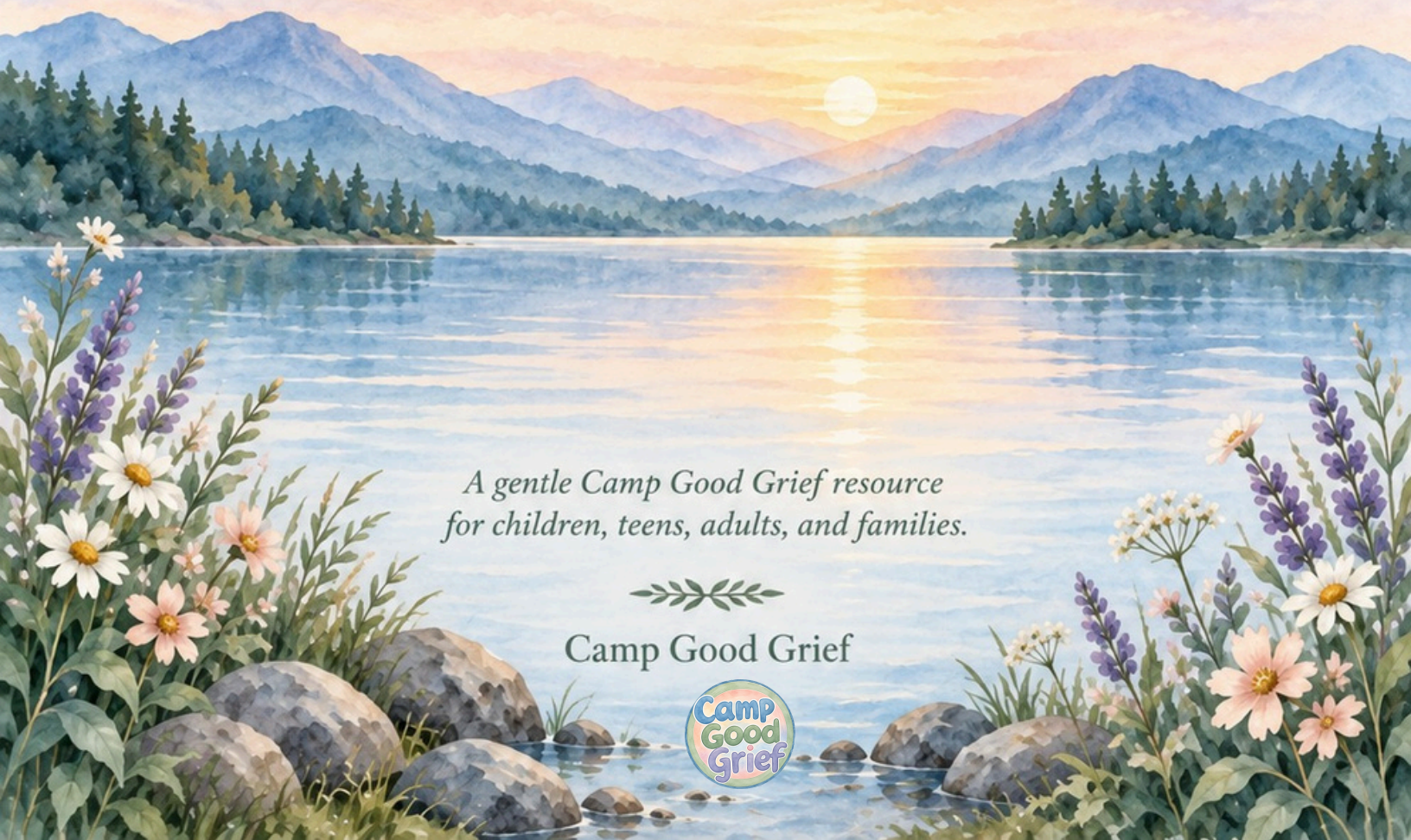




30 Days — of — Gentle Coping

*Small moments of care
for grieving hearts*



*A gentle Camp Good Grief resource
for children, teens, adults, and families.*

Camp Good Grief





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30 Days of Gentle Coping

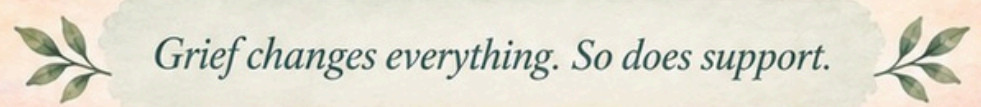
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Camp Good Grief is dedicated to providing compassionate resources, support, and community for grieving children, teens, adults, and families.

For more information, please visit:
www.campgoodgrief.org



Grief changes everything. So does support.





How to Use This Resource

A gentle guide for going one day at a time

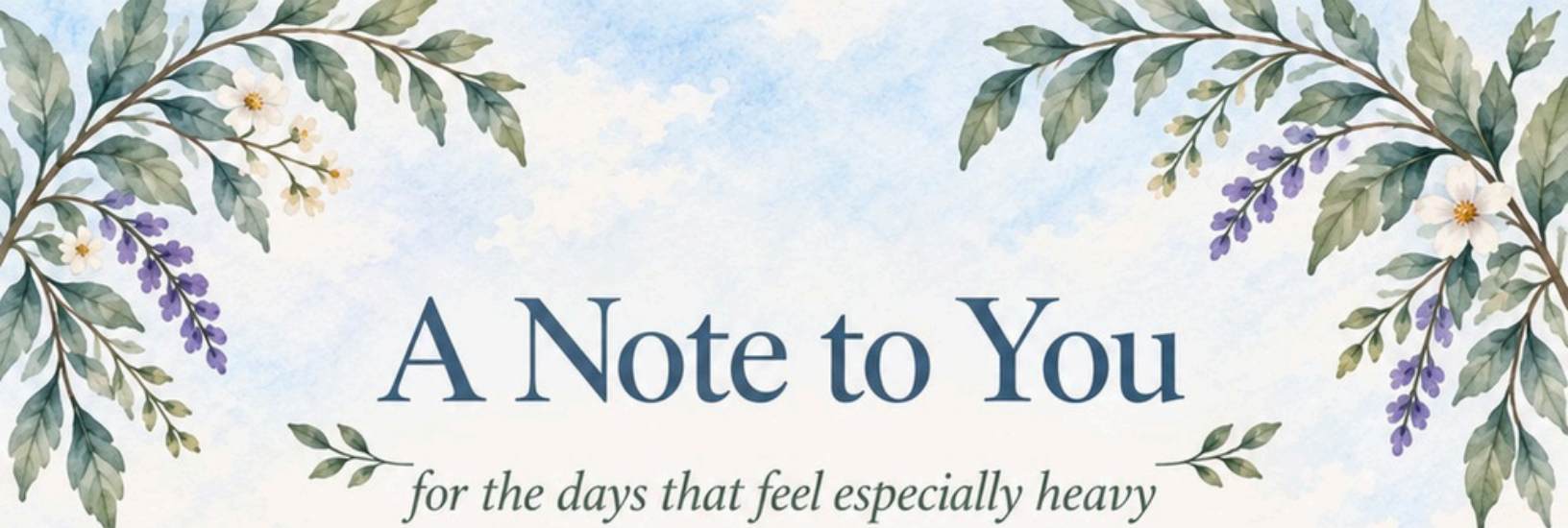
Grief can make ordinary days feel heavy. You do not have to fix everything today. Use this resource in a flexible, gentle way.

- 🍃 Complete one activity each day.
- 🍃 Work through the days in any order.
- 🍃 Repeat the activities that feel comforting.
- 🍃 Write, draw, talk, or simply think about the prompts.
- 🍃 Invite a trusted person to join you.
- 🍃 Skip anything that does not feel right today.

🍃 Gentle Reminder 🍃

*Coping does not mean forgetting.
It means finding small ways to care for yourself
while carrying your grief.*





A Note to You

for the days that feel especially heavy

Grief can bring many emotions—sometimes all at once.
It can be messy, unpredictable, and exhausting.
It can also hold love, gratitude, memories, and moments of peace.

This resource is here to remind you that even on the hardest days,
there are small things that can help. Gentle coping is not about
fixing your grief. It is about giving yourself kindness, support,
and space to be exactly where you are.

There is no right or wrong way to grieve.
Take your time. Skip a day when you need to.
Repeat the activities that feel helpful.

You are not alone.

With care,
Camp Good Grief





Day 1

Just Breathe

*Place one hand on your heart and one hand
on your stomach. Slowly breathe in.
Slowly breathe out. Repeat five times.*

Today I noticed:



*I only need to take this moment
one breath at a time.*





Day 2

Name the Feeling

*Grief can bring many feelings at once.
Circle, color, or write the feelings you notice today.*

sad

angry

lonely

confused

tired

worried

peaceful

thankful

numb

hopeful

frustrated

loved

Another feeling I have today:

“Every feeling is allowed to visit.”





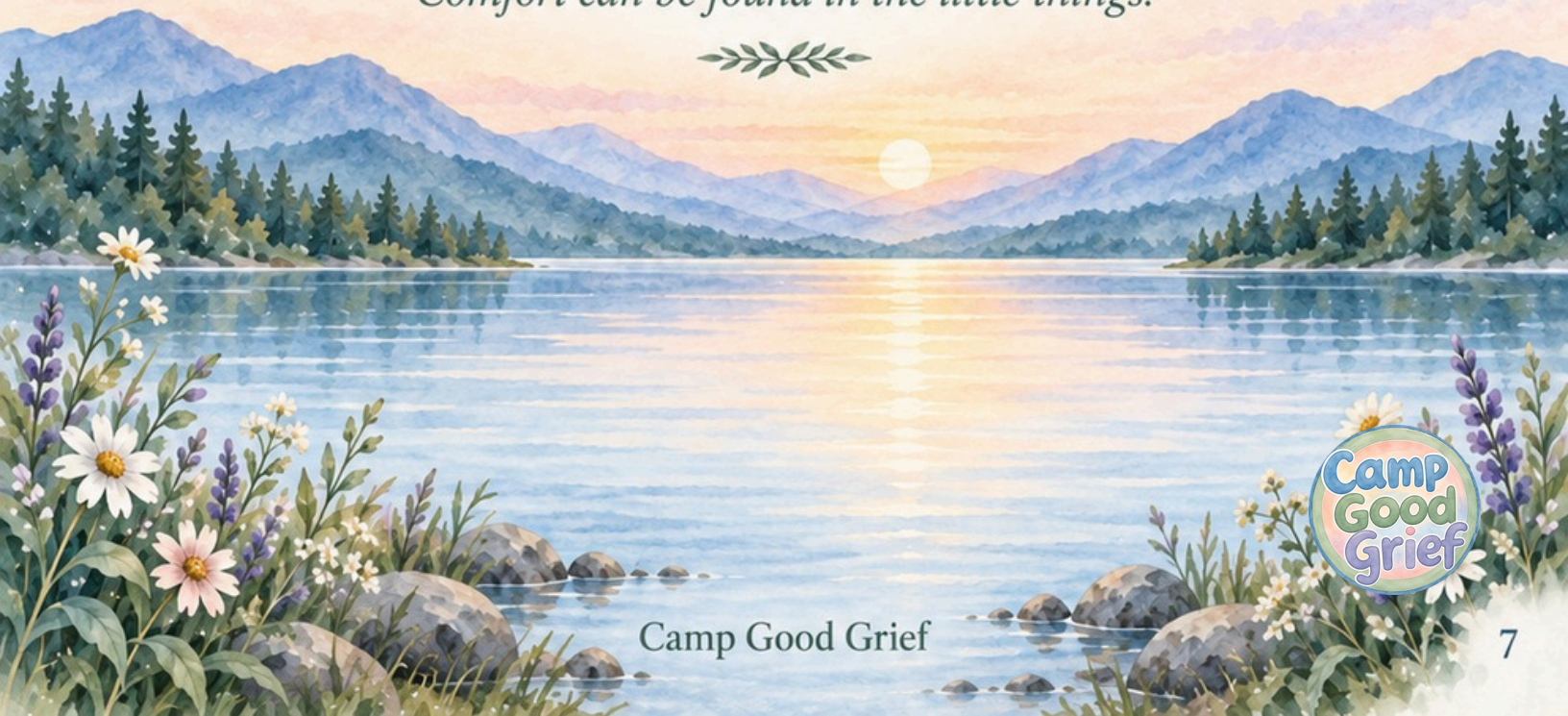
Day 3

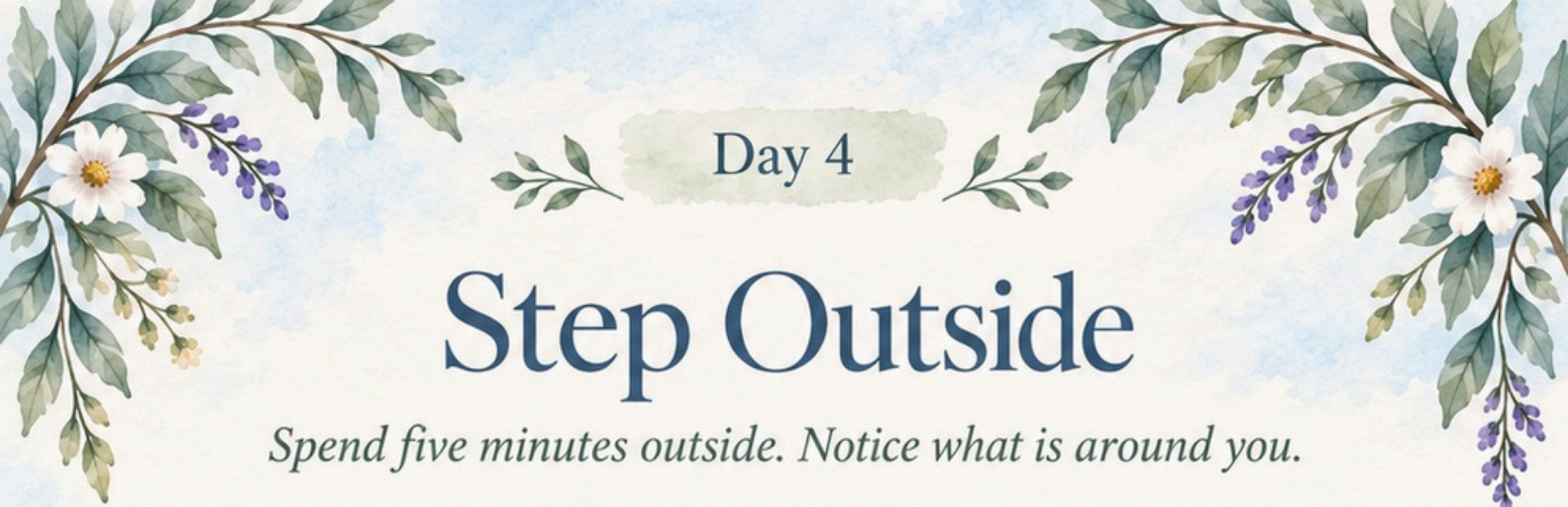
Find Something Soft

*Find something that feels comforting to touch.
It might be a blanket, pillow, stuffed animal, favorite
sweater, pet, or a soft piece of fabric. Spend a few quiet
minutes noticing how it feels.*

Something that comforts me is:

Comfort can be found in the little things.





Day 4

Step Outside

Spend five minutes outside. Notice what is around you.

Something I can see:

Something I can hear:

Something I can feel:

Something I can smell:

*The world continues around me,
and I can move through it slowly.*



Day 5

Drink Something Comforting

Choose a favorite drink. Water, tea, cocoa, juice, or something else you enjoy. Drink it slowly. Notice the temperature, taste, and feeling of the cup in your hands.

My comforting drink today was:

Small comforts can make a difference.





Day 6

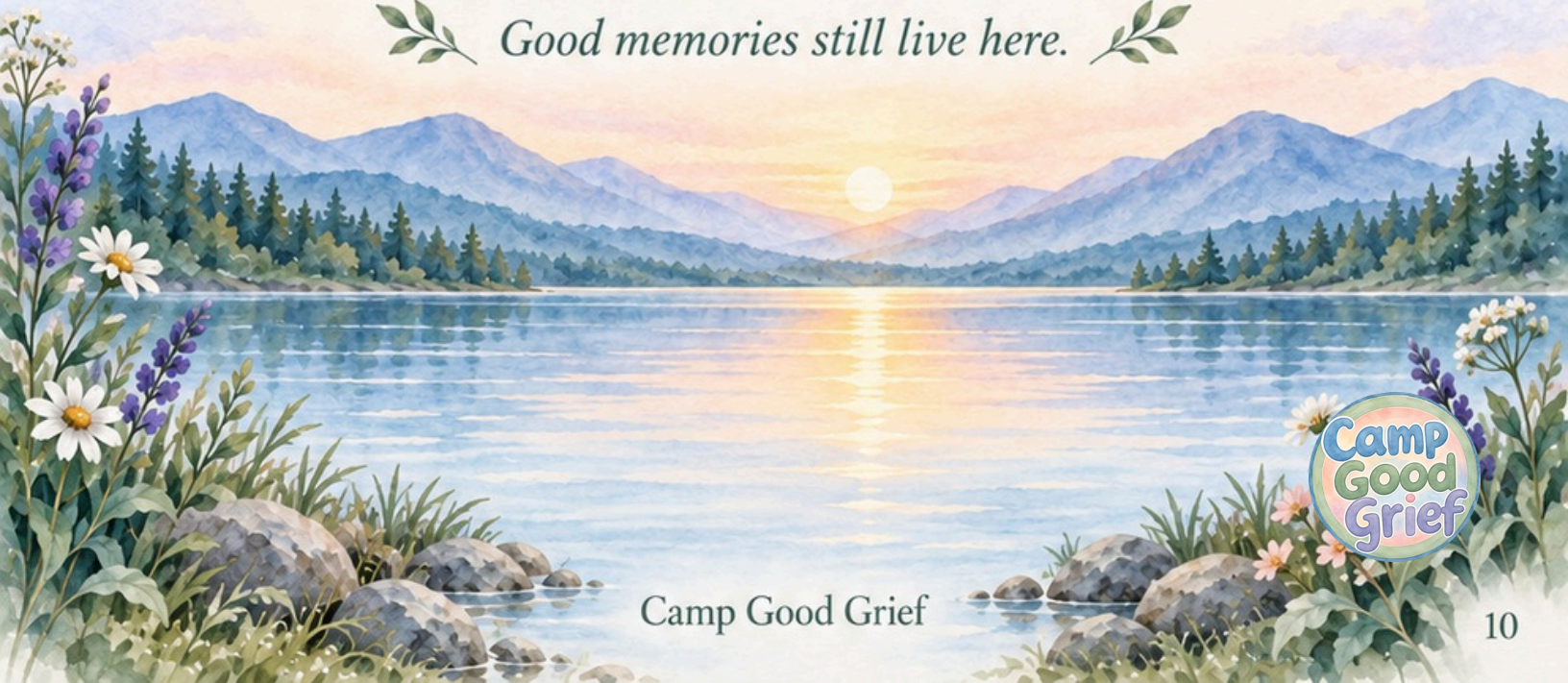
Remember a Smile

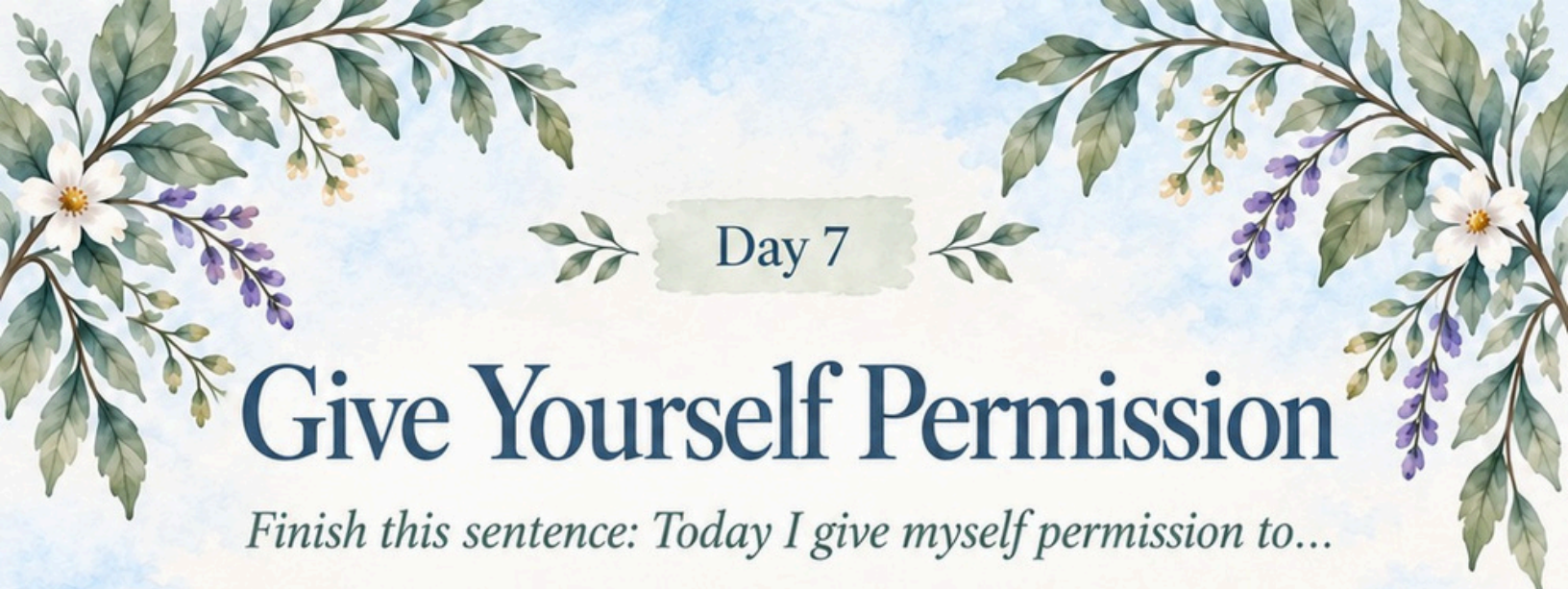
*Think of one memory that makes you smile.
It can be funny, sweet, silly, ordinary, or unforgettable.*

The memory:

What makes me smile about it?

 *Good memories still live here.* 





Day 7

Give Yourself Permission

Finish this sentence: Today I give myself permission to...

Examples:

rest

say no

have fun

cry

ask for help

remember

laugh

be quiet

not talk about it



I do not have to earn rest.



Day 8

Create a Comfort List

*Write five things that sometimes make
hard days a little easier.*

1. _____
2. _____
3. _____
4. _____
5. _____



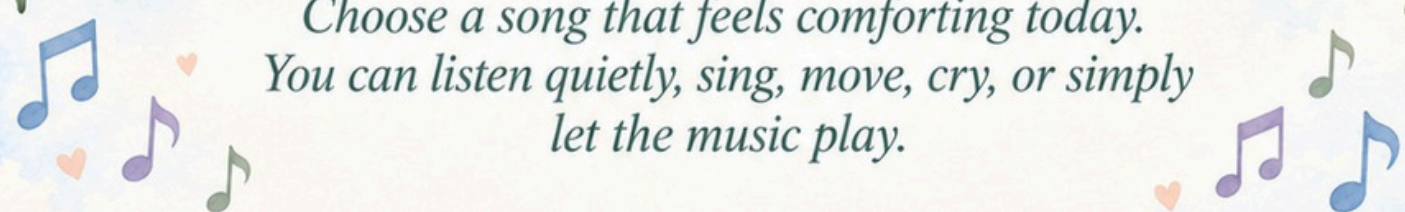
Keep this list somewhere you can find it.



Day 9

Listen to One Song

*Choose a song that feels comforting today.
You can listen quietly, sing, move, cry, or simply
let the music play.*



Song:

This song makes me feel:



"Music can hold what words cannot."



Day 10

Write Their Name

*Write the name of the person you are missing.
Decorate the name with colors, words, symbols, doodles,
flowers, stars, or anything that reminds you of them.*

One thing I want people to remember about them:

Their story lives on.





Day 11

Move Gently

*Give your body a few minutes of gentle movement.
You might stretch, walk, dance, roll your shoulders,
shake out your hands, practice yoga, or walk your pet.*

My body feels before:

My body feels after:



A little movement can make a big difference.



Day 12

Make a Tiny Plan

Choose just one manageable thing to do today.

Today I will:

When it is finished,
tell yourself:

*That was enough
for today.*



“That was enough for today.”



Day 13

Find a Safe Person

Think of someone you feel comfortable with.

My safe person is:

I can go to this person when I need:

You might say:

"I am having a hard day."

"Can you sit with me?"

"I just need someone to listen."



You do not have to carry hard moments alone.





Day 14

Notice Something Beautiful

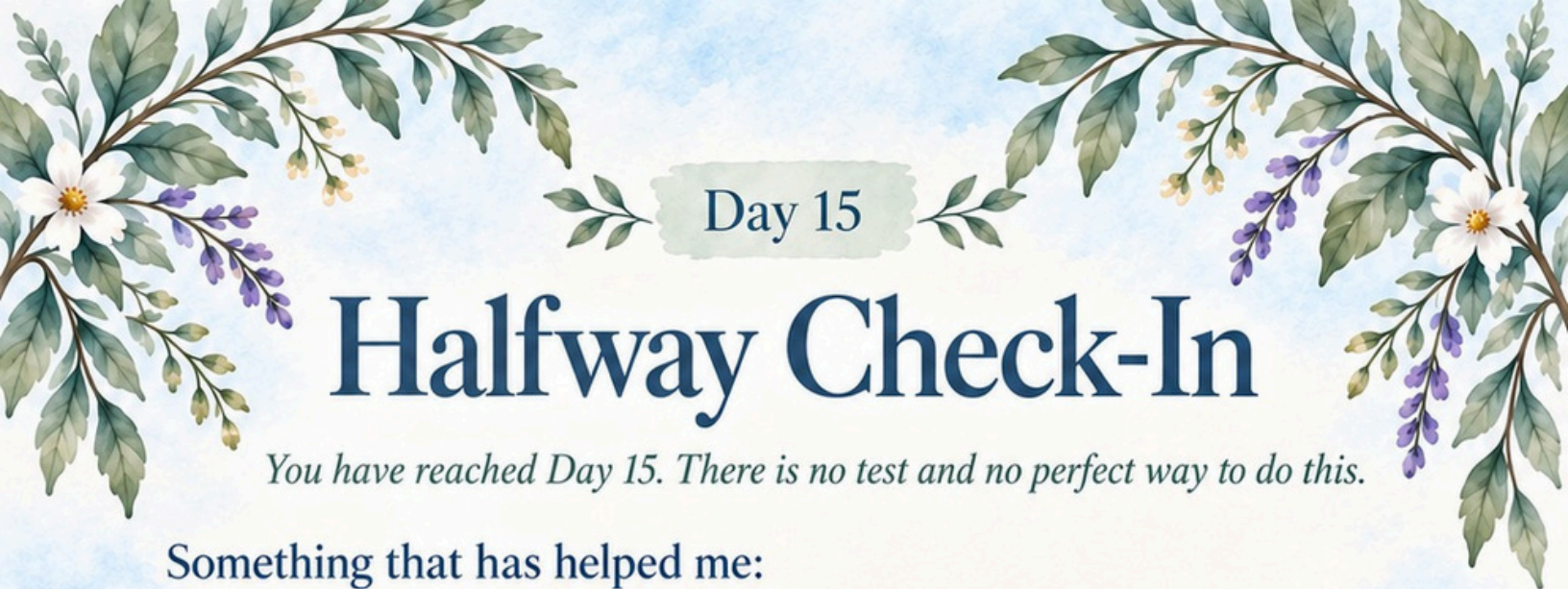
Look for one small beautiful thing today.

My beautiful thing today:

Draw it here:



Small moments still matter.



Day 15

Halfway Check-In

You have reached Day 15. There is no test and no perfect way to do this.

Something that has helped me:

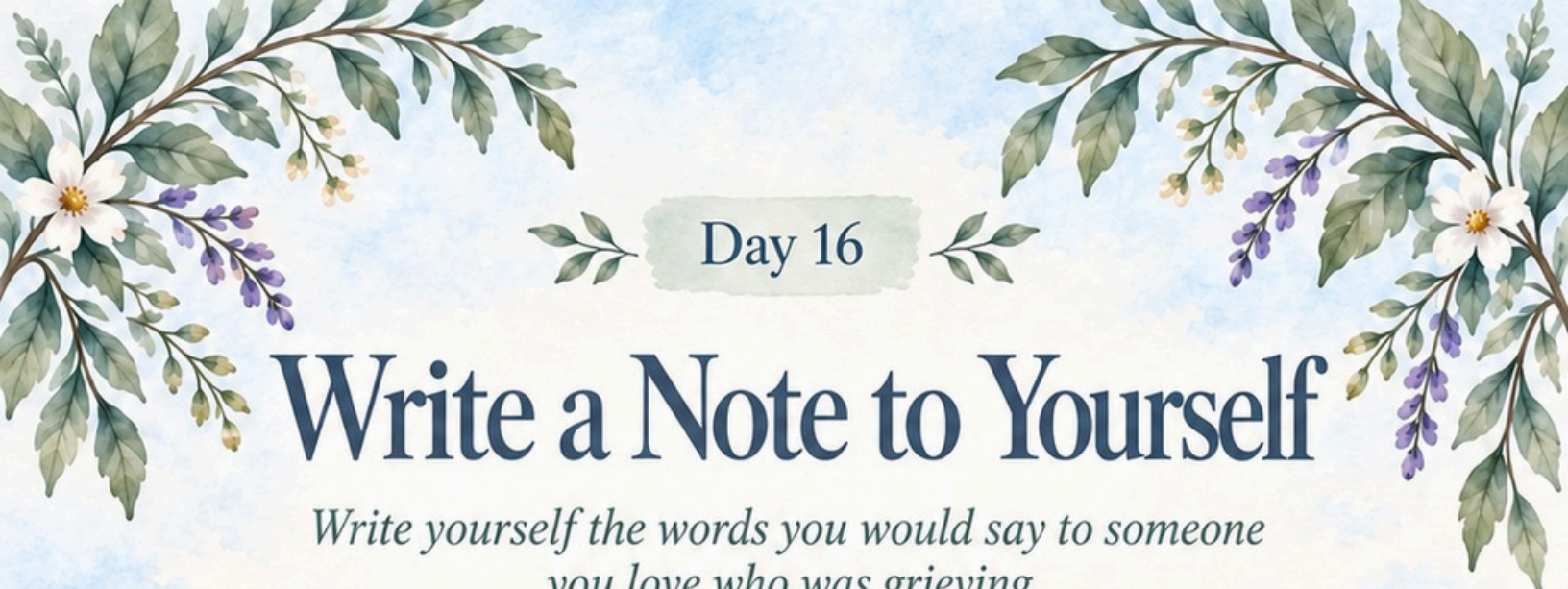
Something that has been difficult:

Something I need more of:

Something I am proud of myself for:



"You are doing a brave thing."



Day 16

Write a Note to Yourself

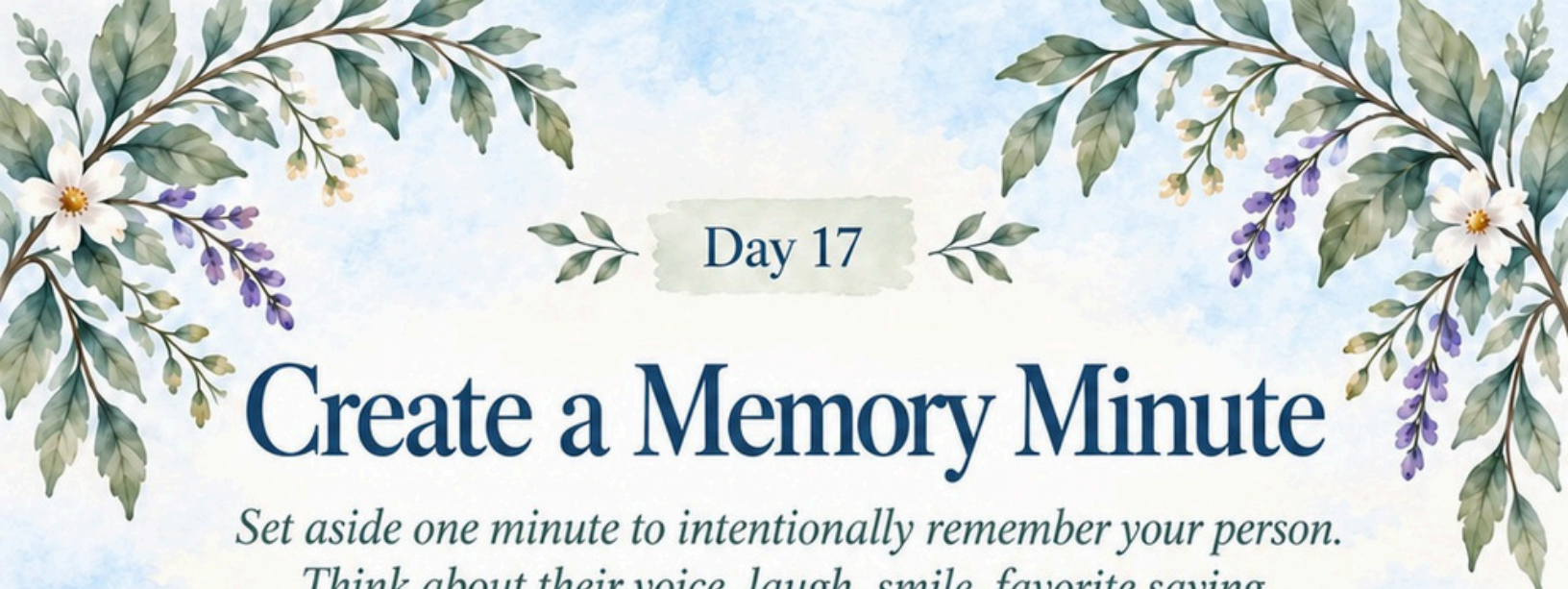
*Write yourself the words you would say to someone
you love who was grieving.*

Dear Me,

With kindness,



*Speak to yourself with the same care
you would offer someone you love.*



Day 17

Create a Memory Minute

*Set aside one minute to intentionally remember your person.
Think about their voice, laugh, smile, favorite saying,
favorite food, favorite place, kindness, or personality.*

The memory that came to me:



One minute can hold a lot of love.





Day 18

Make Space for Tears

*If tears come today, you do not have to stop them.
If tears do not come, that is okay too.*

When I cry, I sometimes feel:

After I cry, I sometimes need:



Tears are one of many ways the body carries grief.



Day 19

Take a Screen Break

Spend 15–30 minutes away from phones, computers, television, or social media. Choose something quiet instead: read, walk, draw, sit outside, listen to music, or rest.

I spent my quiet time:



A quieter moment can help you hear what you need.



Day 20

Carry a Memory

*Choose a small object that reminds you of your person.
It could be a photograph, stone, jewelry, note, keepsake,
or something in their favorite color.*

My object:

It reminds me of:



Love can be carried in small things.



Day 21

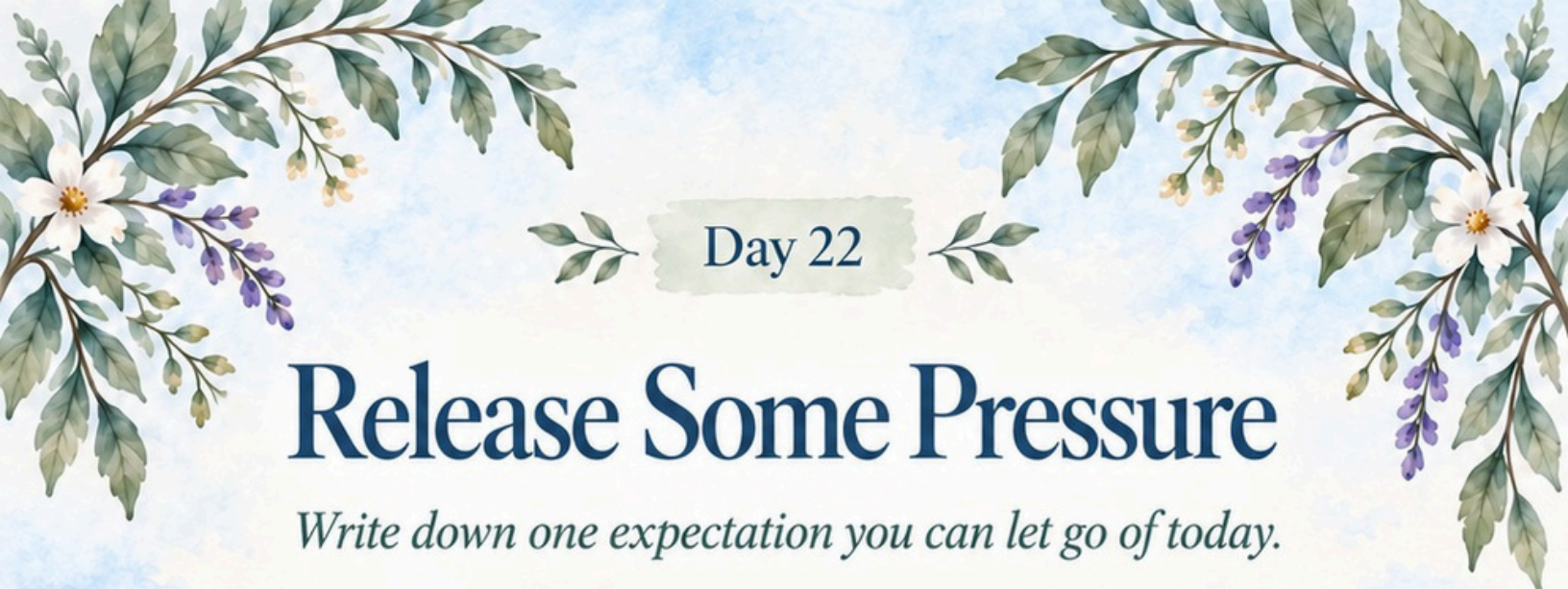
Do Something Familiar

Grief can make life feel unfamiliar. Choose something familiar today: cook a favorite meal, watch a familiar movie, visit a favorite place, follow a family tradition, play a favorite game, or listen to a familiar playlist.

Today I chose:



Familiar things can help the day feel steadier.



Day 22

Release Some Pressure

Write down one expectation you can let go of today.

I do not need to:

Instead, I can:



Some days surviving the day is enough.



Day 23

Remember Their Favorites

Write or draw some of your person's favorite things.

Favorite food:

Favorite music:

Favorite place:

Favorite activity:

Something else they loved:



Remembering details keeps stories close.



Day 24

Do One Kind Thing for Your Body

*Choose one: drink water, eat something nourishing,
take a warm shower, rest, stretch, take a walk,
go to bed earlier, or sit in the sunshine.*

Today I cared for my body by:



Your body deserves care, too.



Day 25

Create a Calm Corner

*Choose a small place where you can go when emotions feel big.
Add comforting things such as a blanket, pillow, books, photos,
journal, art supplies, music, or soft lighting.*

My calm space is:



Make a little room for peace.



Day 26

Share a Story

*Tell someone a story about the person you miss.
It can be funny, ordinary, meaningful, or a story you have
told many times before.*

The story I want to remember:



Good stories keep love alive.



Day 27

Make Something

Use your hands today. You might draw, paint, bake, build, color, sew, garden, craft, write, or play an instrument.

I created:

Creating made me feel:



Create. Heal. Express. Belong.



Day 28

Notice What You Need

Ask yourself what you need today.

What does my heart need today?

What does my body need today?

What does my mind need today?

Who could help me?



It is okay to take care of you.



Day 29

Carry Love Forward

Think about something your person taught you.

Something they taught me:

One way I can carry it forward:



Love can keep moving through what we do.



Day 30

A Gentle Look Forward

You made it through 30 days. Your grief may not feel smaller, but you may have discovered a few things that help you carry difficult moments.

One coping strategy I want to keep using:

One person I can reach out to:

One memory I want to hold close:

One gentle promise I want to make to myself:



One gentle moment at a time.