

Name:

Date:

# How We Grieve

Grieving is the process of expressing and working through the sadness of losing someone or something that you love. People don't just grieve when someone dies. They also sometimes grieve things like losing a marriage in divorce or losing a job.

Everybody grieves in different ways. Sometimes people cry or scream or talk to others about their loss. Sometimes people throw their energy or attention into some activity like walking, drawing, exercising, or writing in a journal.



What are some things that you have done or feel like you would like to do as a way to express grief?

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How did or would these things help you through the grieving process?

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