

Cartoonversation™ Card

12

It's Written in the Stars ***Dealing with the death of a loved one***



Wheeler
creative studios

Five Cartoonversation™ Starters:

1. Name one of the big feelings you had when your person died.
2. What are some healthy ways to share your feelings?
3. Name three people you can talk to about your feelings.
4. In the cartoon, they release a balloon to remember their special person -- what do you do to remember?
5. What/when are the times you miss your person the most?

Five Factoids:

1. All of your grief feelings are normal. It's ok to feel sad, lonely, scared, angry and even happy or relieved.
2. It's important to develop healthy ways to express your emotions.
3. It's important to have people in your life that you trust to share your feelings and story.
4. Remembrance rituals help you stay connected to the person who died.
5. Unexpected bursts of grief are normal.



Five Websites:

For more helpful information, please visit these websites:

1. lorysplace.org
2. whatsyourgrief.com
3. childrengrieve.org
4. griefftoolbox.com
5. sesamestreet.org