

MY LOVED ONE DIED SERVING OUR COUNTRY

A BOOK ON FEELINGS AND MEMORIES



Written and Illustrated by
HELEN FITZGERALD
And

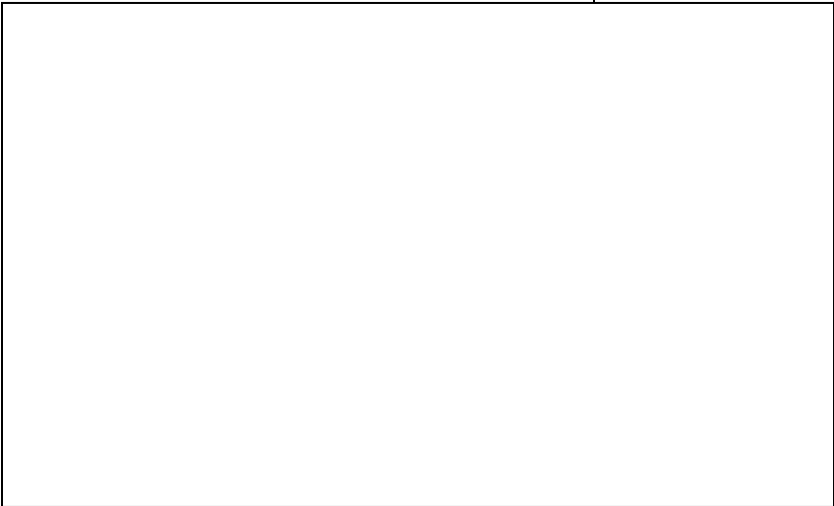
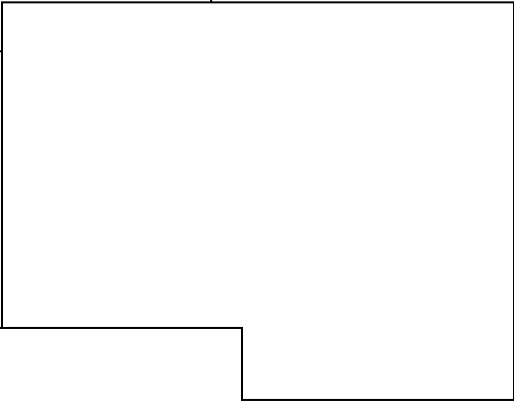
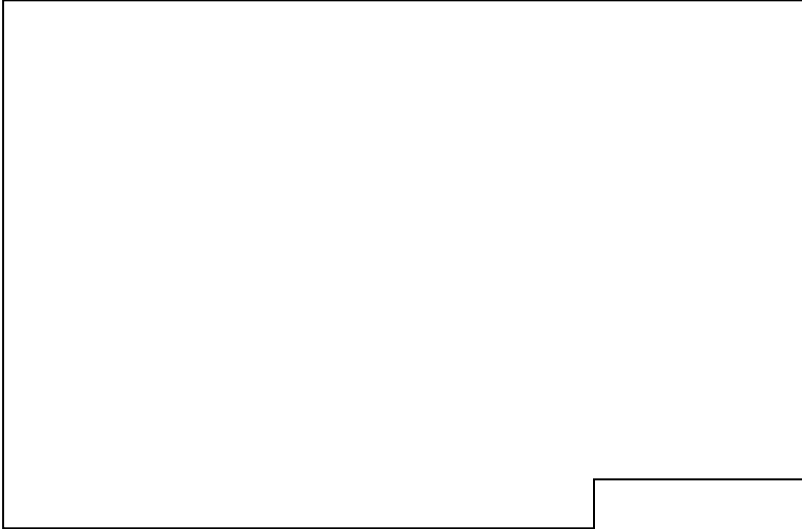
(your name)

This book is a way for you to keep the memory of your loved one alive and close to your heart. It is a place for you to remember and to share with your family. My thoughts and prayers are with you as you journey through your grief. My gratitude goes to your loved one who gave his/her life making our country safe.

~ Helen Fitzgerald

The material in this booklet is for informational purposes only and does not constitute medical opinion or professional counseling. Any concerns about the demeanor or behavior of a grieving child should be discussed with a qualified mental health professional.

ON THIS PAGE, PASTE PICTURES OF YOU AND OF YOUR LOVED ONE WHO DIED.



THIS IS MY STORY

The name of my loved one is _____

He/she served in the _____

He/she was my _____

This is what happened _____

This is what I remember the last time I saw or talked with him/her

I found out about his/her death when _____

What I miss the most is _____

This is what I want the world to know about our loved one _____

**LIST SIX FEELINGS YOU HAVE HAD SINCE YOUR
LOVED ONE DIED. PICK ONE AND DRAW A PICTURE
OF IT IN THE SPACE BELOW.**

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

**MAKE A LIST OF WHAT HELPS YOU WHEN YOU ARE
FEELING SAD, SCARED, OR LONELY.**

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

WHEN YOU ARE ANGRY, HERE ARE SOME THINGS TO DO INSTEAD OF HURTING OTHERS:

- 1. Rip up an old magazine and throw it about. Then play “basketball” as you clean up.**
- 2. Pound a pillow or mattress.**
- 3. Run around the outside of your house 4 times.**
- 4. Go into your closet, close the door and yell as loud as you can.**
- 5. Get out a tape recorder and yell your anger to it.**
- 6. Do a “mad” dance.**
- 7. Draw a “mad” picture and share it with an adult.**
- 8. Make a “mad” face in the mirror.**
- 9. Count to 10, slowly and loudly.**
- 10. Talk to someone about your mad feelings.**
- 11. Write the things you are mad about on a balloon and break the balloon creatively.**
- 12. Throw a Nerf ball against the wall.**
- 13. Do something funny.**
- 14. Play some soothing music.**
- 15. Cuddle up with a soft blanket or favorite toy.**
- 16. Clean your room.**

ARE THERE SOME QUESTIONS YOU HAVE BEEN AFRAID TO ASK?

LIST THEM HERE AND FIND A TRUSTED ADULT TO SHARE THEM WITH

1. _____

2. _____

3. _____

4. _____

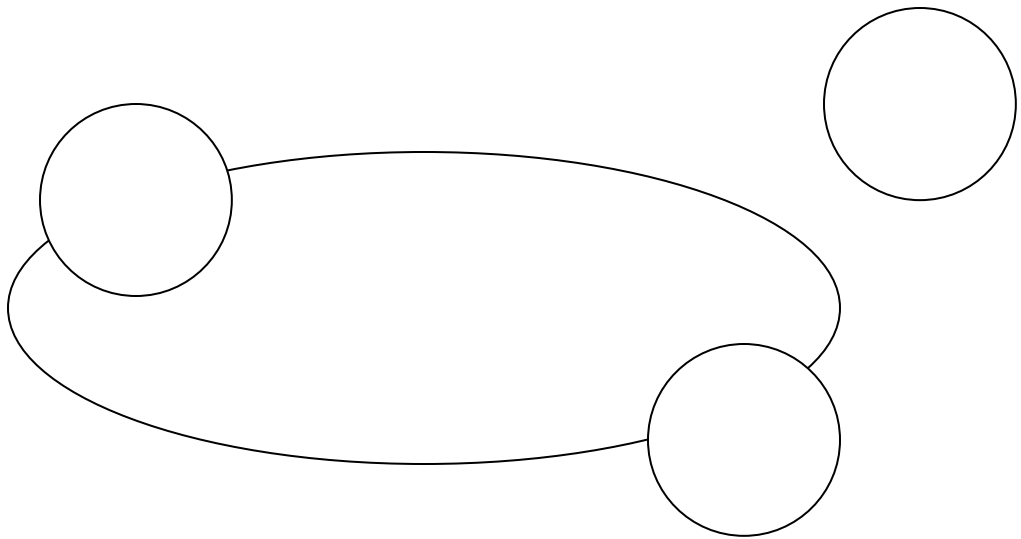
5. _____

THIS IS A FUN SPACE. WRITE DOWN YOUR LOVED ONE'S NAME AND THEN USE EACH LETTER OF HIS NAME TO DESCRIBE HIM/HER.

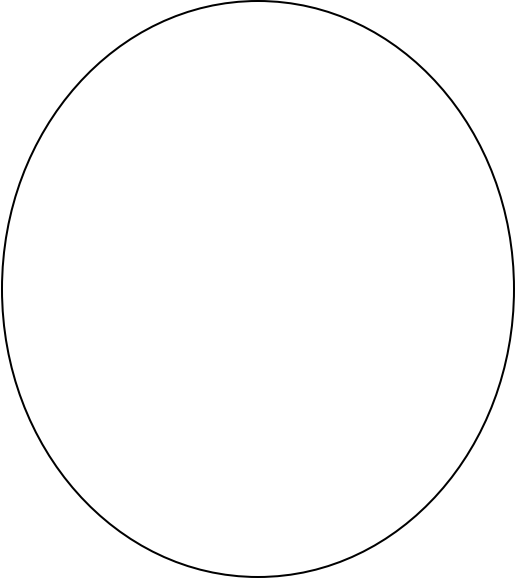
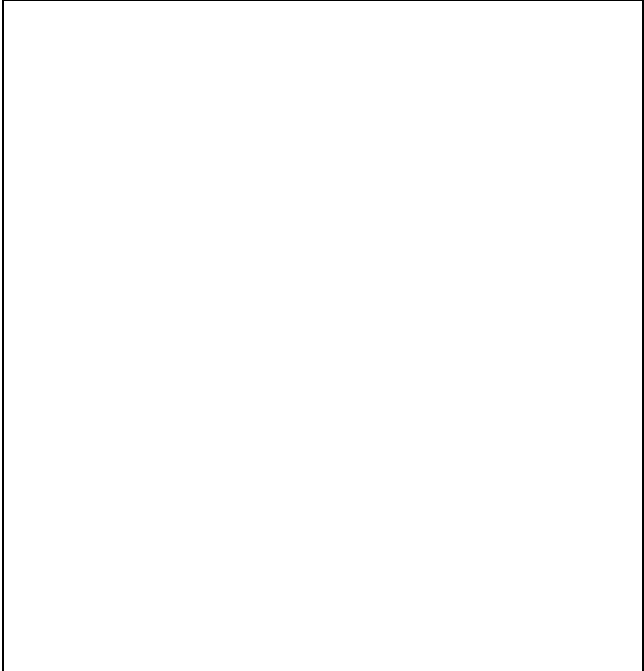
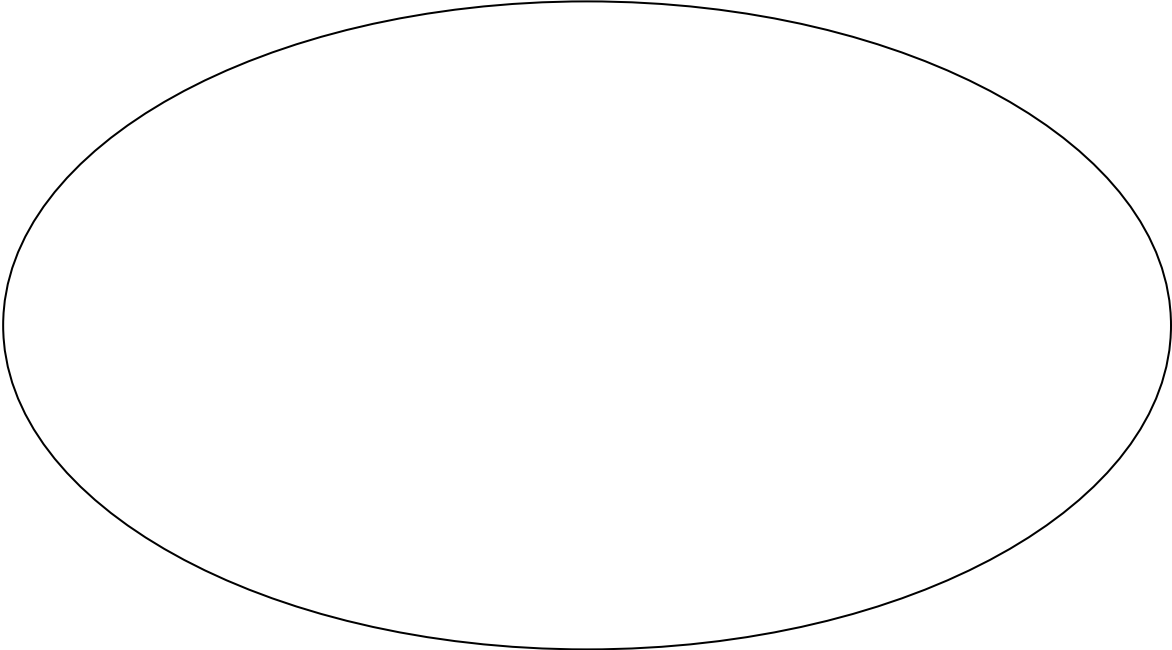
For example: Let's pretend your loved one was called Jim.

 J **Jolly**
 I **Inventive**
 M **Muscular**

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DESIGN A ‘HERO’S BADGE’ FOR YOUR LOVED ONE WHO DIED.



**LAST CONVERSATIONS ARE OFTEN TREASURED,
BUT SOMETIMES IT WOULD BE NICE TO HAVE ONE
MORE. IN THIS SPACE, WRITE A LETTER TO YOUR
LOVED ONE.** (Of course, you can't mail it, but it makes you feel good)

Dear _____

**WHAT IS A GOOD OR FUNNY MEMORY OF YOUR
LOVED ONE THAT MAKES YOU SMILE?**

MEMORIES ARE TO BE CHERISHED. ON THIS PAGE DEVELOP A COLLAGE BY CUTTING OUT PICTURES AND WORDS FROM MAGAZINES AND GLUE THEM DOWN. SHARE YOUR MEMORIES WITH OTHERS.

**SOMETIMES YOU HAVE DREAMS ABOUT YOUR
LOVED ONE. DRAW A PICTURE OF ONE OF THEM.**

LOTS OF PEOPLE LOVE YOU & WILL TAKE CARE OF YOU.

DRAW OR PASTE A PICTURE OF YOURSELF ON THIS PAGE AND WRITE THE NAMES OF PEOPLE WHO LOVE AND SUPPORT YOU IN SMALLER CIRCLES AROUND YOU.

WHAT WAS HARD ABOUT RETURNING TO SCHOOL?

1. _____

2. _____

3. _____

4. _____

5. _____

WHAT DO YOU THINK YOUR FUTURE WILL BE LIKE?

1 Year from now

2 Years from now

5 Years from now

When you are an adult

**HOW CAN YOU HELP OTHERS WHO HAVE HAD
LOVED ONES DIE? WHAT ADVICE WOULD YOU
HAVE FOR THEM?**

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Family Liaison Office