



CENTER FOR
INFORMED GRIEF, LLC

COLORING THROUGH GRIEF: ONE ROCK AT A TIME



**THIS COLORING BOOK IS A COMPANION TO
CHAPTER 8, TITLED
"ONE ROCK AT A TIME: COPING WITH THE LOSS OF RUBY"
IN THE BOOK "BRAVE KIDS: SHORT STORIES TO INSPIRE
OUR FUTURE WORLD-CHANGERS."**



**DRAW A PICTURE OF YOUR
LOVED ONE THAT DIED:**

ROCKS:

Color the bag of rocks that represents your grief.
What are the different kinds of rocks that make up your grief?
Are the rocks the memories of your loved one, thoughts about
their death, what you miss about them, or anything else?



COLOR YOUR HEART:

Color in the heart with different colors that represent your feelings since your loved one died.

For example, red could be used for anger, etc.



**DRAW A PICTURE OF YOUR FAMILY
BEFORE YOUR LOVED ONE DIED**

DRAW A PICTURE OF YOUR FAMILY NOW

HOT COCOA BREATHING



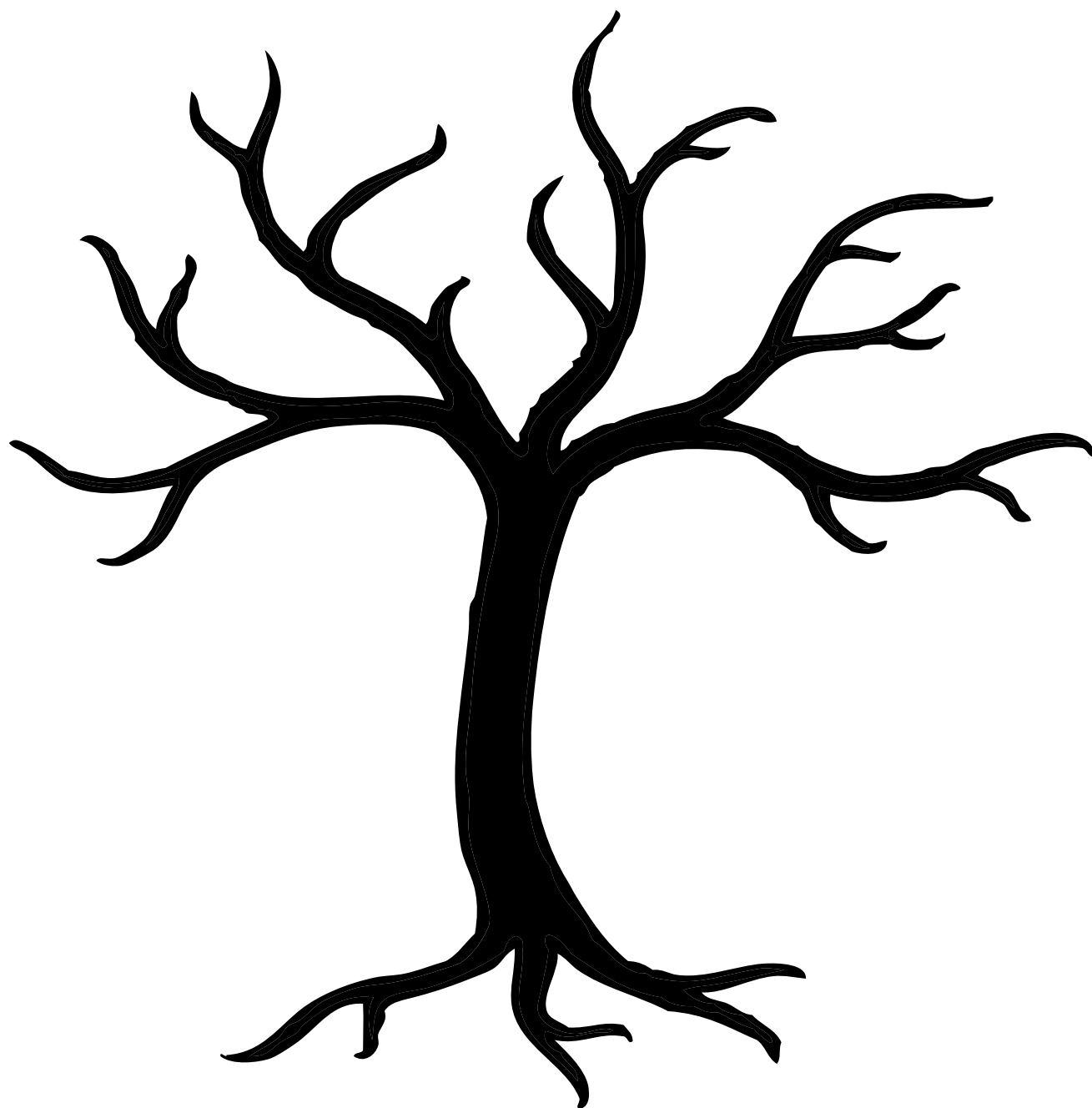
- Imagine you are holding a cup of hot cocoa in your hands. Close your eyes and take a deep breath in through your nose, imagining the warm, chocolatey smell of the cocoa.
- Hold your breath for a few seconds, and then slowly exhale through your mouth, imagining you blow the hot cocoa to cool it down. Don't blow too fast or you will spill your hot cocoa.
- Repeat this for several more breaths, imagining you inhaling the hot cocoa's smell and exhaling slowly to cool it down.

GRATITUDE JAR

Draw or write things in the jar you are grateful for that you learned from your loved one.



**ADD LEAVES WITH WORDS OR PICTURES TO
REPRESENT SPECIAL MEMORIES YOU HAVE
OF YOUR LOVED ONE**



I MISS...

STEPS ON CREATING A MEMORY BOX:

- **Find a box that you like:** Look for a box that you can decorate and fill with special things that remind you of your loved one.
- **Decorate the box:** Use paints, markers, stickers, or pictures to make the box look special and represent your loved one.
- **Find special items:** Look for things that remind you of your loved one, like pictures, cards, or special toys that they gave you.
- **Write notes or draw pictures:** You can write notes or draw pictures to put in the box. Share things that you remember about your loved one, or how they made you feel.
- **Put everything in the box:** Once you have all your special things, put them in the box in a way that feels right to you.
- **Keep the box in a special place:** Find a special place where you can keep the box, like on a shelf or in a special drawer. You can look at it whenever you miss your loved one.

MEMORY BOX

What Can you Keep in Your Memory Box?
Draw or write what you will put in your memory box.

