

My Grief Backpack

What I Carry and
What Helps Lighten the Load



Camp Good Grief®
www.campgoodgrief.org





My Grief Backpack

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Camp Good Grief creates helpful resources for children and families who are grieving. You are not alone.

Feel it.
Share it.
Heal it.
Carry hope.

Camp Good Grief®
www.campgoodgrief.org

Thank you for helping children carry hope.



It's okay
to feel.

My Grief Backpack

You are
not alone.

Draw or write the feelings, worries,
memories, and thoughts you carry
inside your grief backpack.

Feel your
feelings.

You are
stronger
than you
know.

Feelings I Carry

Things I Miss

Worries I Have

Hard Days Feel Like...

Sometimes sharing what we carry
can make the backpack feel lighter.



What Helps Lighten My Load?

Take
a breath.

Draw or write the people, places, memories, and
tools that help your grief backpack feel lighter.

You do
not have to
carry it
alone.

Ask for
help.

You are
stronger
than you
know.

People Who Help Me

Things That Comfort Me

Places I Feel Safe

Memories That Help Me Smile

When My Backpack Feels Heavy, I Can...