



The mission of the

### Journey of Hope Grief Support Center

is to provide support at no cost for children, teens and their families as they learn to mourn the death of their loved one in a safe, caring and nurturing environment.

***We invite you to call our office to join us as a JOH Kid and Family or to refer us to someone you know who has lost a loved one.***

After dinner, participants go to their age-appropriate group sessions. They gather in a circle, introduce themselves, and name the loved one who died. Group members may pass if they wish.

In children's groups, participants engage in activities that help them explore issues and feelings. Curriculum materials may include books, art projects, games and discussions.

Teenagers may participate in activities or discussions that help them share issues, experiences and ways of coping with grief.

Adults share with and support each other in the difficult challenges of processing their own grief while supporting their grieving children.



By age ten, 1 out of 7 children will experience the death of a loved one.



# Books We Love

1. "The Healing Tree" — by Kathleen Maresh Hemery — Even though scars remain, memories can help bring healing. (3)
2. "Lucy Lettuce" — by Patrick Loring and Joy Johnson — Feelings of grief will not change overnight, but new friends and new experiences can help you establish a new identity. (4)
3. "Ragtail Remembers"—by Liz Duckworth— Everything in nature has a time to live and die— sharing your emotions with others is important. (6)
4. "I Know I Made it Happen"—by Lynn Bennett Blackburn—You can share feelings of guilt with an adult and know that bad words and wishes do not make bad things happen.
5. Suggestions above are taken from— "PLANS— Using Story Books to Help Explain Death and the Grieving Process to Elementary School Age Children" - by Geraldine Haggard—Centering Corporation, Omaha, NE, 2005.

Please feel free to call the Journey of Hope office for many more book suggestions or visit our website at [www.johgriefsupport.org](http://www.johgriefsupport.org).



**Journey of Hope  
Grief Support Center, Inc**

*Where Children's Hearts Begin to Heal*

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# Just for Kids



from  
your Friends at  
Journey of Hope  
Grief Support Center



# Emotions Word Search

Emotions



This is how I feel now.



This is how I feel now.



A	B	C	D	S	U	O	I	C	I	P	S	U	S
A	S	H	A	M	E	D	E	F	G	H	I	J	K
L	N	M	B	N	O	P	S	U	O	I	X	N	A
E	Q	G	R	O	S	Y	Y	P	P	A	H	T	U
X	V	U	R	W	R	L	X	Y	G	U	M	S	Z
H	A	I	B	Y	C	E	D	E	F	G	C	S	D
A	H	L	I	H	J	N	D	K	J	L	A	M	E
U	N	T	O	S	H	O	C	K	E	D	U	P	N
S	Q	Y	R	S	T	L	U	V	A	W	T	X	E
T	C	O	N	F	U	S	E	D	L	Y	I	Z	T
E	A	B	C	D	E	F	G	H	O	I	O	J	H
D	K	L	M	H	O	P	E	F	U	L	U	N	G
O	P	Q	R	S	T	U	V	W	S	X	S	Y	I
Z	A	D	E	M	L	E	H	W	R	E	V	O	R
D	E	P	R	E	S	S	E	D	B	C	D	E	F

Find the following 20 highlighted emotions words:

- |             |            |             |            |            |
|-------------|------------|-------------|------------|------------|
| Exhausted   | Confused   | Ecstatic    | Guilty     | Suspicious |
| Angry       | Hysterical | Frustrated  | Sad        | Confident  |
| Embarrassed | Happy      | Mischievous | Disgusted  | Frightened |
| Enraged     | Ashamed    | Cautious    | Smug       | Depressed  |
| Overwhelmed | Hopeful    | Lonely      | Lovestruck | Jealous    |
| Bored       | Surprised  | Anxious     | Shocked    | Shy        |

Talk about the words you found with someone in your family.

Get someone in your family to help you with the words you couldn't find.

Write a story about your loved one who died using as many of the words as you can.



How did you feel before your loved one died?

How did you feel when your loved one died?

How did you feel after your loved one died?

How will you remember your loved one? Include memories, dreams, traditions, etc...

What will special moments be like after the death of your loved one – birthdays, holidays, vacations, school events, etc...

How has the death of your loved one changed you and the way you feel or think about yourself?



How will you go forward in your life without your loved one?

Who is most supportive in your life now? Who is available to you?

I Like Journey  
of hope  
cause be-  
cause the  
class is the  
fun!  
Melissa age 7

