

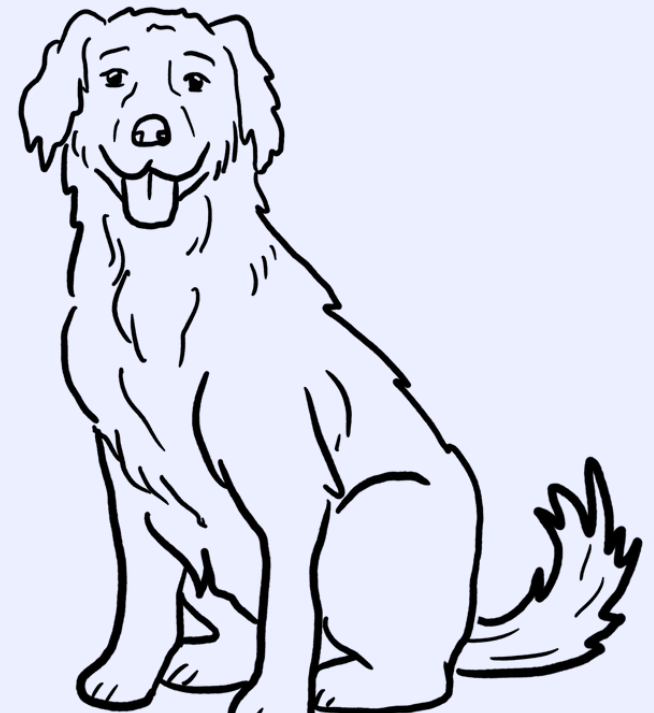


WHEN YOU LOSE YOUR BEST FRIEND

AN INTERACTIVE BOOK ABOUT GRIEVING THE LOSS OF A PET, FOR KIDS

WRITTEN BY JENNA LUZIER, LGSW

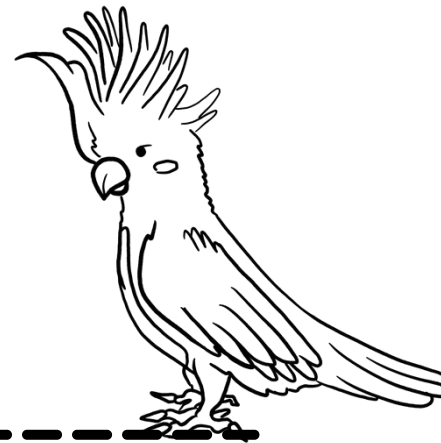
ILLUSTRATED BY SANDRA EMERY





MY NAME: _____

MY PET'S NAME: _____



DRAW A PICTURE OF YOU AND YOUR PET

HOW DID YOU FEEL WHEN YOU FOUND OUT YOUR
PET DIED?

SCARED

Sad

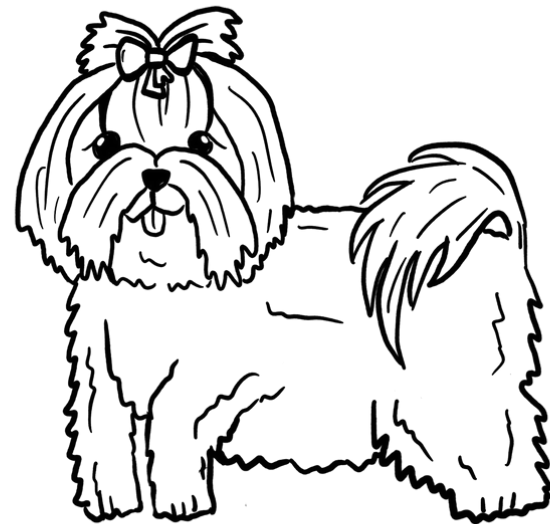
**CIRCLE HOW YOU FELT AND ADD OTHER FEELINGS IN
THE BLANK SPACES BELOW.**

Alone

MAD

Confused

NONE OF YOUR FEELINGS ARE BAD OR WRONG. WE MAY ALL HAVE DIFFERENT FEELINGS AFTER WE LOSE A PET. SOMETIMES THESE FEELINGS CHANGE. ONE DAY YOU CAN FEEL SAD, AND THE NEXT DAY YOU COULD FEEL HAPPY. BOTH OF THESE FEELINGS ARE OKAY.



WHAT DO WE DO WHEN WE FEEL SUCH BIG FEELINGS?

LIST SOME IDEAS BELOW:

**WHEN WE FEEL BIG FEELINGS IT CAN HELP TO TELL SOMEONE
WE LOVE. WHAT WOULD YOU TELL THEM?**

WHAT DOES IT MEAN TO DIE?

**DEATH IS THE END OF LIVING. AFTER A PET OR PERSON DIES,
THEY NO LONGER WALK, TALK, EAT OR BREATHE.**

DEATH IS PART OF LIFE.

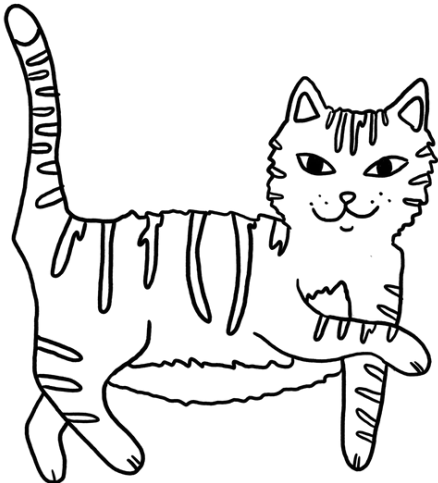
**WE PLANT FLOWERS, THEY GROW, AND
THEY DIE. THIS IS THE CIRCLE OF LIFE:**



WHAT HAPPENS AFTER WE DIE?

THERE ARE MANY IDEAS ABOUT WHAT HAPPENS AFTER WE DIE. ASK SOMEONE YOU LOVE WHAT THEY BELIEVE. WHAT DO YOU BELIEVE? DRAW A PICTURE ON THE NEXT PAGE:

**WHAT OTHER QUESTIONS DO YOU HAVE ABOUT DEATH?
WRITE THEM HERE, THEN ASK SOMEONE YOU LOVE.**



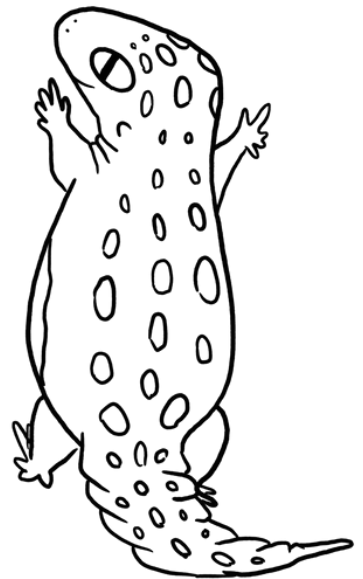
WHAT IS YOUR FAVORITE MEMORY WITH YOUR PET?

DRAW IT BELOW:

WHAT WOULD YOU SAY TO YOUR PET IF YOU COULD TALK TO THEM NOW?

WHAT WOULD YOUR PET SAY TO YOU?

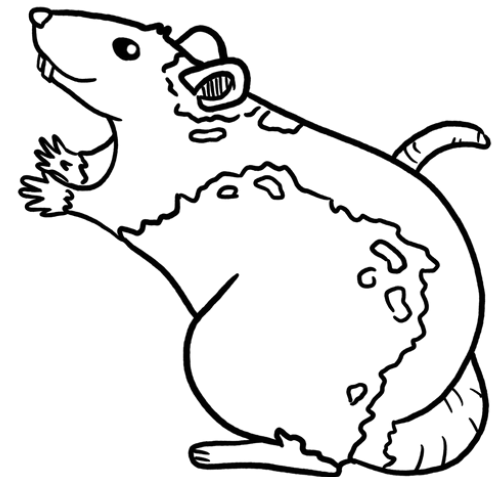
DRAW A PICTURE OF YOUR PET AND THEIR FAVORITE THINGS:



**SOME DAYS WE MISS OUR PETS MORE THAN OTHER DAYS.
WHAT DO YOU DO ON THE DAYS WHEN YOU MISS THEM MORE?
DRAW THIS BELOW:**

HERE ARE SOME OTHER IDEAS FOR WHAT TO DO WHEN YOU MISS YOUR PET MORE THAN MOST DAYS:

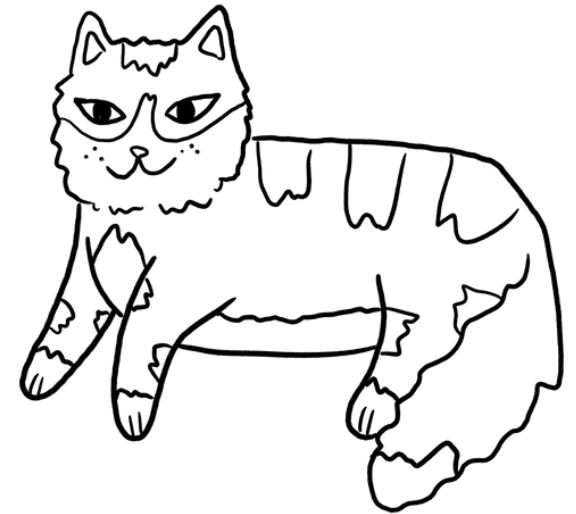
- HUG A FRIEND OR FAMILY MEMBER
- WATCH YOUR FAVORITE MOVIE
- DRAW PICTURES OF YOUR PET
- PLAY OUTSIDE
- WRITE DOWN HOW YOU FEEL



**THE PEOPLE WHO LOVE YOU CAN HELP YOU FEEL
BETTER TOO. DRAW THE PEOPLE WHO LOVE YOU, AND
PEOPLE YOU LOVE:**

JUST BECAUSE YOUR PET HAS DIED DOES NOT MEAN YOU SHOULD FORGET THE HAPPY MEMORIES YOU HAD TOGETHER. THERE ARE MANY WAYS WE CAN REMEMBER OUR PETS.

- **HANG UP PICTURES OF YOUR PET**
- **MAKE A MEMORY BOX**
- **DRAW YOUR PET**
- **PAIN A MEMORY STONE**
- **GET A STUFFED ANIMAL THAT LOOKS LIKE YOUR PET**



**HOW ELSE COULD YOU REMEMBER YOUR PET? DRAW YOUR
IDEAS BELOW:**



**EVEN THOUGH YOUR PET IS NO LONGER WITH YOU, YOUR
PET WILL ALWAYS LOVE YOU. YOUR PET WILL ALWAYS
REMEMBER THAT YOU LOVE THEM, TOO.**

