

A WEEK WITH GRIEF

A quiet place for noticing feelings, body clues, and what helps.

Grief does not show up the same way every day. It can feel loud, quiet, heavy, wiggly, close, far away - or like nothing you can name yet.

There are no wrong answers here.

**NO ANSWER IS AN
ANSWER**



HOW TO USE THIS

1

NOTICE

Circle, color, write, or draw what fits.

2

CHECK YOUR BODY

Bodies can give us clues, too.

3

NAME A NEED

Choose something small that might help.

MORE THAN ONE THING CAN BE TRUE AT ONCE.

MY WEEK WITH GRIEF

Use words, colors, marks, or doodles. Skip anything that does not fit.

NAME (OPTIONAL) _____

WEEK OF _____

A PLACE TO START

Grief: quiet • loud • heavy • wiggly • close • far away • mixed-up • okay • numb • something else

Body: tight • tired • restless • achy • shaky • calm • numb • something else

DAY	HOW GRIEF SHOWED UP	A BODY CLUE	WHAT HELPED, EVEN A LITTLE
MON	words, colors, or doodles	one clue	something small counts
TUE			
WED			
THU			
FRI			
SAT			
SUN			

A BLANK DAY DOES NOT MEAN YOU DID IT WRONG.

AT THE END OF THE WEEK

LOOKING BACK GENTLY

There is no score here. We are only noticing.

I noticed grief showed up most often as...

Something my body kept trying to tell me...

Something that helped, even a little...

A moment from this week I want to remember...

Next week, I want grown-ups to know...

WHEN GRIEF SHOWS UP, I MIGHT WANT...

- | | |
|---|---|
| ☐ someone to listen | ☐ a hug |
| ☐ space | ☐ quiet |
| ☐ movement | ☐ something normal |
| ☐ talk about my person | ☐ I don't know yet |



NOTICING IS ENOUGH FOR NOW.