

You are
not alone.
♡

Different
seasons,
same hope.
♡

Changing Seasons, Changing Feelings

A Grief Support Resource for All Ages

*Gentle activities to help with grief through
reflection, remembrance, coping, and hope.*

For children • teens • adults • families • groups

Brighter
days
ahead.
♡

Healing
Happens
Here
♡


Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS

www.campgoodgrief.org





Copyright



© 2026 Camp Good Grief. All rights reserved.

This resource is for personal, educational, and nonprofit use by individuals, families, schools, counselors, and community groups supporting children and teens through grief. It may not be reproduced for resale or redistributed for commercial purposes without written permission.

Created with care to support reflection, remembrance, coping, and hope through changing seasons of grief.



www.campgoodgrief.org

Camp Good Grief



Different
Seasons
Same Hope



Welcome

Grief changes with the seasons, and so do we.

Grief can feel different from day to day and season to season. Sometimes it feels heavy, sometimes lighter, and sometimes both at the same time. This resource is here to support children, teens, adults, families, and groups as you reflect, remember, express your feelings, and find hope and support along the way. You are not alone.



*All feelings
are welcome here.*



*There is no right
or wrong way
to grieve.*



*Take what
you need.*

*Every
season is
a part of
your story.*



*A Brighter
Tomorrow
Is Always
Possible*



*Stronger
Brighter Days
Ahead*



Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS



How to Use This Resource

Every
Season
Still
Matters



This resource is here to support you. There is no “right” way to use it—just what feels helpful for you.



1. Explore the activities in any order.

You can jump around and come back anytime.



2. Choose what feels right for you.

Notice what interests you, what feels comfortable, and what you need today.



3. Use alone, with family, or in a group.

This resource can be a personal companion or a way to connect with others.



4. Write, draw, color, or talk.

Express yourself in whatever way feels best. There are many ways to share your feelings.



5. Remember: there is no right or wrong way to grieve.

*Your feelings are valid, and your journey is yours.
Take the time you need.*

You are exactly where you need to be.



*A Brighter
Tomorrow
Is Always
Possible*



Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS



The Seasons of Grief

Same
People
New Seasons
Still Love



Grief can feel different in different seasons of life. Just like the seasons in nature, our feelings can change, shift, and look different over time. There is no set timeline, and there is no right or wrong way to grieve.

Spring

-  New beginnings
-  Tender hope
-  Mixed emotions



Summer

-  Connection
-  Warmth
-  Bright memories



Autumn

-  Change
-  Letting go
-  Reflection



Winter

-  Rest
-  Quiet
-  Healing
-  Survival



Every season is a part of your story.



Healing
Happens
Here



Camp Good Grief



fferent
asons
ter Days



My Feelings Forecast

Different
Seasons
Same Hope
♡

You
Belong
Here
♡

Feelings can shift like the weather. Use words, colors, or drawings to describe what your inner weather feels like today.

Today my feelings
feel like...

What I notice
in my body...

What helps when
my weather feels stormy...

One small kindness
I can give myself today...

Camp Good Grief

• Changing Seasons, Changing Feelings •



Good
Memories
Live On
♡

Memory Leaves

Each memory is like a leaf—different in color, shape, and season.
Write or draw special memories, words, or moments
you want to keep close.

*A memory
that makes me smile*

Something I miss

*A favorite thing
we shared*

*A lesson or value
I carry forward*

*A way I can
remember today*

*You may
color the
leaves too.*
♡

*Different
Seasons
Same Hope*
♡

Camp Good Grief
Changing Seasons, Changing Feelings



What I Carry, What Helps

Draw or write what you carry in grief and what helps lighten the load.

You
Are Not
Alone
♡

Brighter
Days
Ahead
♡

All
Feelings
Are
Welcome
Here
♡

What I Carry

*Feelings, worries, memories, questions,
changes, or anything else...*

What Helps Me

*People, places, activities, comforts,
words, or anything that brings light...*

Small
Steps
Make
a Big
Difference
♡

Hope
Heals
♡

You
Belong
Here
♡

Same
Seasons
New Strength
♡

Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS



A Season-Safe Place

Safe
Feelings
Can Grow
in Every
Season



Imagine a place that feels safe and peaceful in this season.



Calm
Exists
Here



Different
Seasons
Same Peace



I feel safe here because...



What I see...



What I hear...



What helps me feel calm...

Brighter
Days
Are Still
Ahead



Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS



Growing Around Grief

Growth
Looks
Different
in Every
Season



All
Seasons
All Feelings
All You
♥

Like a tree, we can keep growing even while we carry grief.

My strengths

People who help me

What I am learning

A hope I am holding

A way I can
grow this season

I Am
Still Growing
♥

Staying grounded
helps me face the changing
seasons with courage.



Camp Good Grief



This is a vibrant, child-friendly worksheet titled "A Letter for This Season". The title is prominently displayed at the top center, with "A Letter for" in a dark blue serif font and "This Season" in a large, multi-colored script font where each word has its own color gradient. Below the title, a small pink heart icon sits above a line of instructional text: "Write a letter to your loved one, to yourself, or to this season of grief." Underneath this, three thematic prompts are arranged horizontally: "What I miss...", "What I want to say...", and "What I hope for...", each preceded by a small pink heart. The main body of the worksheet is a large rectangular area with horizontal ruling lines, intended for writing the letter. It begins with the word "Dear" followed by a blank line for an addressee. The entire worksheet is framed by seasonal illustrations: pink cherry blossoms and green leaves on the left; orange and yellow autumn leaves on the right; and white daisies, pink flowers, and snow-covered evergreens at the bottom. In the bottom right corner, there is a circular logo for "Camp Good Grief" with the tagline "HOPE • HEALING • BRIGHTER DAYS" below it.



Activity The Coping Garden

Plant seeds of comfort. Choose ideas below
or add your own.



Small steps can help big feelings
♡

Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS

www.campgoodgrief.org



You are
not alone.
♡

Activity

Preparing for Changing Dates

Holidays, birthdays, and special dates can bring up strong feelings. Planning ahead can help.

☐

What date might be difficult for me?

☐

How do I want to remember my loved one?

☐

What can I do to take care of myself?

☐

Who can support me?

☐

Something I'm looking forward to:

Different
seasons,
same hope.



Brighter
days
ahead.
♡

It's okay to feel however you feel
on special dates. ♡

Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS

www.campgoodgrief.org



Different
seasons,
same love.



A Family Seasons Ritual

Love
continues
to grow.



Create a simple ritual to honor your loved one and the changing seasons. Here are some ideas:

- ♥ Light a candle
- ♥ Read a favorite memory
- ♥ Look at photos together
- ♥ Go for a nature walk
- ♥ Plant a tree or flowers
- ♥ Share what you're grateful for
- ♥ Start a new tradition

Our Family Ritual:

(Write or draw your idea below)

Hope
Lives
Here



Love keeps our
memories in season.



Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS

www.campgoodgrief.org





Reflection

All Seasons, All You

No matter what season you're in, you are not alone.
Grief can be heavy, but it can also bring love,
strength, and deeper connection. You are still you—
with a story, a purpose, and a bright tomorrow.

Same Love
New Strength
Brighter Days

Thank you for taking time
to care for your heart.

Camp Good Grief

HOPE • HEALING • BRIGHTER DAYS

www.campgoodgrief.org

