

## **WHO LOVES YOU?**

It's important to remember there are still people in the world who love you and care about you.
Write down some names of people who love you below.

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## **GRIEF WORK TO DO**

Think about all the time you spent with your loved one before they died. What did you like best about them?

## **REMINDERS**

Crying is good and normal. It's important to cry

- when your heart feels sad. Those tears need to get out.
- Talking about your grief with a trusted friend is good for you.

## WHAT DOES THE BIBLE SAY ABOUT GRIEF?

Jesus wept. John 11:35

Crying is something even Jesus did. And since we know Jesus never sinned, you can know it's good to do.



Kathleen