

Remembering You

A Pet Grief Workbook for Kids



This little book is yours. Fill in what you want. Skip what you need to. There are no wrong answers here.

This book belongs to:

In memory of:

INTRODUCTION

A Note for You

Something really hard has happened. Your pet — someone you loved so much — has died. And that hurts. It's okay if you feel sad, or angry, or confused, or all of those things at once. It's even okay if you feel nothing right now. Grief doesn't come with a rulebook.

This workbook is a safe place. You can draw in it, write in it, or just sit with it. It's here to help you remember — all the things that made your pet so perfectly, wonderfully them.

For caregivers: This workbook is designed for children of different ages. Younger children may want to draw their answers or have you write for them. Older children may prefer privacy and their own words. Follow your child's lead — there is no right way to move through grief, and no timeline. Your presence alongside them matters more than any completed page.

Little ones (ages 3–6)

Drawing is per

Big kids (ages 7–10)

Use words or p

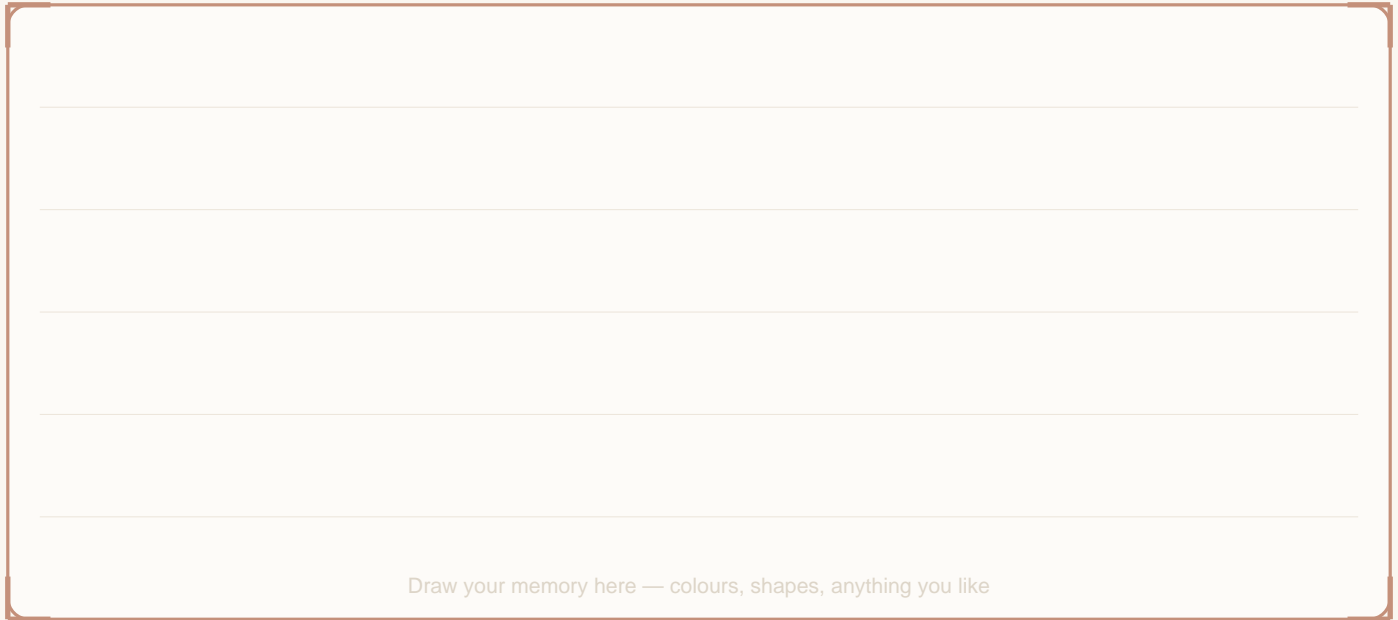
Tweens & teens (ages 11+)

This book is yo

ACTIVITY 1

Draw Your Favourite Memory

Close your eyes for a moment. Think of a time with your pet that makes your heart feel warm — even if it's a tiny, ordinary moment. Maybe it was the way they slept, or a walk, or just sitting together. Draw it here.



Draw your memory here — colours, shapes, anything you like

Tell us about your drawing:

- _____
- _____
- _____
- _____

For caregivers: Invite your child to narrate while they draw. For very young children, drawing itself is the complete activity — the story doesn't need to be written down.

ACTIVITY 2

Write a Letter to Your Pet

Sometimes we have things we wish we could say. This is your chance. Write whatever is in your heart — it doesn't have to be neat or perfect.

Dear _____,

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

With love, _____

For caregivers: For children who struggle to write, offer to be their scribe. Younger children might simply say "I love you" or "I miss you" — that is a complete and meaningful letter.

ACTIVITY 3

What Made Them Special?

Every pet is one of a kind. What made yours perfectly, wonderfully them?

♥ The thing that always made me smile about them was...

- _____
- _____
- _____

♥ The sound I miss most is...

- _____
- _____

♥ They were different from any other pet because...

- _____
- _____
- _____

♥ If I had to describe them in three words, I would say:

- _____

For caregivers: This page works beautifully as a spoken conversation — you might share your own answers too. Mutual remembering is a powerful form of grief support.

ACTIVITY 4

Our Favourite Routines

Pets become part of the rhythm of our days. Some of the hardest moments after a loss are the ordinary ones — the times we expect them to be there. Let's remember the routines that were yours and theirs together.

♥ **In the morning, they would always...**

- _____
- _____

♥ **At night, our routine together was...**

- _____
- _____

♥ **My favourite thing we did together was...**

- _____
- _____

♥ **The moment of the day I miss most is...**

- _____
- _____

For caregivers: The disruption of daily routines is one of the most physically felt parts of pet loss. Acknowledging specific routines by name helps children feel seen in their grief.

ACTIVITY 5

Memory Jar Prompts

A memory jar is a real thing you can make at home — a jar filled with little notes about your pet that you can read whenever you miss them. Use these prompts to fill yours, or write the notes right here.

◆ A funny thing they did once...

-
-
-

◆ A moment I wish I could live again...

-
-
-

◆ A time they made me feel better...

-
-
-

◆ Something I want to remember forever...

-
-
-

◆ Something they loved more than anything...

-
-
-

◆ The way they smelled / felt / sounded...

-
-
-

For caregivers: You can create a real memory jar together using a mason jar and small folded notes. On hard days, pulling out a memory is a gentle, tangible comfort.

ACTIVITY 6

My Pet's Superpowers

Pets have a kind of magic. They can sense when we're sad, make us feel less alone, and love us without any conditions at all. What were your pet's superpowers?

♥ They always knew when I was sad, and they would...

- _____
- _____

♥ Their superpower for making me happy was...

- _____
- _____

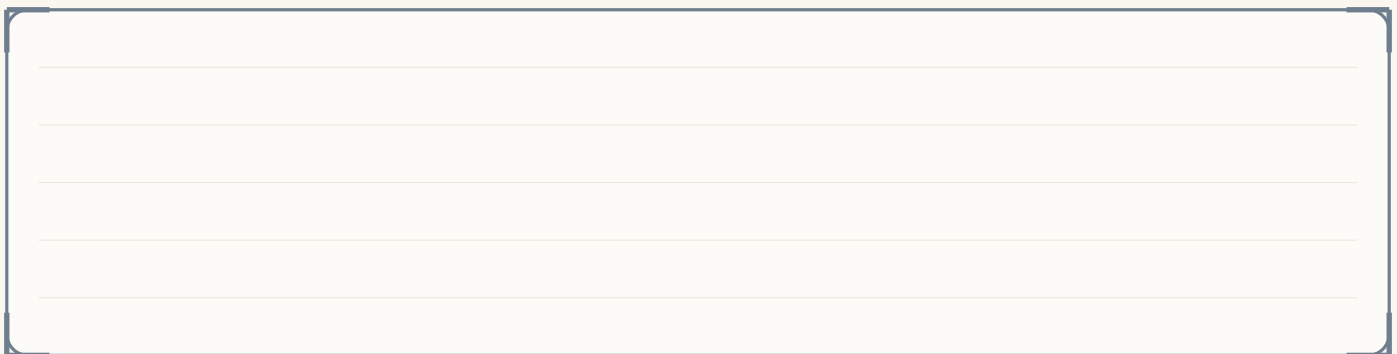
♥ They taught me something about love — that...

- _____
- _____

♥ The superpower I will carry with me from knowing them is...

- _____
- _____

Draw your pet with their superpower cape on! (optional)



ACTIVITY 7

A Thank You Page

Saying thank you is a way of holding love. Even when it hurts to think about them being gone, we can still feel grateful for the time we had. What do you want to thank your pet for?

♥ Thank you for always...

- _____
- _____

♥ Thank you for teaching me...

- _____
- _____

♥ Thank you for the time we...

- _____
- _____

♥ Most of all, thank you for...

- _____
- _____

For caregivers: Gratitude and grief can exist at the same time. This page can feel tender — offer to do it together, taking turns sharing what you are each grateful for.

ACTIVITY 8

My Favourite Things About You

Sometimes the simplest lists hold the most love. Fill in as many as you like.

♥ Your favourite spot in the house:

- _____
- _____

♥ Your favourite food or treat:

- _____
- _____

♥ Your favourite game or activity:

- _____
- _____

♥ Your favourite time of day:

- _____
- _____

♥ The funniest thing you ever did:

- _____
- _____

♥ The bravest thing you ever did:

- _____
- _____

♥ Your favourite way to cuddle:

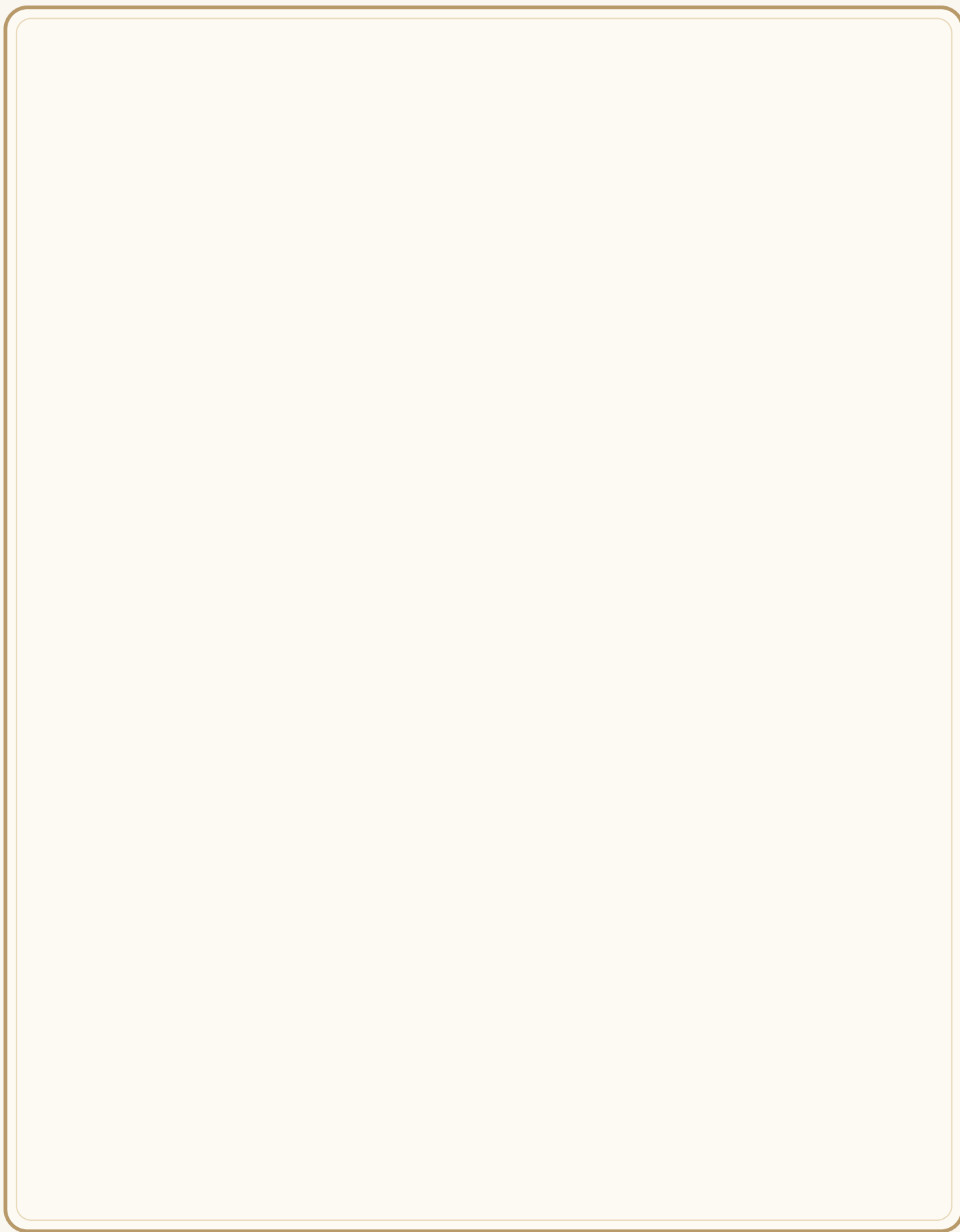
- _____
- _____

♥ Something only I knew about you:

- _____
- _____

Anything else you want to add:

- _____
- _____
- _____





Certificate of

Love & Remembrance

This certificate is lovingly given to

Your name

in honour of the love shared with

Your pet's name

You loved them well. That love does not end.



Date: _____

Hearts & Halos

This workbook was made with love by Hearts & Halos — Legacy & End-of-Life Pet Photography, Nova Scotia's South Shore. Free to share, free to print, always.