Dusty's Coloring Adventure: Navigating Grief Together, One HoP at a Time





THIS COLORING BOOK IS A COMPANION TO CHAPTER 10, "DUSTY THE SPUNKY CLASSROOM BUNNY: NAVIGATING GRIEF TOGETHER ONE HOP AT A TIME" IN THE BOOK BRAVE KIDS VOLUME 2: SHORT STORIES TO INSPIRE OUR FUTURE WORLD-CHANGERS

Section 1: All About Me

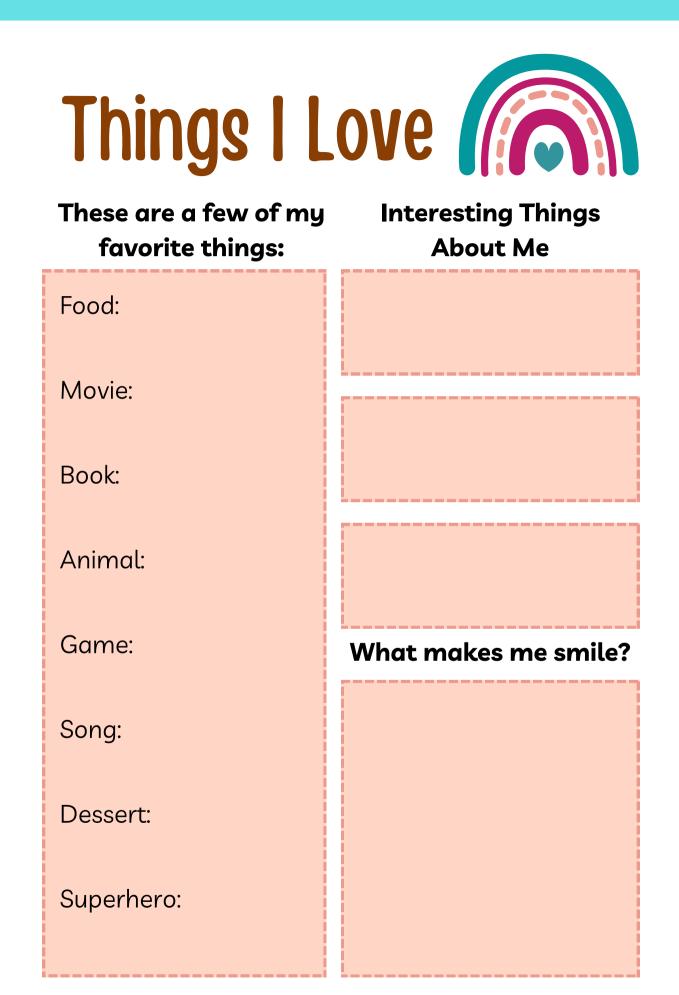


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3

When I grow up, I want to be



Section 2: Feelings

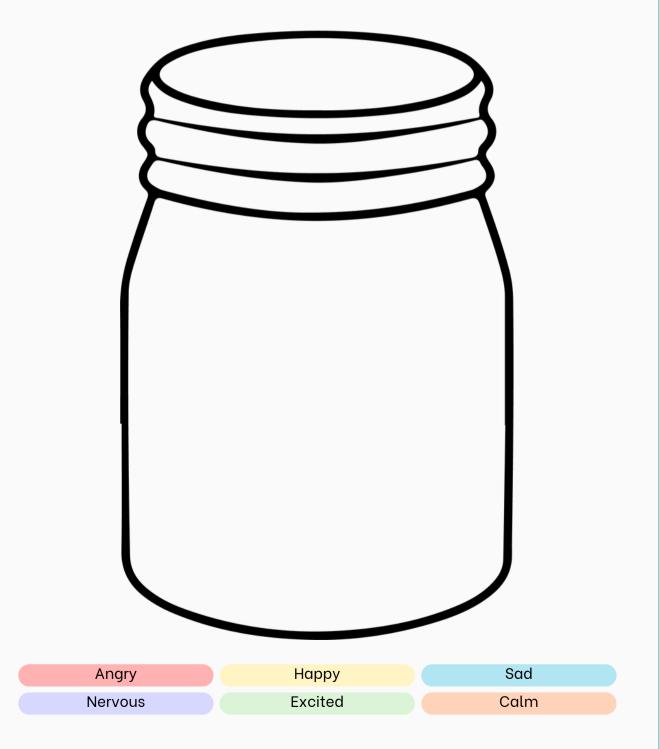




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Check-in

Feelings can be overwhelming for us and that is completely okay! Check-in with your own feelings and see if you can figure them out. Then, fill this container with feeling colors to show how much of each you have right now.

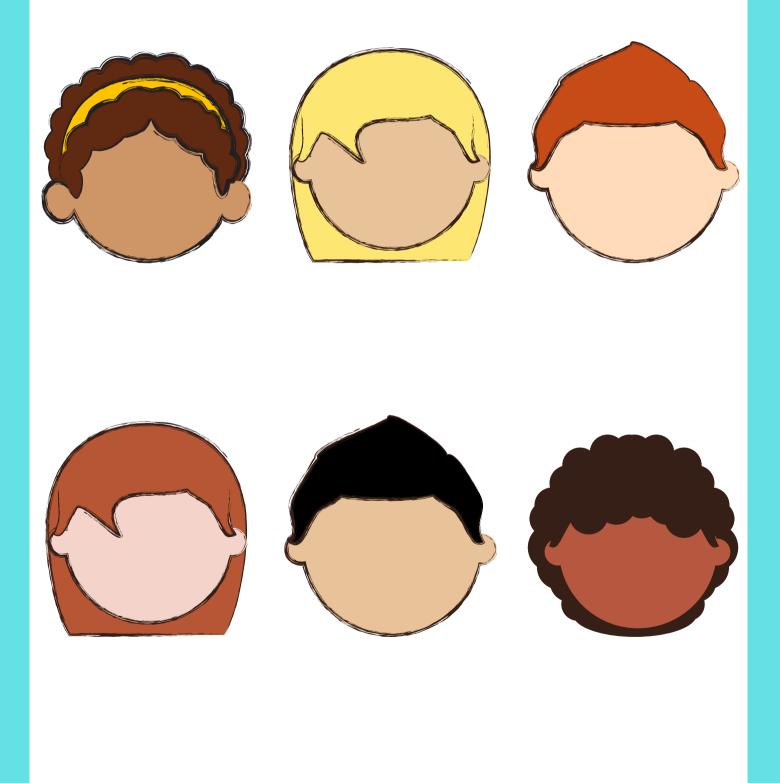


Name:

Date:

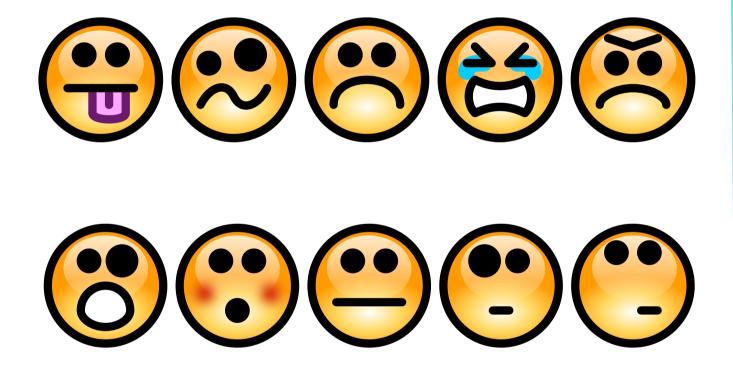


Draw faces on how you think the students felt when they found out that Dusty died.



FEELINGS

How do you feel about Dusty's death? Circle how you feel below.





EMOTIONS WORD SEARCH

Find the words listed below and mark them.

D	E	A	E	x	с	I	т	E	D	A	S
с	ο	N	F	U	S	E	D	Y	E	D	U
Α	В	G	0	т	U	v	s	z	N	F	R
U	F	R	U	s	т	R	A	т	E	D	Р
Р	G	Y	н	с	I	J	D	I	R	н	R
s	к	0	L	A	s	U	v	R	v	A	I
E	Р	М	U	R	A	т	I	E	0	Р	S
т	N	Q	R	E	w	0	Y	D	U	Р	E
В	ο	R	E	D	U	z	E	D	S	Y	D

- HAPPY
- SAD
- CONFUSED
- FRUSTRATED
- BORED
- NERVOUS
- SURPRISED
- UPSET

- SCARED
- ANGRY
- EXCITED
- TIRED

Section 3: About Dusty





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Draw a picture of Dusty.



What is your favorite memory of Dusty from the story? Write or draw it in the space below.



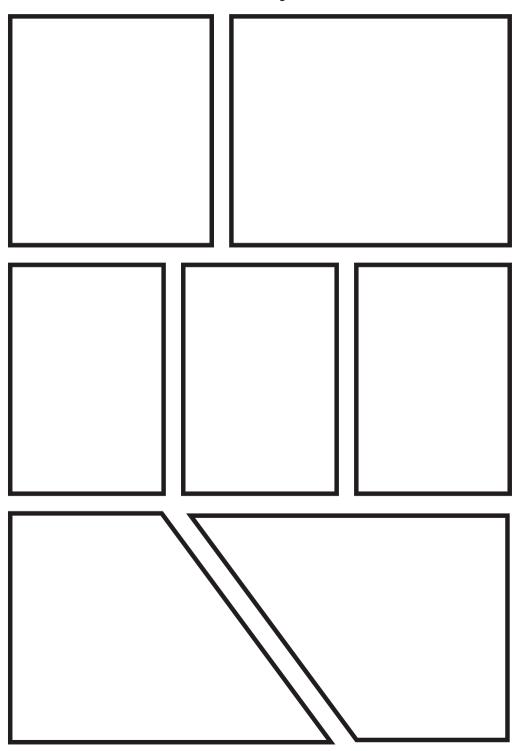
What did Dusty's story teach you? In the space below, write or draw what you learned.

DUSTY'S MEMORIAL

Create a memorial for Dusty below using drawings, words, or colors. Be creative!

DUSTY COMIC

Use the template below to create a comic about Dusty's adventures.



A GOOD FRIEND

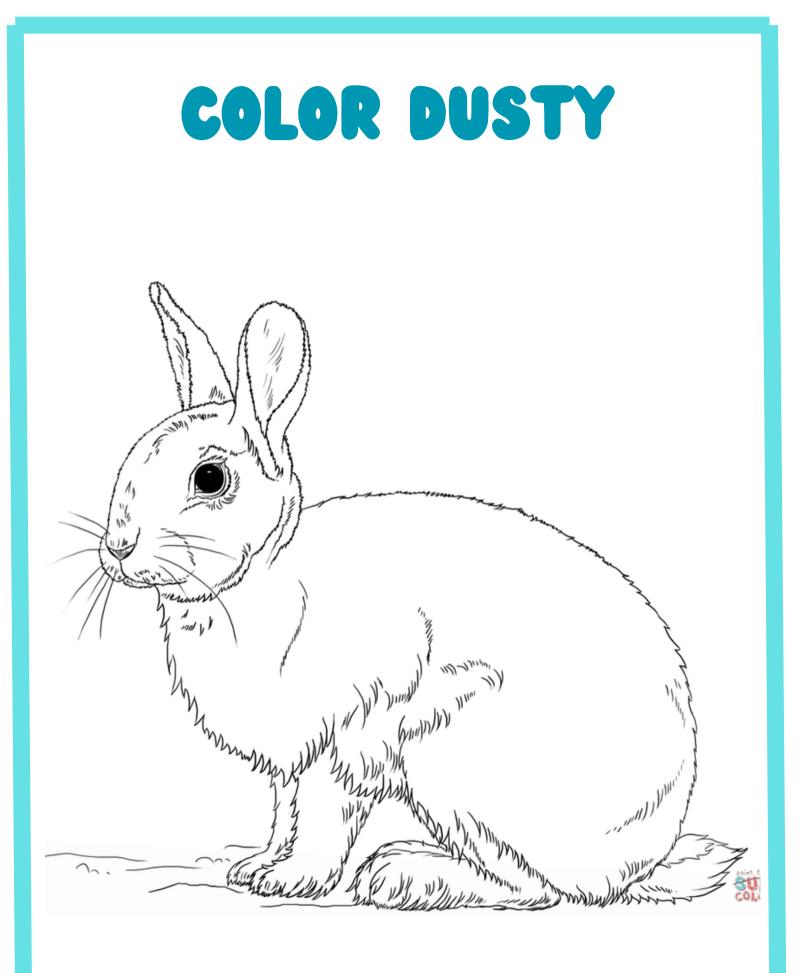
What made Dusty a good friend? What do YOU think makes a good friend? Write or draw below.

ACTS OF KINDNESS

Dusty did many kind things for his friends. What are some acts of kindness that YOU can do? Write or draw below.

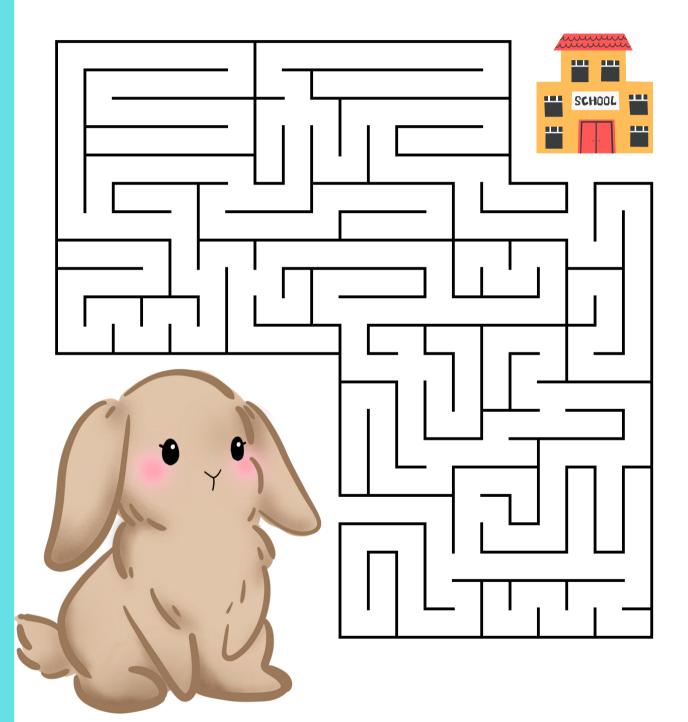
A LETTER FOR DUSTY

Write a short letter to Dusty below. It can be about how you felt when he died, or anything you want.



MAZE GAME

Draw a line and help Dusty get to the school.



Section 4: Crief





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Grief is the feelings you have after you experience a loss. What does grief mean to you? How does it make you feel?

Date: ____

EMBRACING MY GRIEF

How are you feeling today?

What is one thing you miss the most about the pet or person son who died?

What things have been different since the death?

Who can you talk to about your grief?

How do you take care of yourself as you experience grief?

MY GRIEF RESPONSE Which of the following are you experiencing since your pet died? Sadness Numbness Confusion Guilt or Regret Relief Anger Mood swings Pain in the body-stomachache, headache Change in appetite Difficulty concentrating Difficulty sleeping Not wanting to spend time with friends Can't focus in school Lonely Scared someone else is going to die

Section 5: About my Pet who died





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YOUR PET STORY

Have you had a pet die? What were they like? How did their death make you feel? What do you miss most about them? Write or draw below.

PET PORTRAIT

Draw a picture of your pet who died.

MAKE A LIST OF 10 GOOD THINGS ABOUT YOUR PET

INTERVIEW WITH YOUR PET

Write down a few questions you would ask your pet if you got to see them one more time.

COPING TOOLS

What things make you feel better?

MEMORIALS

Draw or write about a way you would like to remember your pet, such as making a photo album or planting a tree in their memory.

GRATITUDE

Draw or write about something specific you are grateful for about your pet.

MEMORY BOX

Create a memory box for your pet who died. Decorate it with things that they liked, favorite memories of them, or anything you want.



Write your pet's name on the line on the memory box.

CREATE YOUR OWN CLASS PET

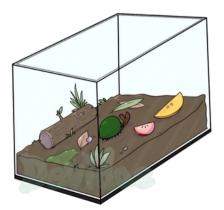
Circle the class pet you'd like.

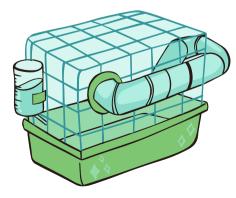






Circle a place for your class pet to live.







CONNECT THE DOTS



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