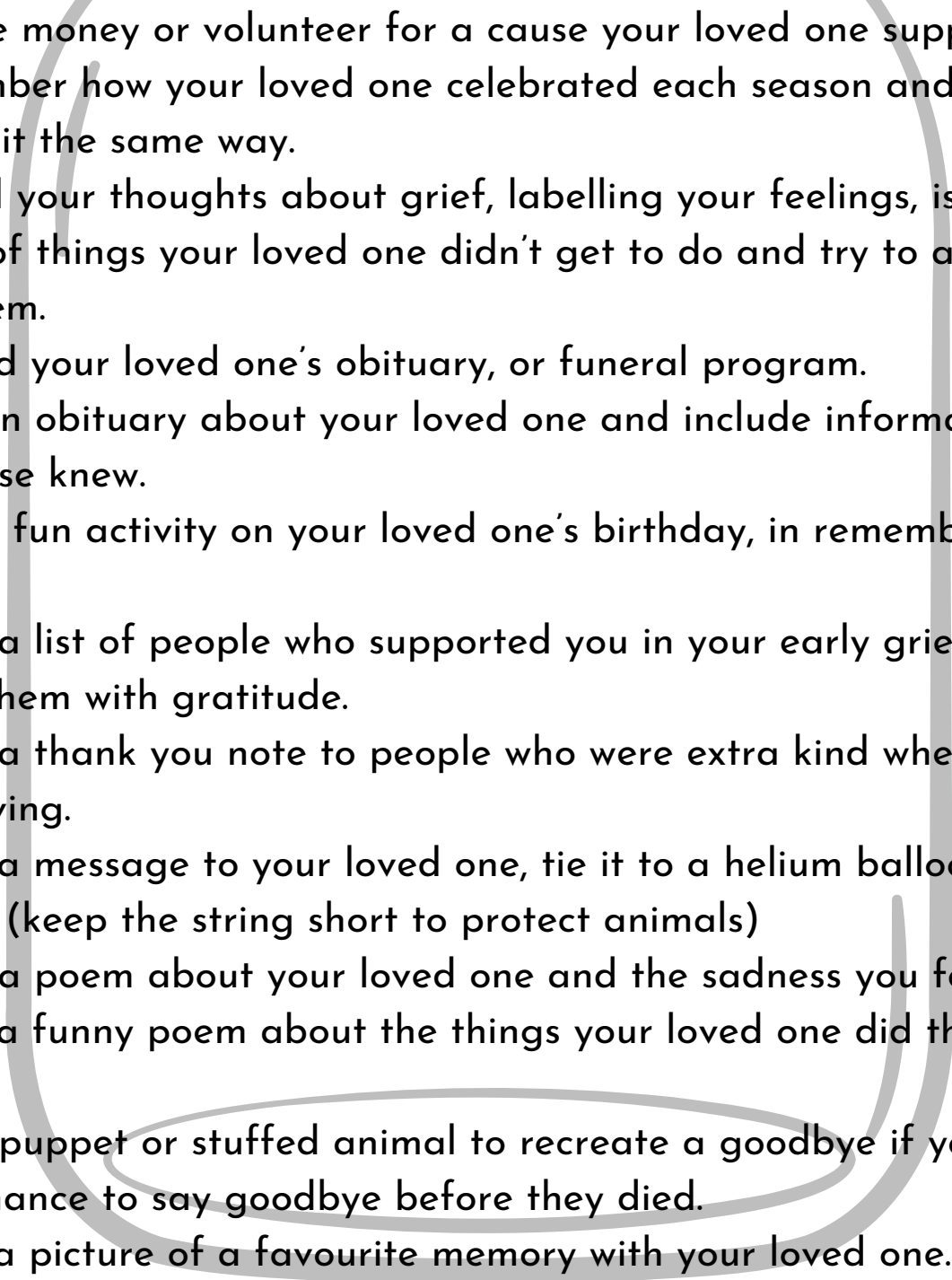


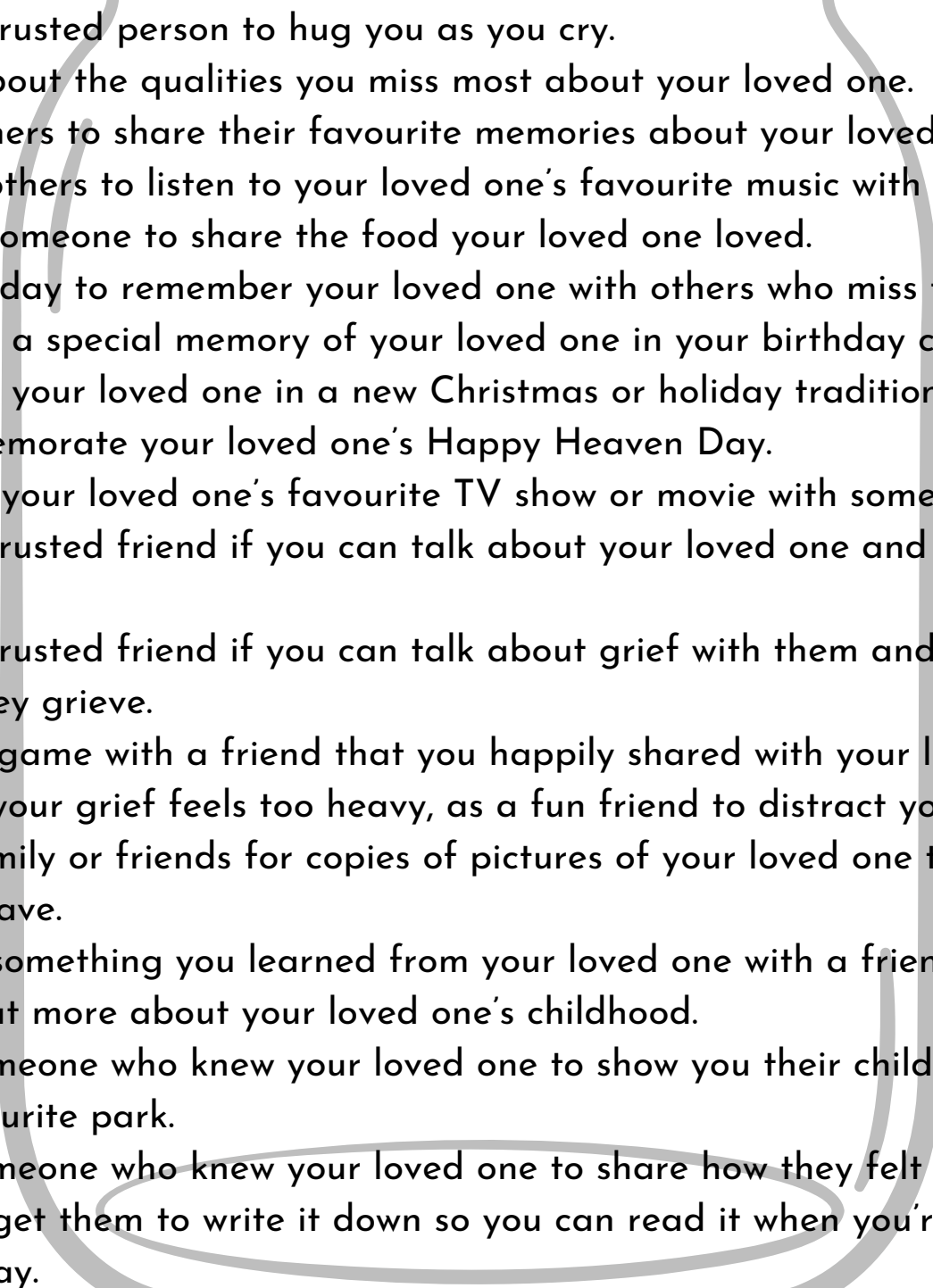
# Katie's Grief List- Solitary Activities

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1. Cry (it is good and healthy to let it out)
  2. Pray for God to feel close in your grief.
  3. Look at pictures of your loved one.
  4. Say their name in conversations.
  5. Remember the good times you shared with your loved one.
  6. Think about your loved one's best qualities.
  7. Pray that God preserves your best memories of them.
  8. Set aside a special day to mourn your loved one. Sad days are okay!
  9. Listen to your loved one's favourite music.
  10. Listen to music that reminds you of your loved one.
  11. Watch your loved one's favourite TV show or movie.
  12. Write a letter to your loved one, updating them on your life.
  13. Visit a special place that reminds you of your loved one such as their grave, a park or a restaurant.
  14. Thank God for the gift of your loved one. Remember, God hand-crafted them.
  15. Honour your loved one by doing a good deed on their birthday or death date.

# Katie's Grief List- Solitary Activities

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16. Donate money or volunteer for a cause your loved one supported.
  17. Remember how your loved one celebrated each season and try to celebrate it the same way.
  18. Journal your thoughts about grief, labelling your feelings, is possible.
  19. Think of things your loved one didn't get to do and try to accomplish one of them.
  20. Reread your loved one's obituary, or funeral program.
  21. Write an obituary about your loved one and include information nobody else knew.
  22. Plan a fun activity on your loved one's birthday, in remembrance of them.
  23. Make a list of people who supported you in your early grief and pray for them with gratitude.
  24. Write a thank you note to people who were extra kind when you were grieving.
  25. Write a message to your loved one, tie it to a helium balloon and release it. (keep the string short to protect animals)
  26. Write a poem about your loved one and the sadness you feel.
  27. Write a funny poem about the things your loved one did that were funny.
  28. Use a puppet or stuffed animal to recreate a goodbye if you didn't get the chance to say goodbye before they died.
  29. Draw a picture of a favourite memory with your loved one.
  30. Decide what your favourite quality of your loved one was, and try to develop that quality in yourself.

# Katie's Grief List- Social Activities

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1. Ask a trusted person to hug you as you cry.
  2. Talk about the qualities you miss most about your loved one.
  3. Ask others to share their favourite memories about your loved one.
  4. Invite others to listen to your loved one's favourite music with you.
  5. Invite someone to share the food your loved one loved.
  6. Plan a day to remember your loved one with others who miss them.
  7. Include a special memory of your loved one in your birthday celebration.
  8. Include your loved one in a new Christmas or holiday tradition.
  9. Commemorate your loved one's Happy Heaven Day.
  10. Watch your loved one's favourite TV show or movie with someone else.
  11. Ask a trusted friend if you can talk about your loved one and have them listen.
  12. Ask a trusted friend if you can talk about grief with them and ask them how they grieve.
  13. Play a game with a friend that you happily shared with your loved one.
  14. When your grief feels too heavy, ask a fun friend to distract you from it.
  15. Ask family or friends for copies of pictures of your loved one that you don't have.
  16. Share something you learned from your loved one with a friend.
  17. Find out more about your loved one's childhood.
  18. Ask someone who knew your loved one to show you their childhood home or favourite park.
  19. Ask someone who knew your loved one to share how they felt about you. Try to get them to write it down so you can read it when you're having a hard day.

Remember, there are many different ways and styles of grieving. Try to find a few that bring comfort to you! Grief is a hard job that you must do, and there's no shortcut.