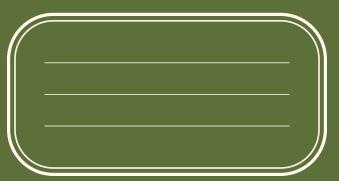
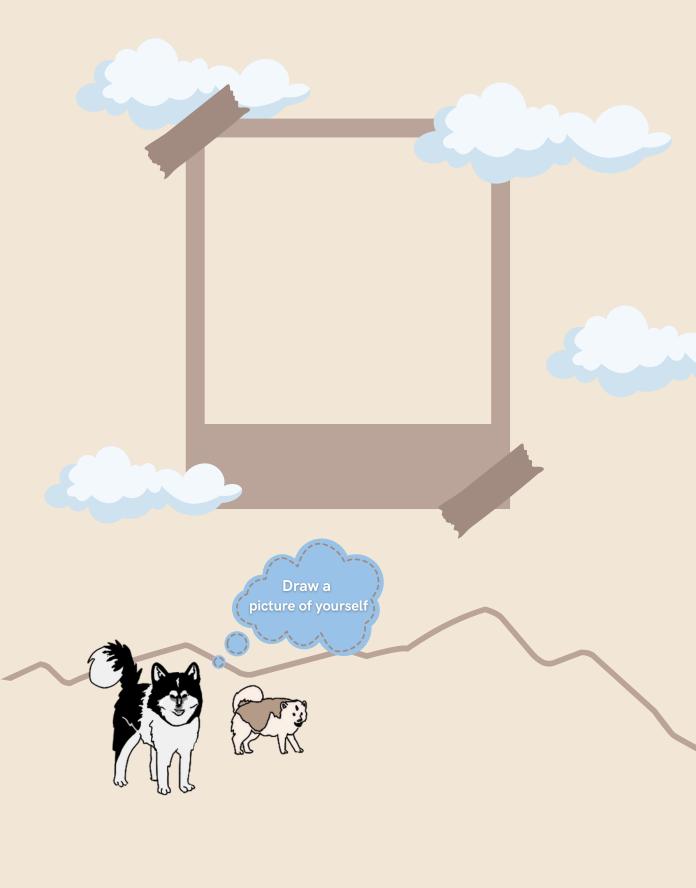


This journal belongs to:







About My Journal

This journal is for you if someone you care about has died or they ended their own life.

Inside this journal, you will find activities that can help you feel better. You can choose to do these activities by yourself or with a trusted grown-up. You do not have to complete every activity. Just pick the ones that you like.

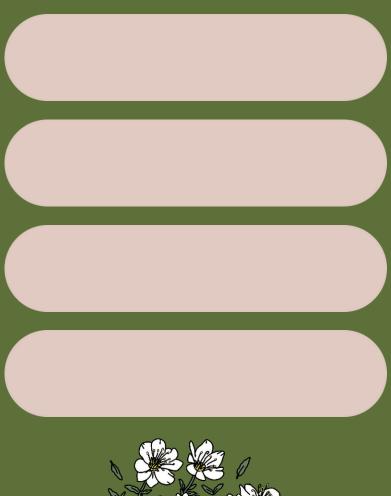
Take your time doing these activities and try not to rush through the whole journal at once.



Someone to Talk to **Kids Help Phone** No judgement counselling for young people. It's free, confidential, and available 24 hours a day, seven days a week. Toll Free: 1-800-668-6868 Text 'TALK' to 686868 (no data plan, internet connection, or app required) Live chat www.kidshelpphone.ca

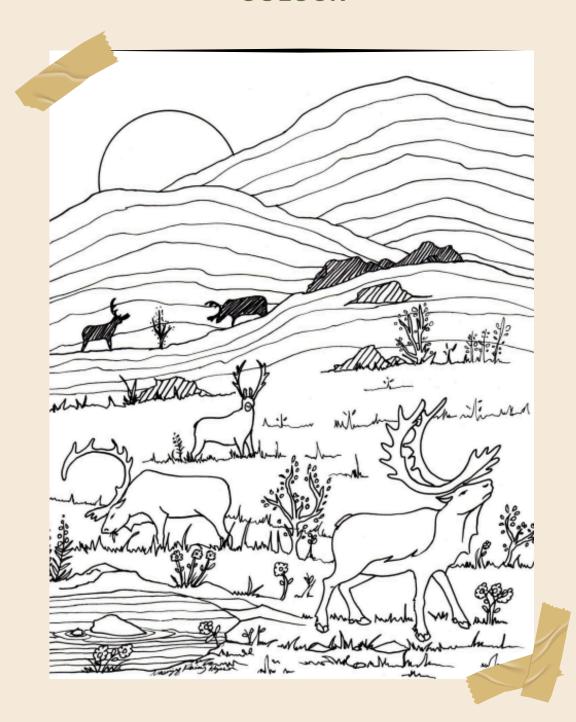
Support Network

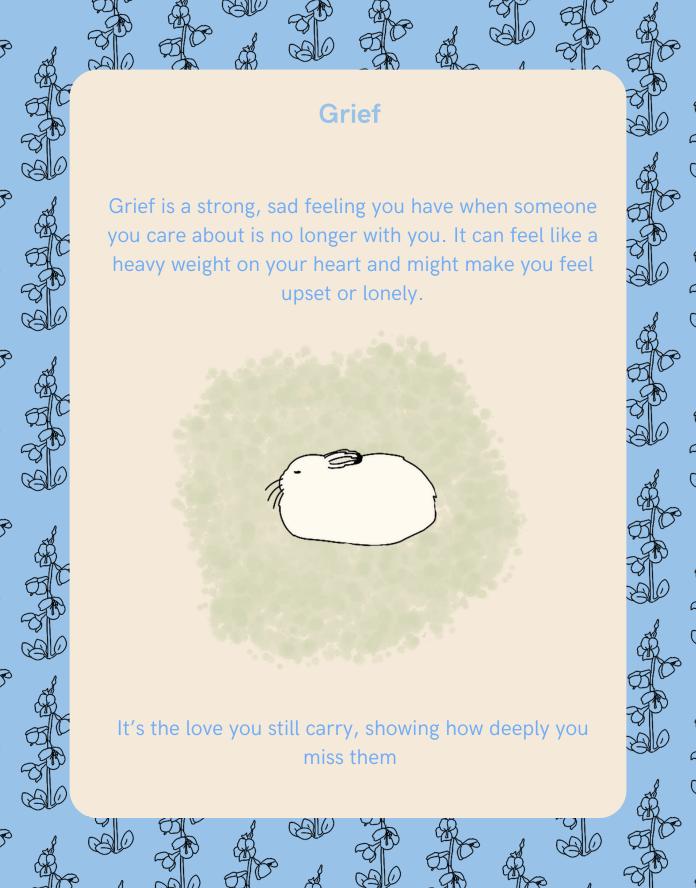
Write down the names and phone numbers of the people who can help you when you are feeling down.





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Questions

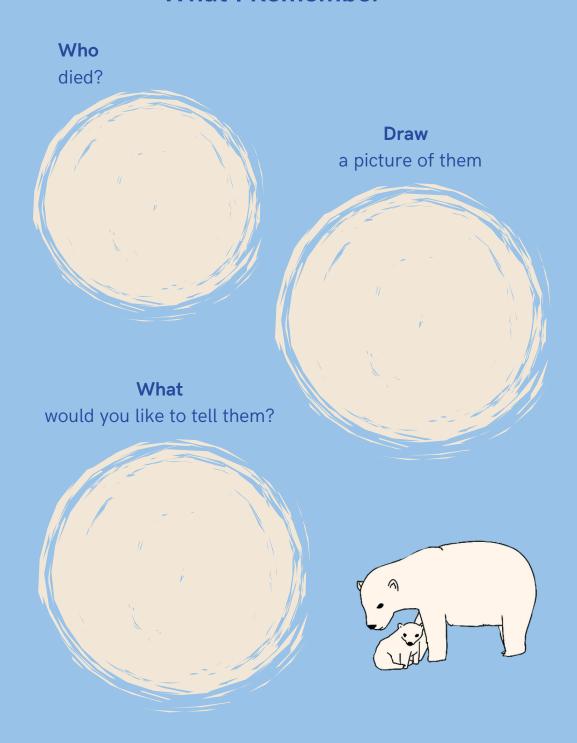
When someone dies or ends their own life, their body stops working; and it's normal to have many questions about it. It is important to know that this isn't something you caused or can control.

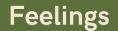
One of the most common and difficult questions is "Why?" Sometimes, there may not be a clear answer. When you have tough questions, it can help to write them down.

Use the space here to write down all your questions, even if you have not asked anyone yet.



What I Remember





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What are feelings?

Feelings are the way in which our mind and body tells us what we are experiencing inside. Feelings can help us understand what we need.



It's natural to feel sad or angry when you miss someone so much. It is your way of coping, sharing your feelings can help make things start to get better.



Everyone responds to loss in different ways, here are some common examples of how you may feel:

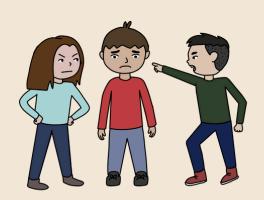


Sadness: is a feeling you get when something makes you unhappy or when you miss someone you care about. It can feel like a cloudy day inside your heart, and you might want to cry or be alone.

Anger: is a strong feeling you have when something feels unfair or upsetting. It is like a stormy cloud inside you that makes you want to shout or be really upset. After a big event, like someone passing away, you might feel angry.



If you do not know what these feelings mean, you can ask a grown up to help you understand.



Blame: is when you think someone, including yourself, is at fault for something bad that happened. After someone has died, you might feel like you should have done something differently or that it's your fault.

Shock: is a strong feeling you get when something surprising or upsetting happens, like when someone you care about dies. It can make you feel like you can't believe what's happening or it can make you feel numb.





Guilt: is a feeling you might have when you think you didn't do something right or could have done more, especially after someone has died. It's like a heavy weight on your heart, making you wish you had acted differently.

Denial: is when you have a hard time believing that something is true, even if it's really happening. After something upsetting happens, like losing someone you loved, you might not want to accept that it's real.



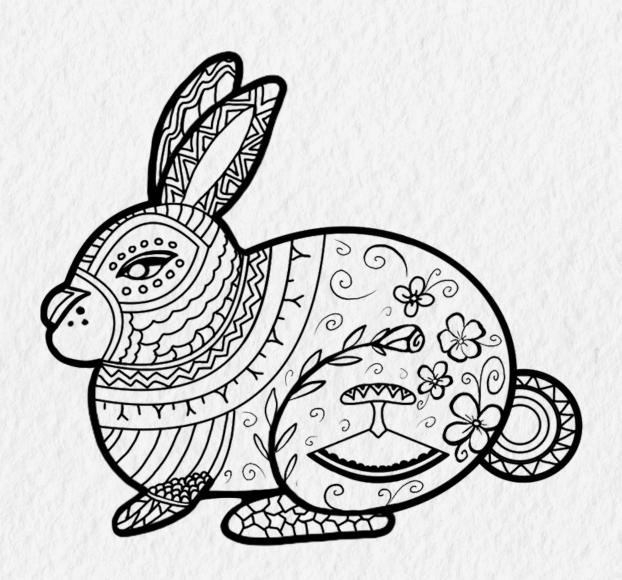


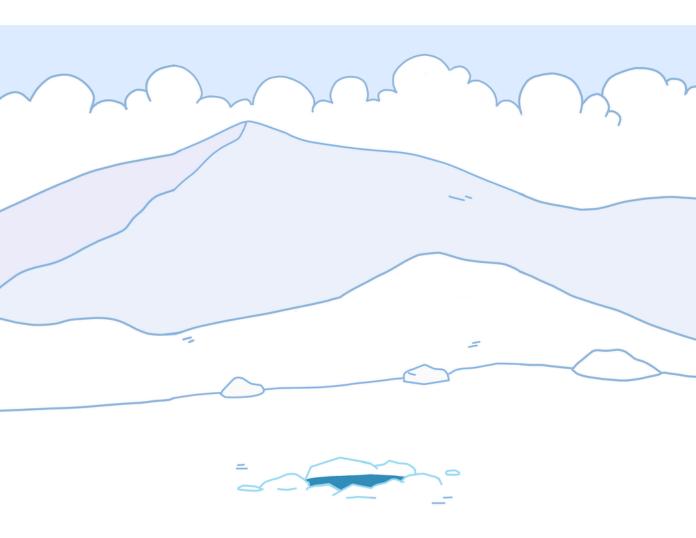
Acceptance: is when you begin to understand and come to terms with something that's happened, even if it's hard. It means starting to feel okay with it and finding a way to move forward. After something sad happens, like losing someone you care about, acceptance helps you start to heal and feel more at peace.

Remember: talking to someone you trust about your feelings can help you feel a little bit better.

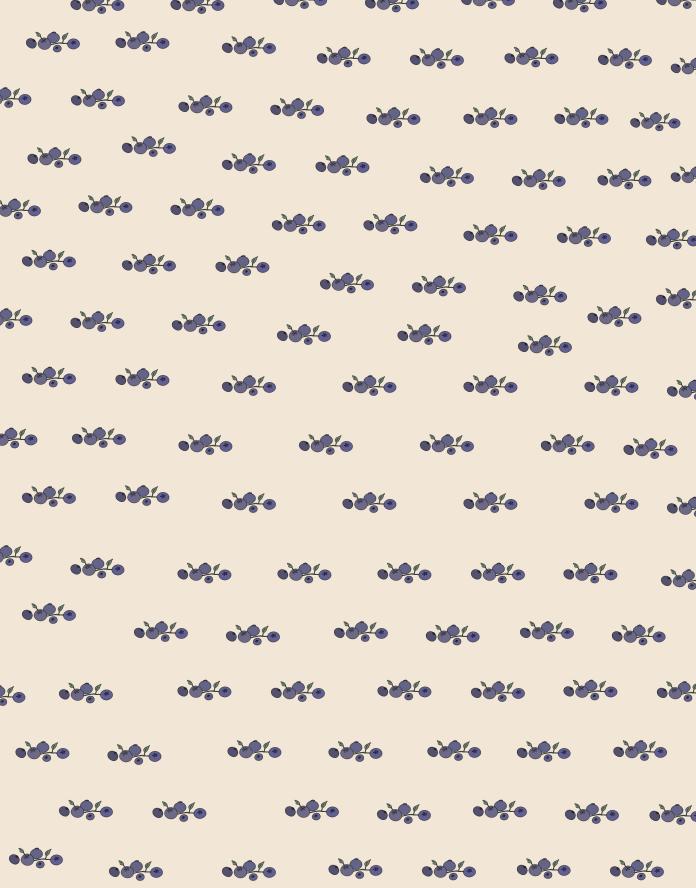


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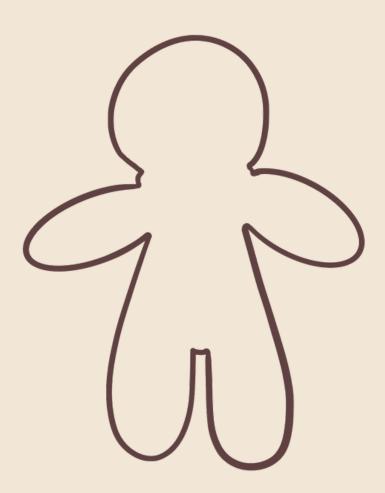






Sometimes grief makes aches and pains come into your body.

What does your body feel like?



Use this picture to draw what is happening in your body.

Feelings Word Search

Use this word search to find the words that describe how you feel.

Ask a grown up if you do not know what these feelings mean.

```
IXHIOGOCTNTELNT
RELIEVEDMXWVSMI
RZCBEIQUIMBIAGR
HOPEFULGWIYADU
WOVERWHELMEDNI
VOAVMCNLETMUCLH
DFGMKCONFUSEDT
ANXIOUSABIGVGY
OQLCWORRIEDLUSP
AZILHSLONELYXA
UUMIASHAMEDT
YDISAPPOI
         NTEDE
WEGBGEIVSCARED
CKGGQANGRYGCOH
ENNIXCAPSHOCKED
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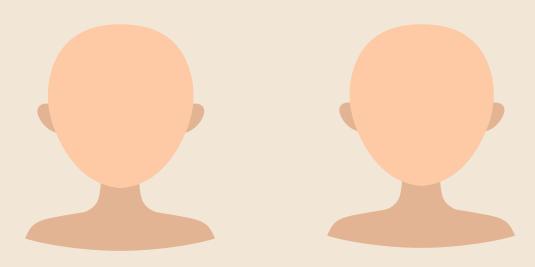
- Disappointed
- Relieved
- Hopeful
- Scared
- Guilty
- Safe

- Confused
- Anxious
- Ashamed
- Lonely
- Tired
- Overwhelmed

- Shocked
- Worried
- Angry
- Happy
- Sad

Inside - Outside

Sometimes, what we show on the outside can be very different from what we are feeling inside. This can happen when we talk about someone we lost. We might have a lot of feelings that are hard to show.



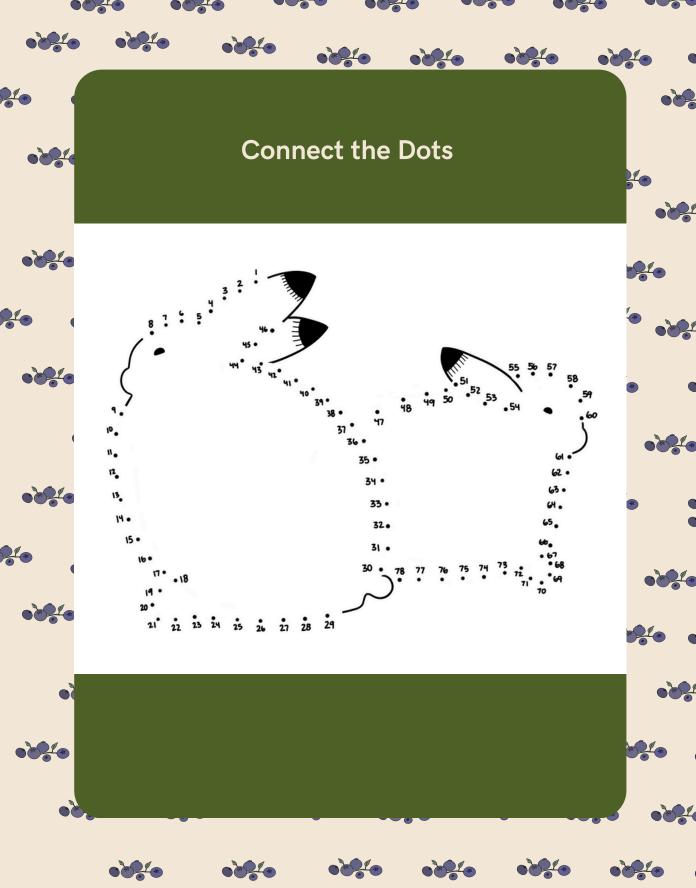
What I show on the outside

How I feel on the inside

My Heart

Use colours that represent your emotions to fill in each heart. Remember that you are loved and supported.



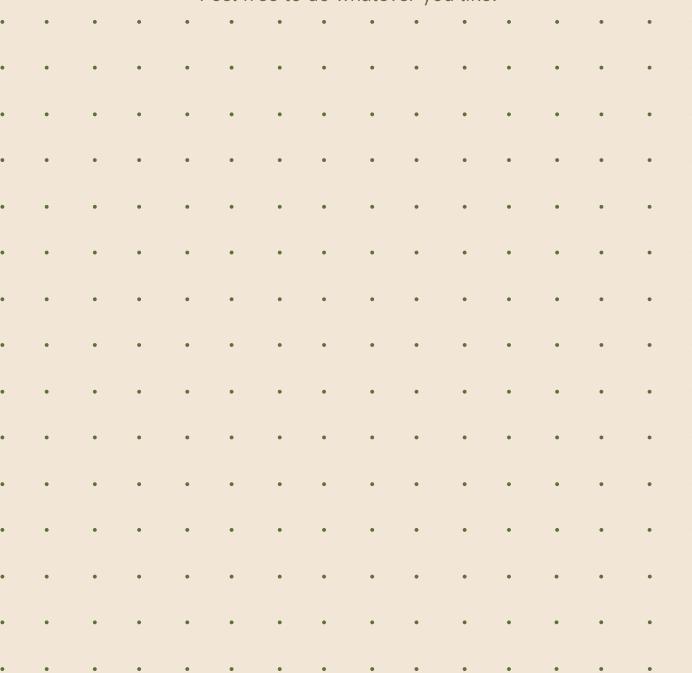


Things that make me feel better

Come up with a list of things you can do to help yourself feel better when you are sad about losing someone. Try to do one thing from the list everyday.



Use this space to write, draw, paint, scribble or doodle. Feel free to do whatever you like.



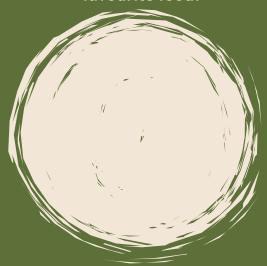
Remembering

People have different ways to remember their loved ones. Write about times you enjoyed with your loved one here.

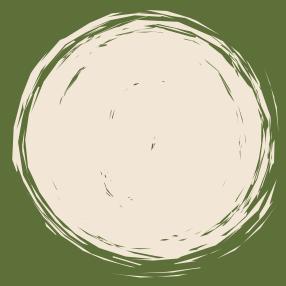
Favourite time you were outside together:



A time where you shared their favourite food:



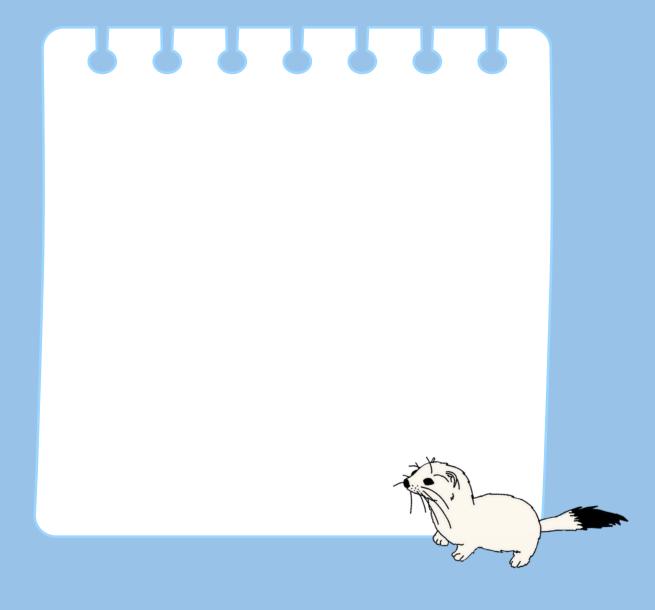
A time where you felt happy together:





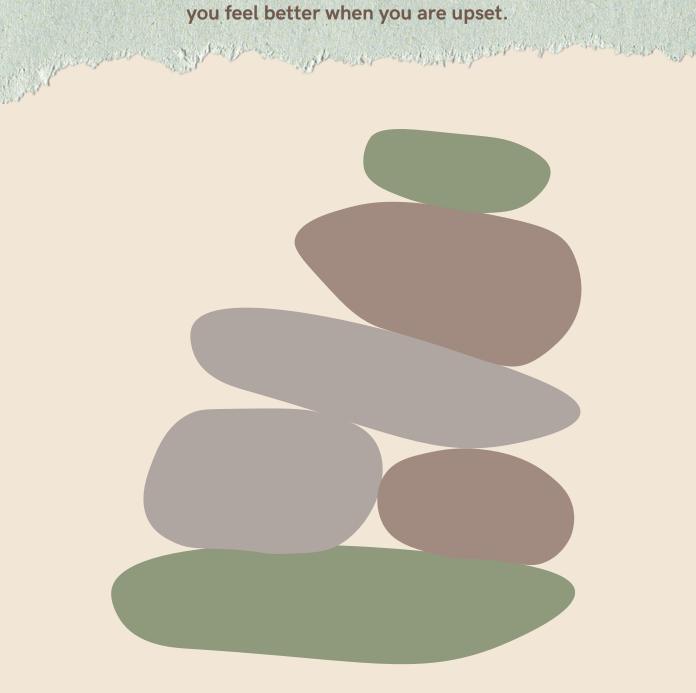
Sometimes, we get angry when things aren't fair.

Write or draw how you feel when you're angry.



When we feel sad there are things that others can say to make us feel better.

Use the rocks to write things that people can say to make you feel better when you are upset.



Rainbow Breathing

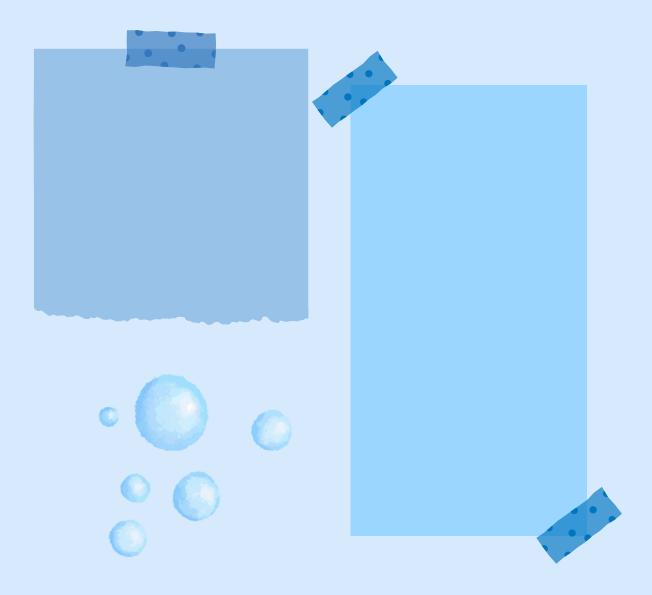


As you trace each colour of the rainbow, take a deep breath in and out. Follow the arrows to trace each colour...Remember to hold your breath for 2-3 seconds when you get to the clouds!!



Changes may be difficult. It is okay to ask for help.

Take some time to write down things that have changed since your loved one passed away.















My Favourite Artists

Write down your favourite artists that help you feel better during hard times. This could be someone that sings songs, creates clothing, or makes movies.

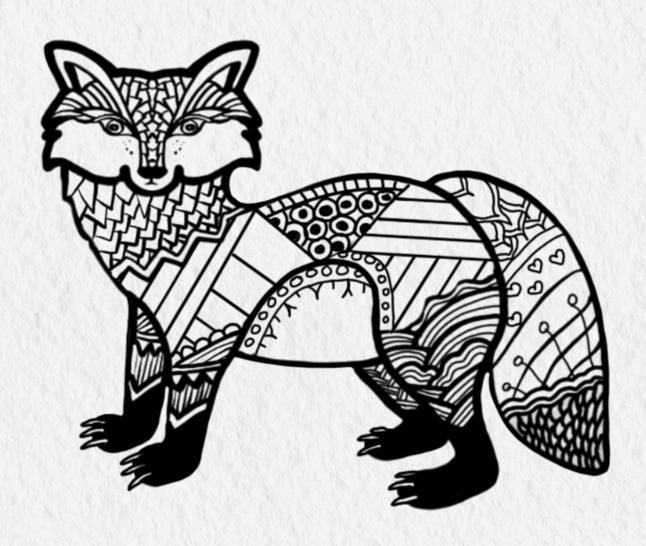


Write a Letter or Draw a Picture

Think about things you remember or things you wanted to say to that person.



Relax and colour this fox!



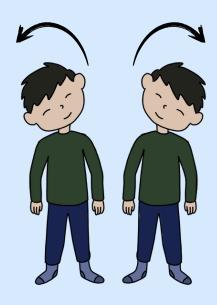
How do you stay active?

Moving your body can help your mental health , that's why it is important to stay active

Write down ways in which you were active this week:
Rode a bike around town
Walked/played outside with friends

Big stretch, big breath - let's move our bodies





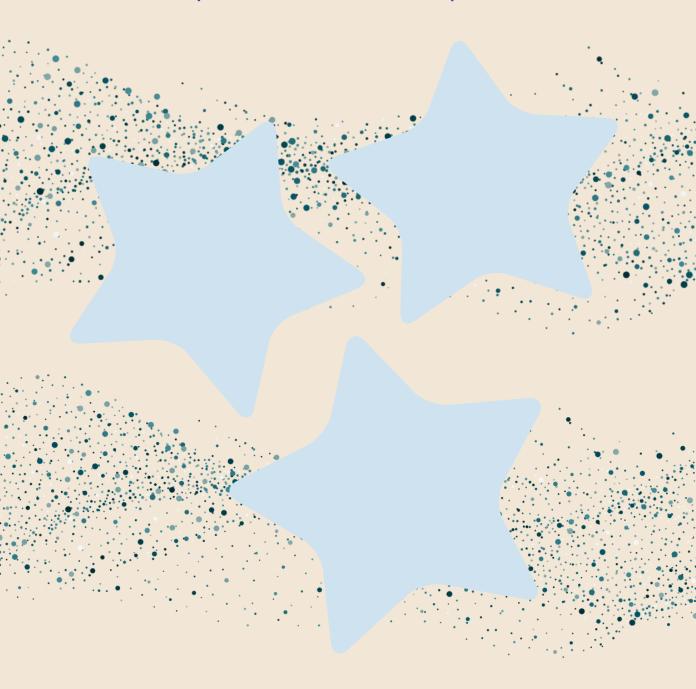


Fill in the Blanks

I feel my best when:	
I think of my loved one most when	n:
At night, I think about:	
I feel safe the most when:	
I'm looking forward to:	

Imagine you're outside looking up at the stars and each one can grant a wish.

Write down a few wishes you would make. These can be big, small, funny or serious. Whatever comes to your heart.



Remind yourself of things that make you happy and what you are grateful for.





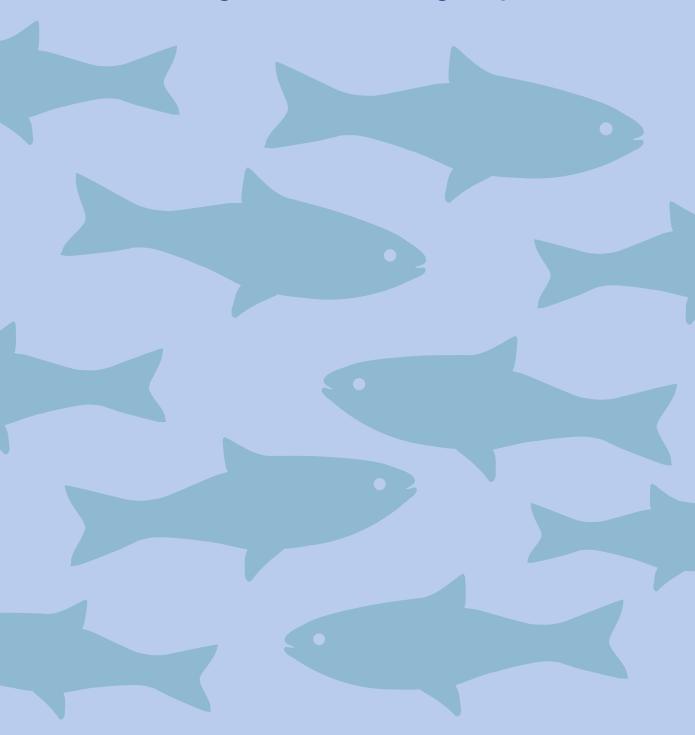




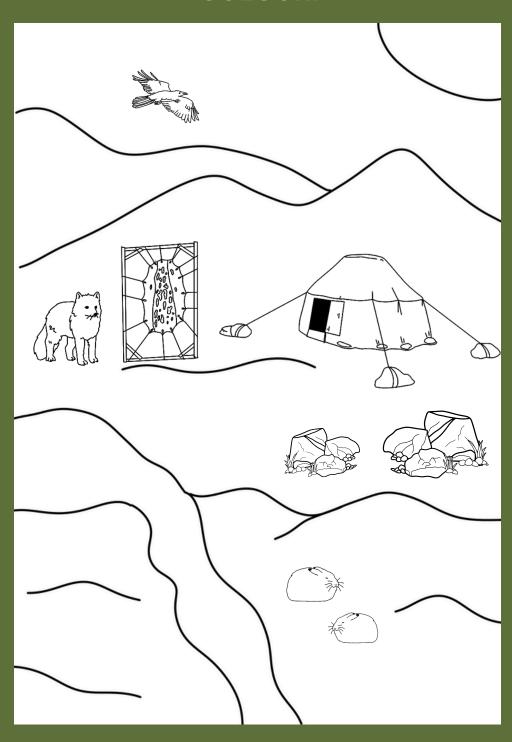




Write down your worries on the fish below and imagine them swimming away.



COLOUR!



Don't Know What To Do?

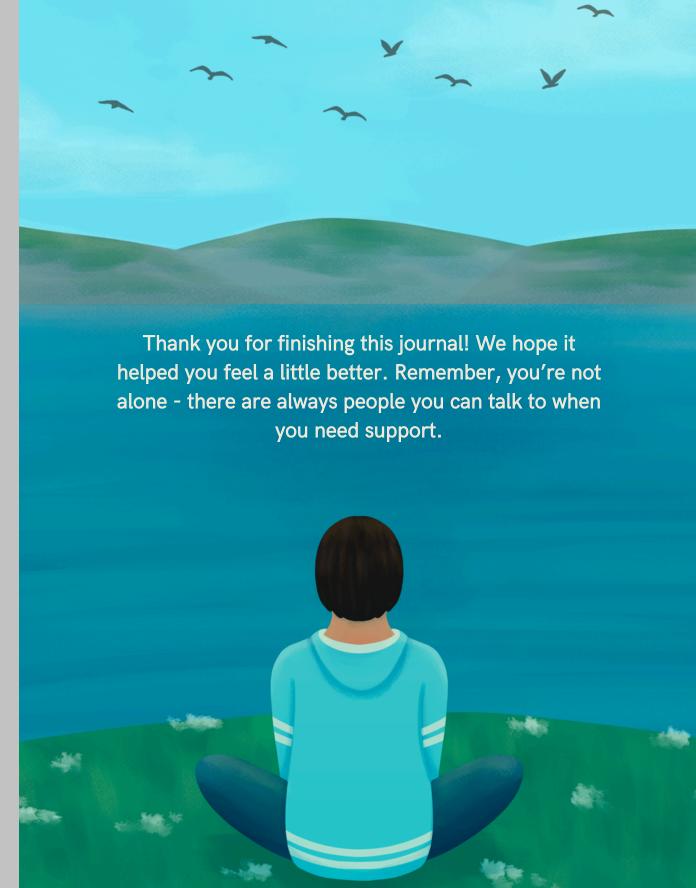
Do you feel like you need more activities to do to feel better? Try some of these activities and see what feels good for you.

Find a comfort item: Find something that makes you feel comforted and safe. It could be something that belonged to your loved one or something else. Keep it close when you are feeling down.

Spread kindness to others:
Compliment someone, tell
someone you are grateful
for them, or make
something to gift to
someone.



Engage in a mindless activity:
Watch your favourite movie or
play a board game. Taking
breaks from grieving is
important.



Resources for Parents

Being a reliable source of comfort and security for a child can make a great positive impact during grief. There are many resources available for adults experiencing loss by suicide which can help you be a supportive caregiver.

Wellness Centres:

- Kitikmeot- Department of Healthy Living: 867-943-4670
- Kivalliq- Pulaarvik Kablu Friendship Centre: 867-645-2600
- Qikiqtani- Ilisaqsivik: 867-924-6565
- Igaluit- Tukisigiarvik: 867-979-2400

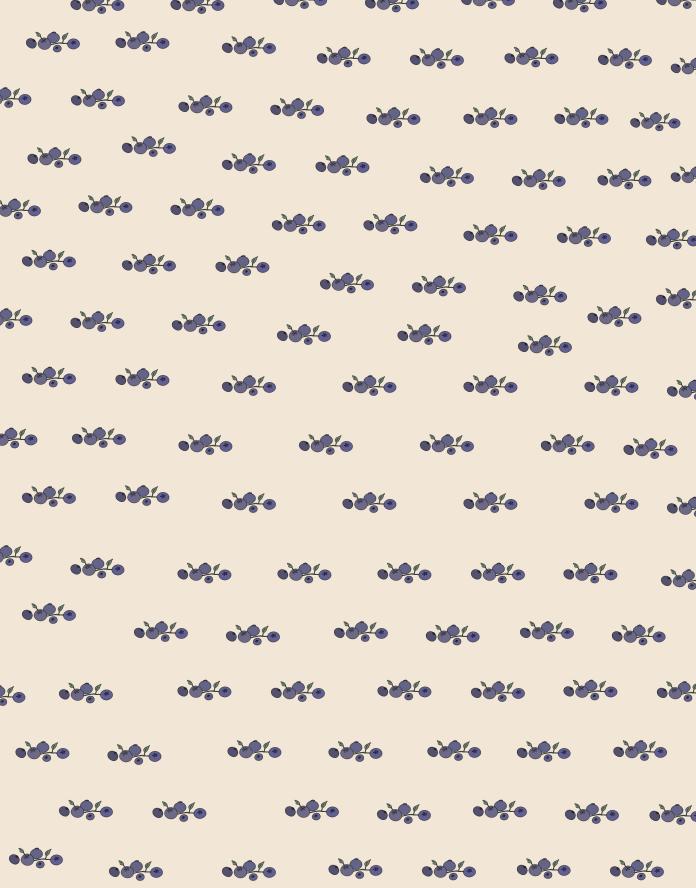
Other supports:

- Kamatsiaqtut Helpline: Call 867-979-3333 or toll-free 1-800-265-3333
- Healing by Talking: Call 1-888-648-0070 or email healing@gov.nu.ca

Suggested Books for Grieving Children:

- Talking to Children About Suicide by IIKELC
- What Happens When a Loved One Dies? by Dr. Jillian Roberts
- Someone I Love Died by Suicide: A Story for Child Survivors and Those Who Care for Them by Doreen T Cammarata





Developed by: Isaksimagit Inuusirmi Katujjiqatigiit Embrace Life Council

inuusiq.com

