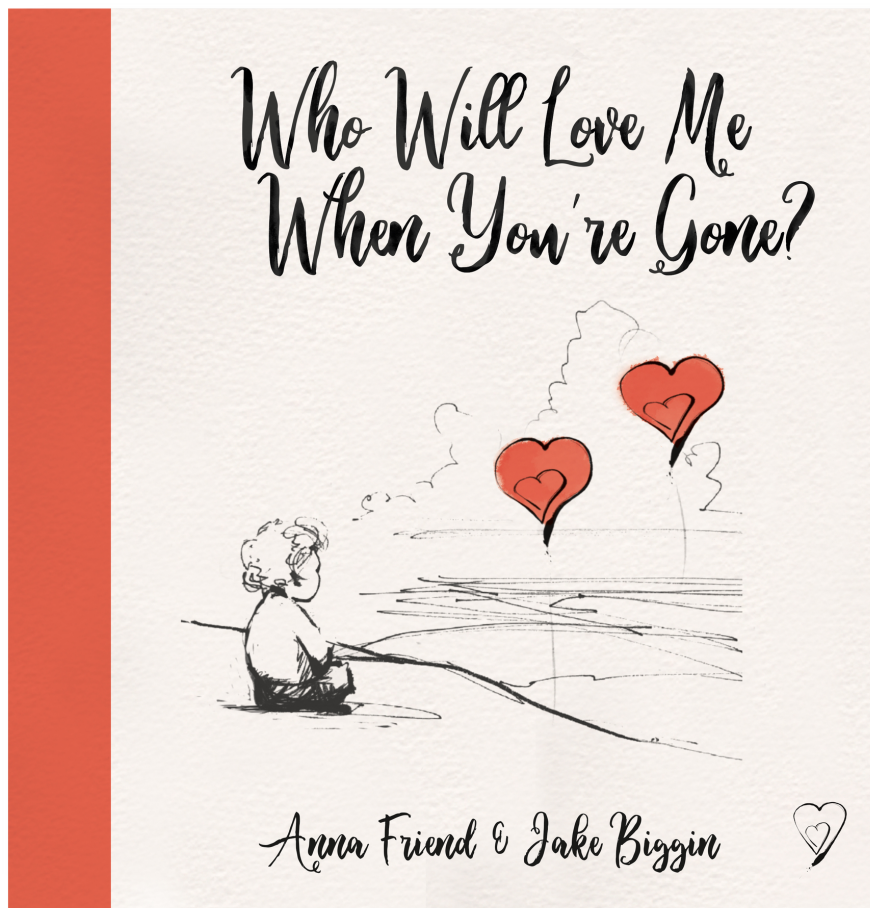


Who Will Love Me When You're Gone?

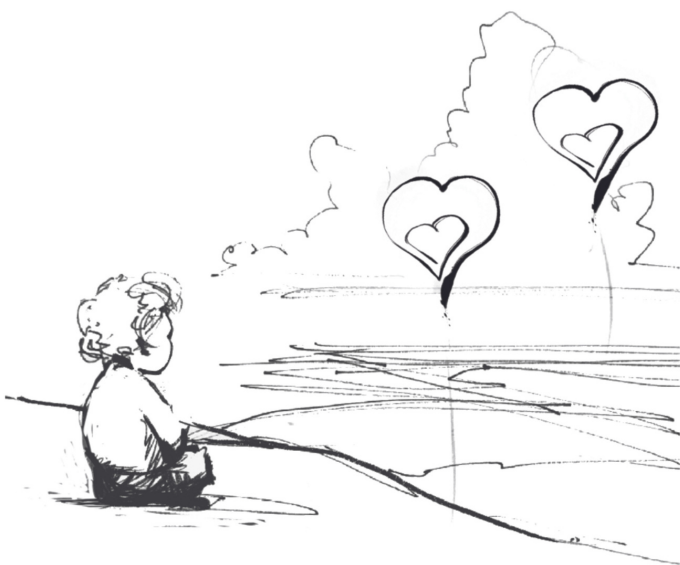


**Activities by author
Anna Friend**

 SCHOLASTIC

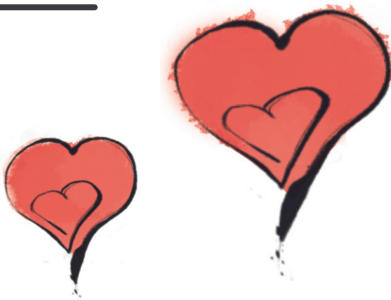
Draw a reminder of a loved one

In the space below, why don't you draw something that reminds you of the person you love who is no longer here? It could be anything: a shape or an object, or maybe even a colour that makes you think of them.



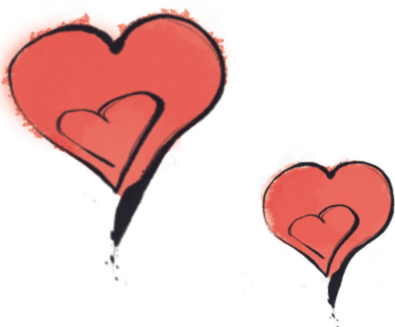
Write a letter

Why not write a letter to the person that you miss? Tell them what you've been doing, draw a picture, tell them about something you did which would have made them smile!



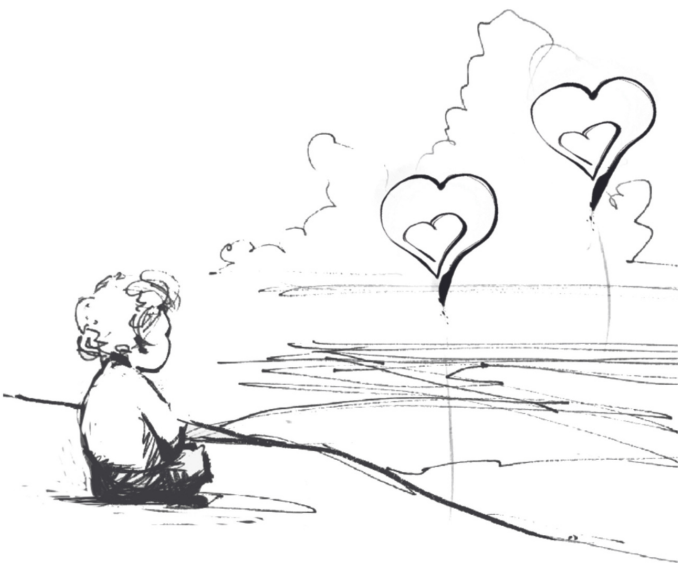
What is love?

What does love look like to you? Is it a place or a person? How does it feel? Is it warm like a cuddle or wild like a river? Write or draw in the space below.



What makes you feel better?

What could you say to someone who's feeling sad and missing someone that is no longer here? What would make you feel better if you lost someone you loved? Talk to the person next to you about this or you could talk to your teacher or someone at home. Or you could write it down below.



My memory feather

Fill in this picture of a feather with words and memories of the person that you miss. You could cut it out and keep it somewhere special. Then, take a look at the mindfulness breathing exercise involving a feather at the back of the book to help regulate your breathing.

