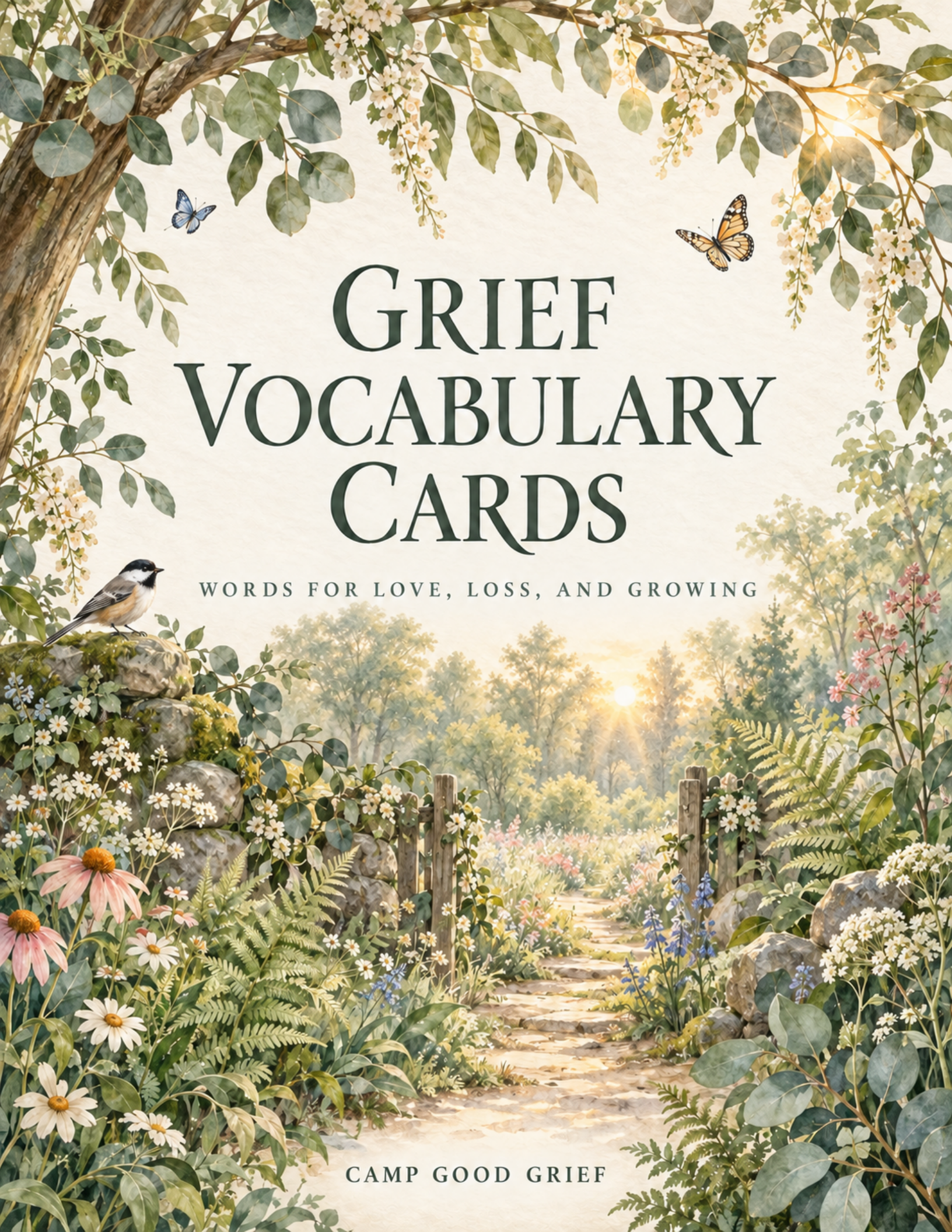




GRIEF VOCABULARY CARDS

WORDS FOR LOVE, LOSS, AND GROWING

CAMP GOOD GRIEF



A Gentle Way to Use These Cards

There is no right or wrong way to grieve.

1

NOTICE

Choose one word that feels important today.

2

EXPLORE

Read the meaning and example together.

3

CONNECT

Use the gentle question, or simply listen.

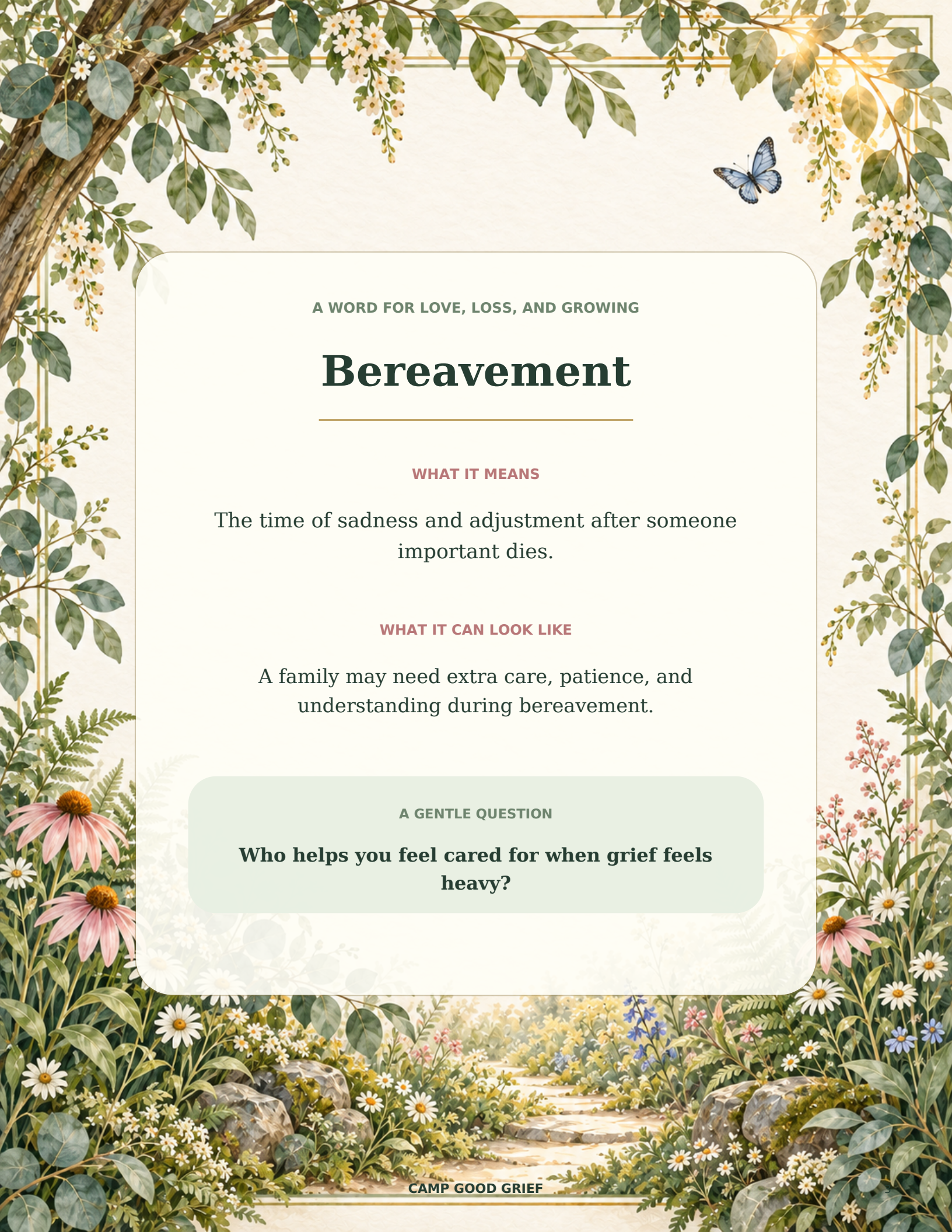
4

CREATE

Draw, write, move, or share a memory.

Children may answer, draw, stay quiet, or pass.

The goal is connection, not a perfect response.



A WORD FOR LOVE, LOSS, AND GROWING

Bereavement

WHAT IT MEANS

The time of sadness and adjustment after someone important dies.

WHAT IT CAN LOOK LIKE

A family may need extra care, patience, and understanding during bereavement.

A GENTLE QUESTION

Who helps you feel cared for when grief feels heavy?



A WORD FOR LOVE, LOSS, AND GROWING

Memory

WHAT IT MEANS

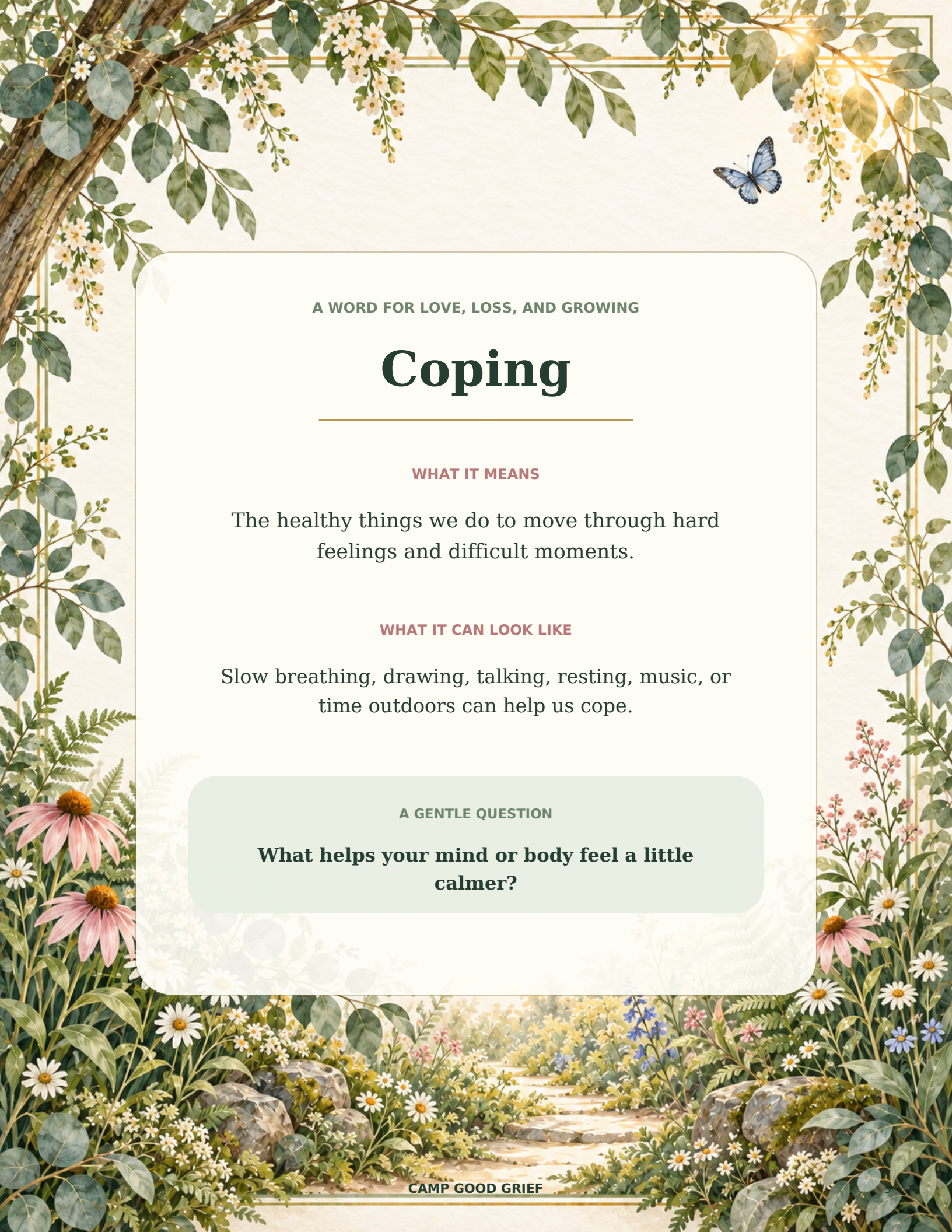
Something we remember about a person, place, moment, or feeling.

WHAT IT CAN LOOK LIKE

A song, photograph, favorite food, or family story can bring a memory close.

A GENTLE QUESTION

What is one memory you would like to hold close?



A WORD FOR LOVE, LOSS, AND GROWING

Coping

WHAT IT MEANS

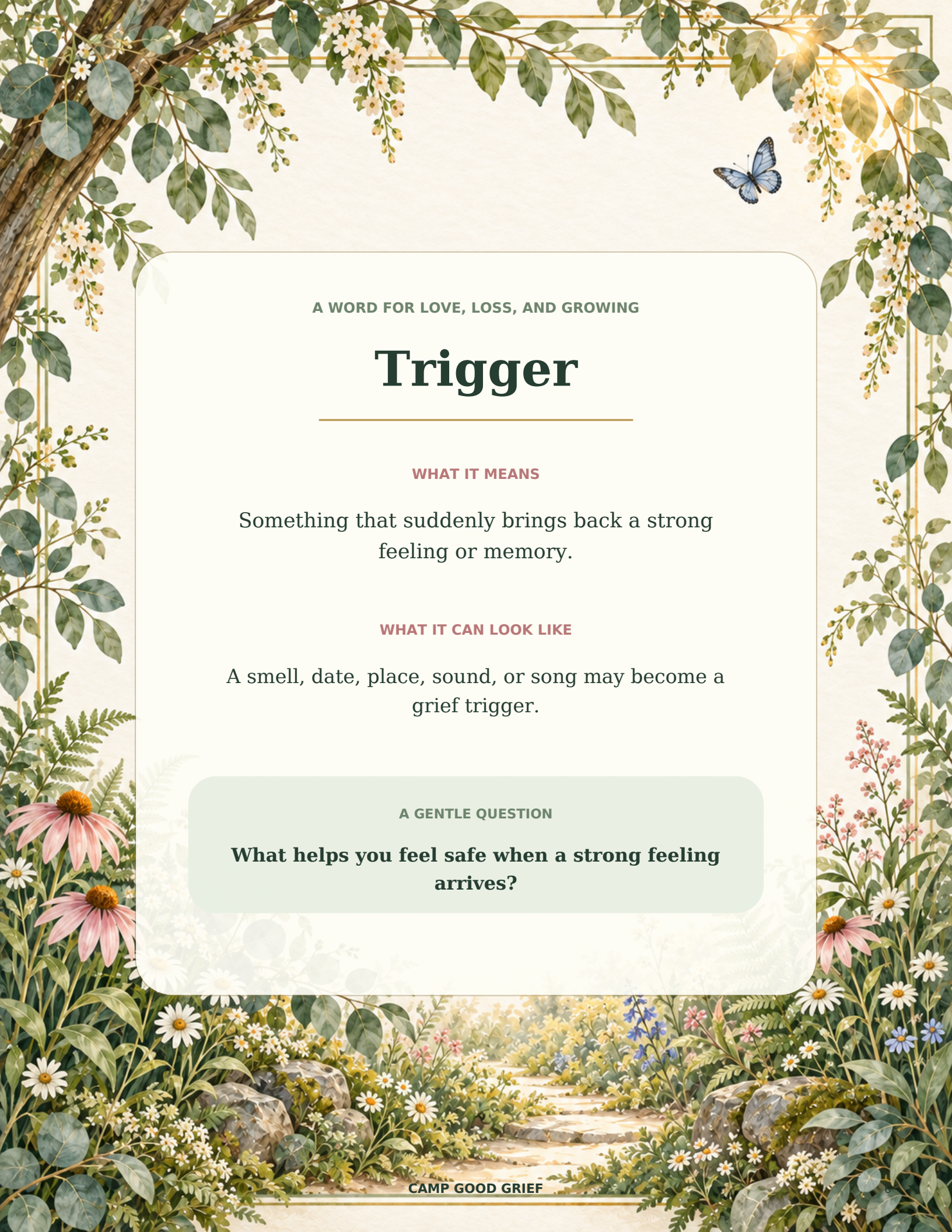
The healthy things we do to move through hard feelings and difficult moments.

WHAT IT CAN LOOK LIKE

Slow breathing, drawing, talking, resting, music, or time outdoors can help us cope.

A GENTLE QUESTION

What helps your mind or body feel a little calmer?



A WORD FOR LOVE, LOSS, AND GROWING

Trigger

WHAT IT MEANS

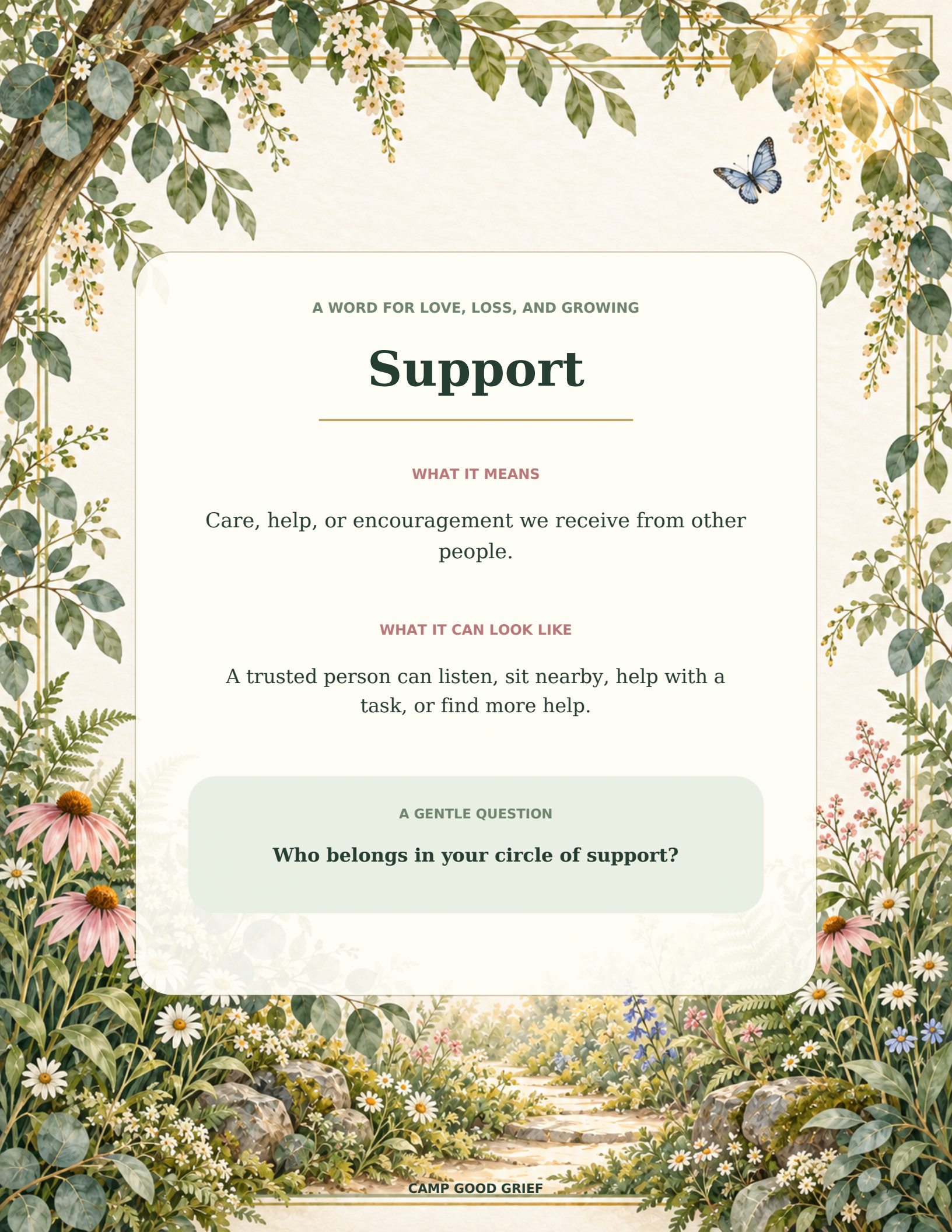
Something that suddenly brings back a strong feeling or memory.

WHAT IT CAN LOOK LIKE

A smell, date, place, sound, or song may become a grief trigger.

A GENTLE QUESTION

What helps you feel safe when a strong feeling arrives?



A WORD FOR LOVE, LOSS, AND GROWING

Support

WHAT IT MEANS

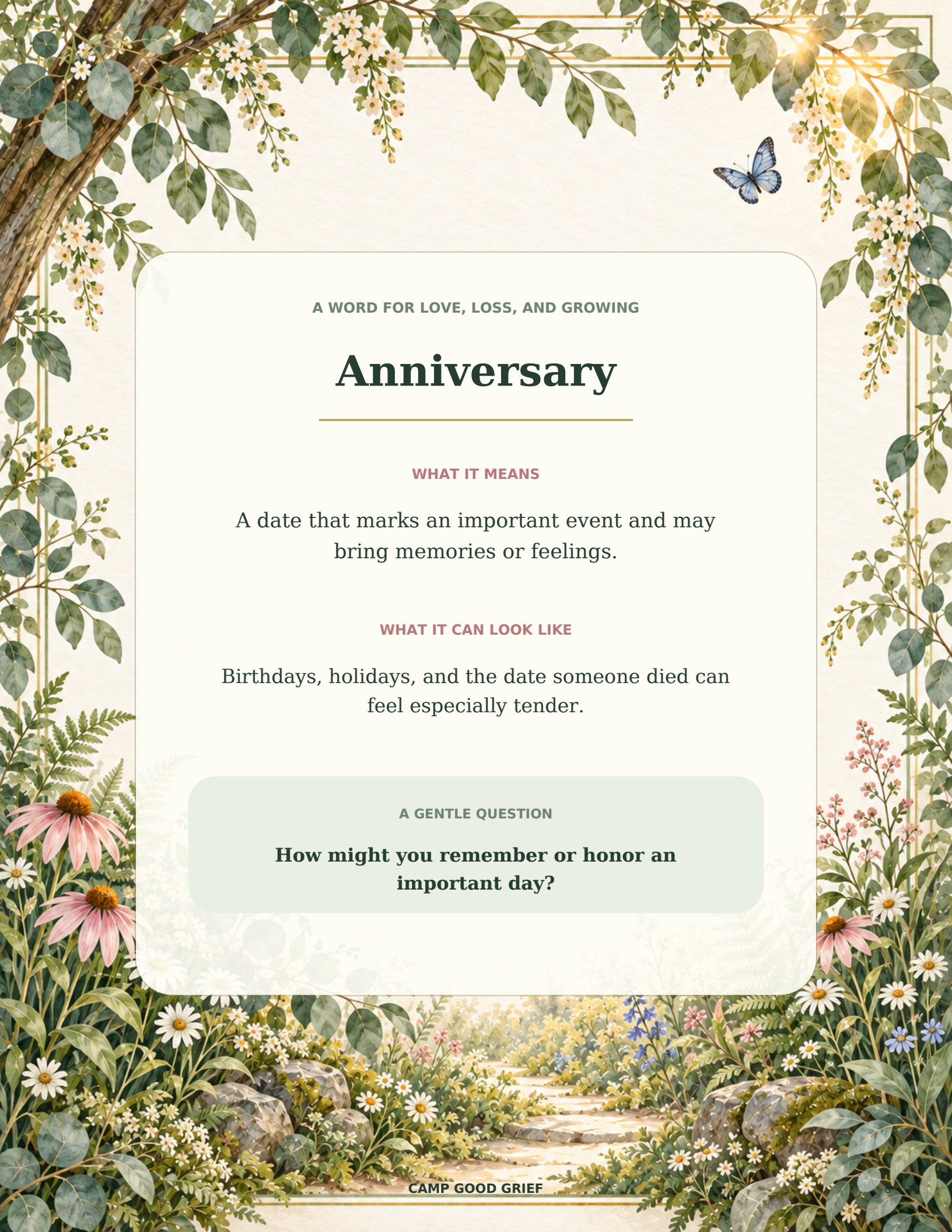
Care, help, or encouragement we receive from other people.

WHAT IT CAN LOOK LIKE

A trusted person can listen, sit nearby, help with a task, or find more help.

A GENTLE QUESTION

Who belongs in your circle of support?



A WORD FOR LOVE, LOSS, AND GROWING

Anniversary

WHAT IT MEANS

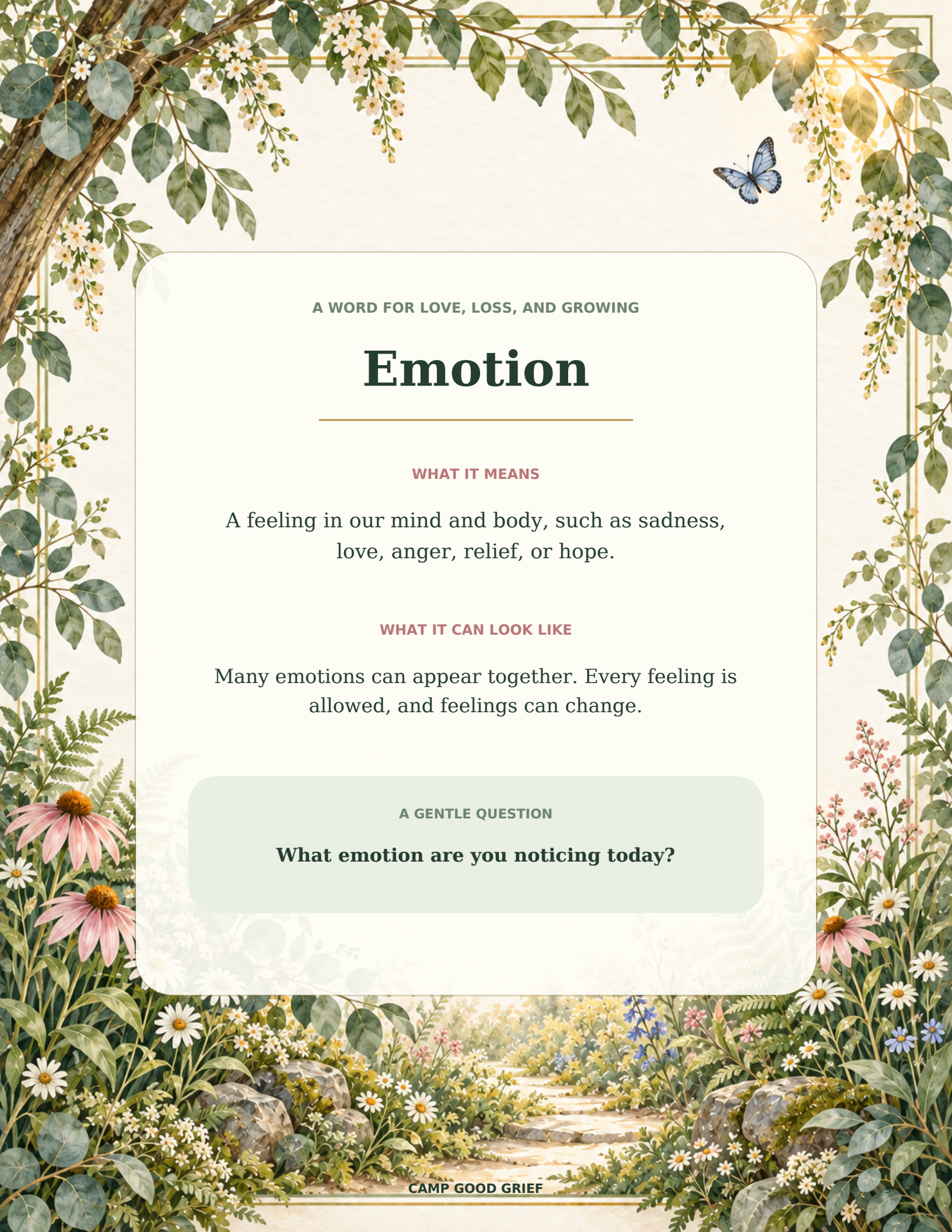
A date that marks an important event and may bring memories or feelings.

WHAT IT CAN LOOK LIKE

Birthdays, holidays, and the date someone died can feel especially tender.

A GENTLE QUESTION

How might you remember or honor an important day?



A WORD FOR LOVE, LOSS, AND GROWING

Emotion

WHAT IT MEANS

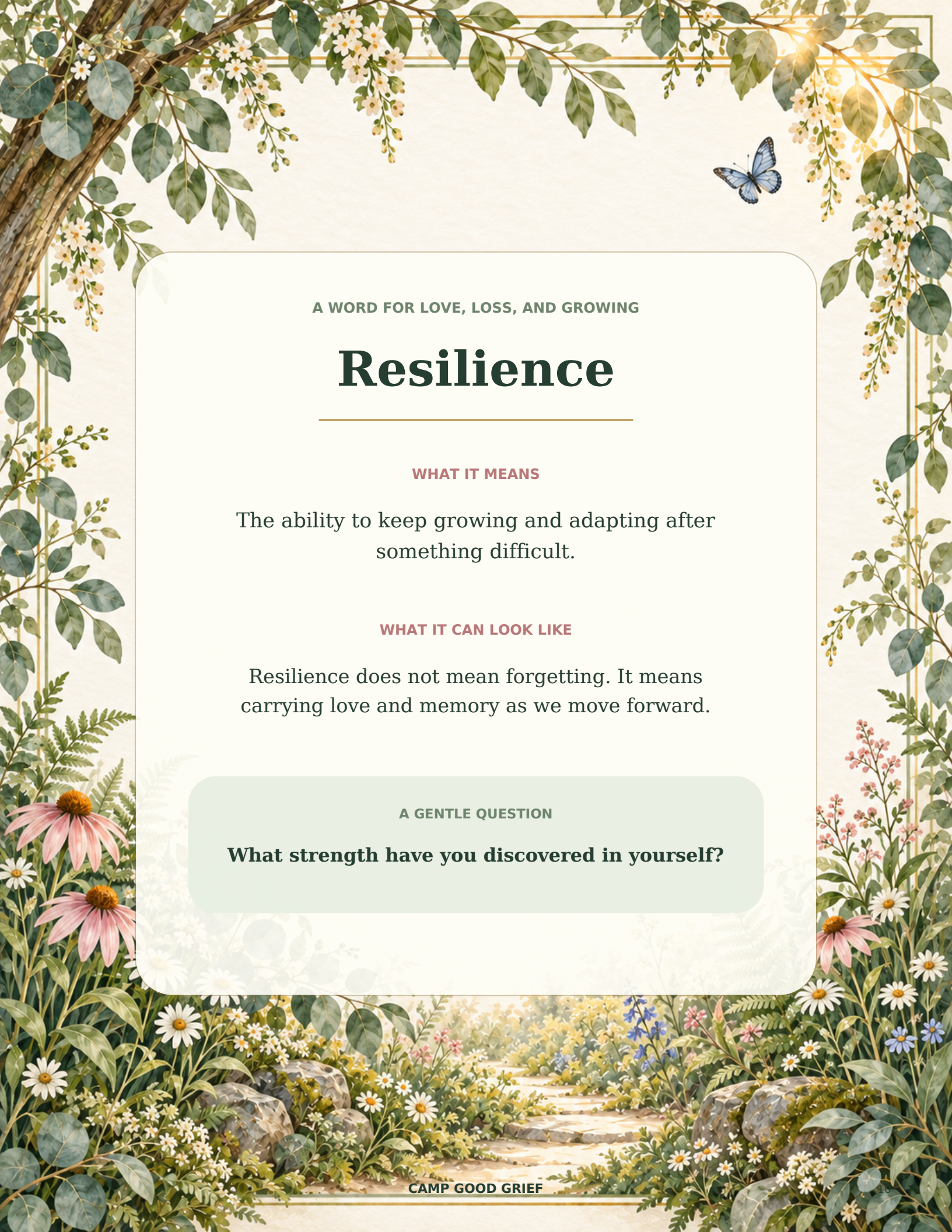
A feeling in our mind and body, such as sadness, love, anger, relief, or hope.

WHAT IT CAN LOOK LIKE

Many emotions can appear together. Every feeling is allowed, and feelings can change.

A GENTLE QUESTION

What emotion are you noticing today?



A WORD FOR LOVE, LOSS, AND GROWING

Resilience

WHAT IT MEANS

The ability to keep growing and adapting after something difficult.

WHAT IT CAN LOOK LIKE

Resilience does not mean forgetting. It means carrying love and memory as we move forward.

A GENTLE QUESTION

What strength have you discovered in yourself?



My Word Garden

Choose one card, or plant a new word of your own.

The word I chose is...

This word means...

This word connects to my life because...

Draw a symbol, memory, or nature image for your word.





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Watercolor Nature Edition

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