

Children's pet loss Workbook

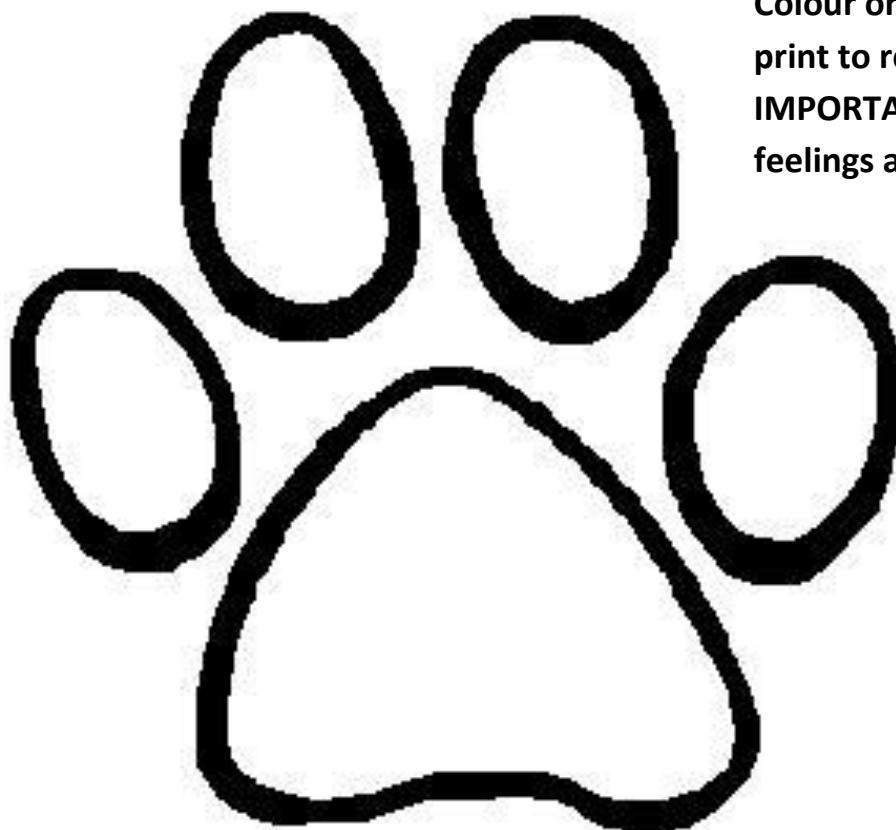
This workbook belongs to



This is YOUR workbook. I made this to help children through the grieving process when they have lost their friend, so hopefully this will help you too!

It is quite long so don't worry how long this takes you to complete, and if you have any questions then ask an adult.

Just remember, this booklet can be difficult at times but remember it is very important work! If it helps, give yourself a sticker for every page you complete.



Colour or decorate this paw print to remind you of how IMPORTANT you and your feelings are!

About Me

My name is _____

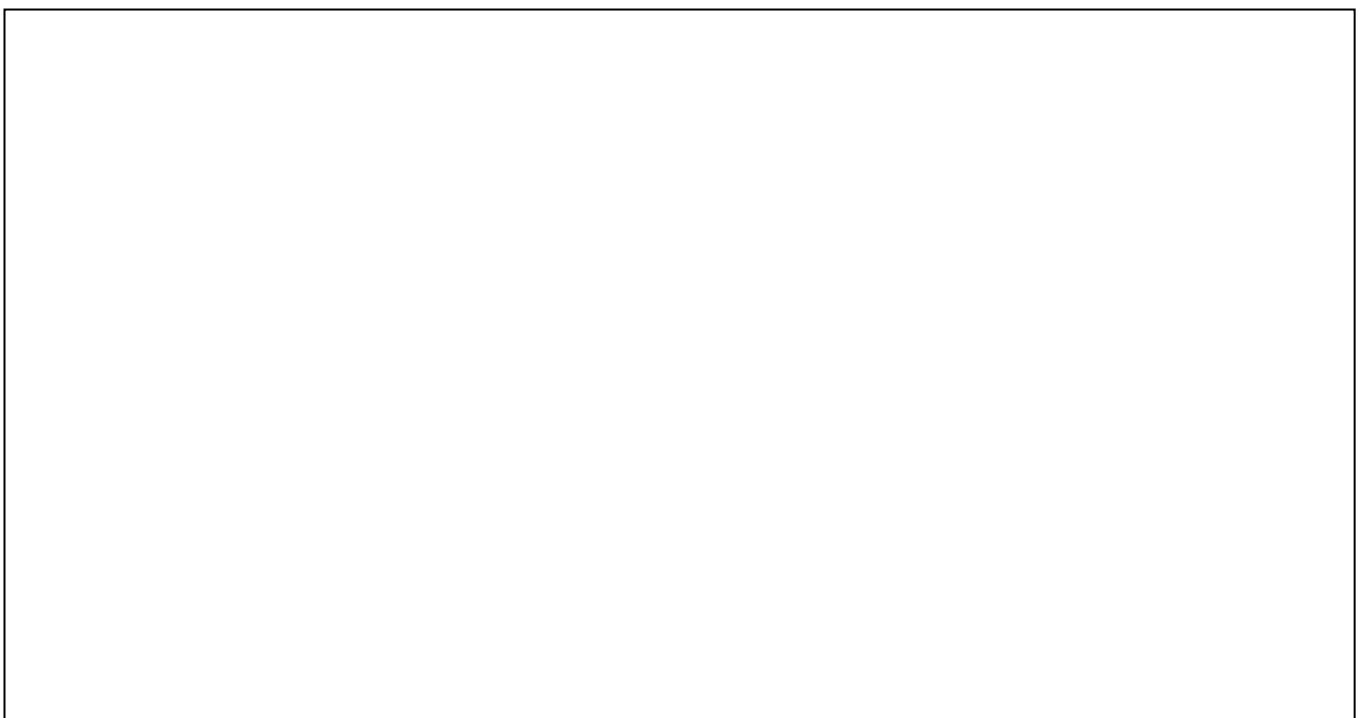
I am _____ years old. My birthday is _____

I live with _____, _____,
_____, _____

My pet was a _____

His/ her name was _____, but sometimes I
called him/ her _____

Draw a picture of your family here:

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of their family.

When you loose a pet...

Pets such as dogs, cats, horses or other animals do not get as old as people do. They are not made to live as long as people, even if nothing bad happens to them, which they do not worry about!

People do worry about it and can get scared or upset when talking about their pet r even another person who has died.

Animals do not stop to think about being sad as they are always happy and are very busy giving us cuddles and kisses!

There are different reasons for a pet no longer being here. They might get poorly when they get older and pass away; they



might get poorly or hurt and can't get better. Sometimes, grown ups have to make a very difficult decision about what is the best thing to do for the pet. The vet (animal doctor) can't always make the pet better, which can be very hard!

It can also be very hard when a pet dies without warning like when there is an accident or if they run away or get lost.

They try very hard to get their pet back but sometimes they go off on their own adventure and do not come back. Not knowing what has happened can be very hard.

Saying goodbye can be really hard!

Lots of people wish they had chance to say 'good bye' to their pet, and often we feel sad about not doing things we wanted to or things they loved to do before they passed away.

You can't go back and change things that happen but a lot of people find other ways to say 'goodbye' to their pets after they have gone. At the end of this booklet there are some ideas on how to do this, but the important thing is to remember that their body may no longer be with us, but your memories will always be with you!

This is why we use a special word as a way of saying 'goodbye' – MEMORIAL.

This word has the word MEMORY inside it!

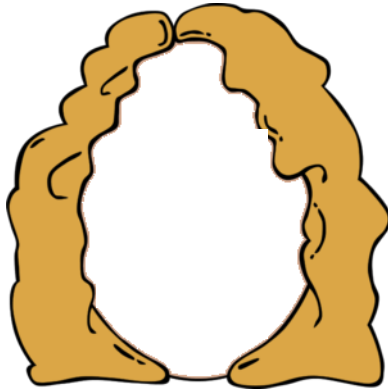
Memorial
Memory

Words for feelings

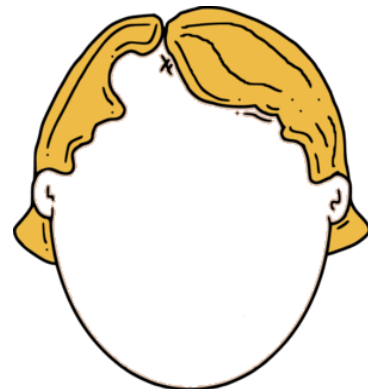
We all need words to let people know how we are feeling. Sometimes children and adults can feel different things at different times. This is completely normal! In fact, no two people feel exactly the same!

Using FEELING WORDS lets people know how you are feeling which will help them to make you feel better. Being able to use feeling words can be very helpful!

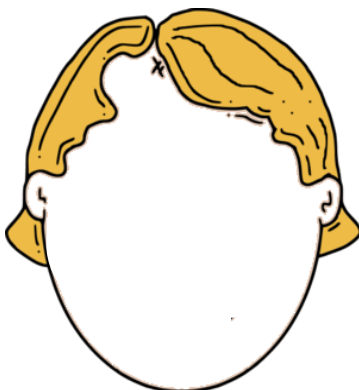
Here are some words for feeling; Can you make the faces show the feelings?



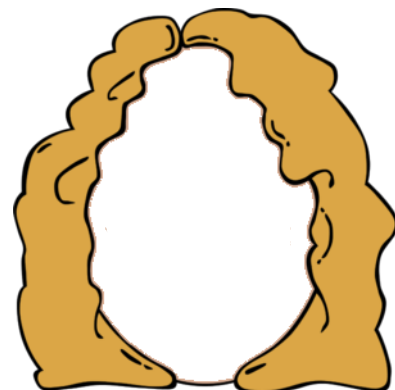
Sad



Scared

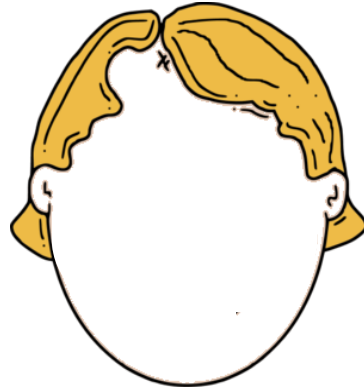
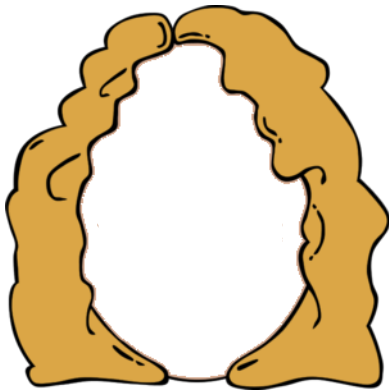


Lonely



Angry

Now you choose! Choose any feeling and write the feeling below the face.

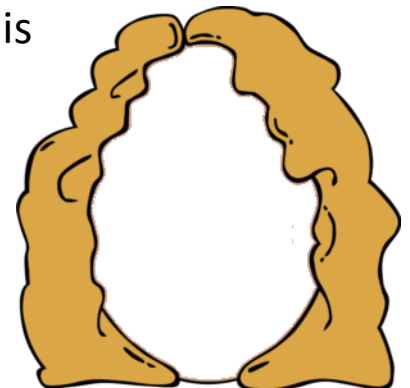


Can you think of any other feeling words? Write these below.

CONFUSED is a feeling word which means you are feeling a lot of different feelings all at the same time!

If you are confused you may have questions and need answers, you may think what has happened is your fault or you may have a lot of feeling which do not fit together.

If any of these are true, you may be feeling CONFUSED. Can you make this face look confused?



Grief...

This is a word for what we feel when someone leaves us and is not coming back. Dying is a kind of leaving and a special kind of loss, which means we then feel grief.

We can feel grief in different ways:

- Sometimes we feel 'numb' which is when it is hard to feel anything and we can't believe the person or pet is really gone
- Sometimes we feel alone and we have a 'empty' feeling in our belly's, this is because something IS missing
- Sometimes we feel sick, have tummy aches or head aches
- Sometimes we are used to doing thing with our pets such as feeding or walking them, which can leave a big hole. When it is time to do these things, the hole can feel bigger

Our grief is something VERY important to talk about with a good listener. Everybody does not feel grief in the same way which means telling someone about it can help. Have any of these happened to you? Tick which ones!

- I cry a lot
- Its hard to sleep
- I can't feel anything, even happy things
- I worry a lot
- My tummy or head hurts
- I don't want to go to school
- I get in fights more often
- I don't want to play with my friends



Can you draw a picture of your grief? It may include different colours, different faces, different words or shapes. This may be a very sad picture right now, but you will not always feel like this!

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of their grief.

A good listener:

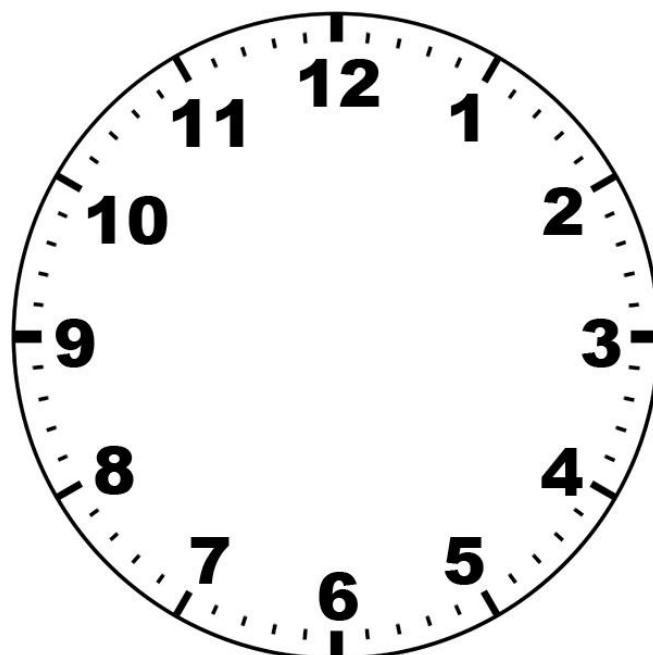
- Listens and does not say your feelings are silly or stupid
- Lets you talk about what YOU want to talk about
- Does not interrupt you when you are talking
- Sometimes helps you to name what you are feeling

Do you know who is a good listener? Sometimes your mum, dad or another grown up at home can be very good listener!

Some grown ups are busy or have feelings of their own so sometimes the trick is finding a GOOD time to share what you feel. You can always ASK a grown up when a GOOD time would be .

A good time is _____

Fill in the clocks or draw a picture to remind you



You may have lots of questions when your pet dies. You may feel AFRAID about a lot of things; it is also hard to understand WHY this has happened. You may have a lot of other questions you want to ask but forget when the time comes. Write them here so you don't forget!

1.

2.

3.

Sometimes you may feel like this is your fault. Adults can feel the same too! It is important to remember that you did NOTHING wrong, and NOTHING bad will happen because of this.

When something bad happens it is hard to trust people. Trusting means feeling safe, and that nothing bad will happen; It is scary when it is hard to TRUST. Feeling safe is very important, what do you think are things you can do to feel safe?

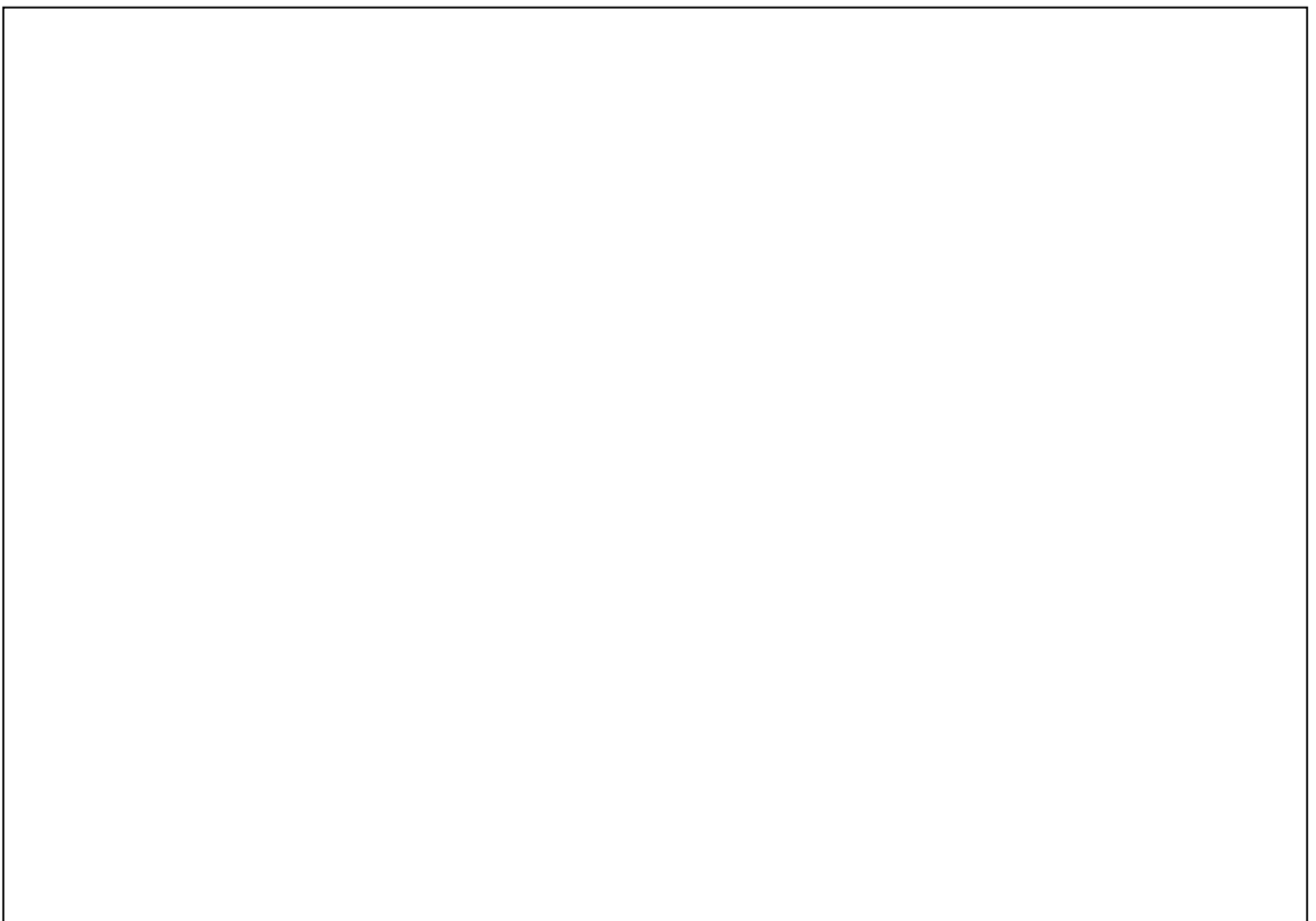
1.

2.

3.



Can you draw HOW YOU FEEL NOW? Do you look like you feel safe in your picture? If you don't, how can you change the picture so it is a SAFE picture?

A large, empty rectangular box with a thin black border, intended for a child to draw their feelings.

Another feeling... ANGRY!

It is ok to feel angry about what happened to your pet.

ANYONE would feel angry.

Sometimes anger is a scary feeling and we don't always talk about it. What do you think ANGER looks like inside you?

When anger is inside us for a long time it can cause sadness that we can't name, we may have nightmares or have trouble sleeping, may not want to eat or drink, not wanting to go to school or you may pick fights or have arguments with family or friends.

It is a good thing to tell people when you are angry!

Sometimes it is hard to say, so why not try:

- DRAW IT
- STOMP YOUR FEET
- PUNCH A PILLOW, or something else soft so you don't get hurt
- YELL, or even cry (not at someone, in your own space)

Feelings bag

It may be worth making your own feelings bag for when you are feeling ANGRY or SCARED.

For this you will need:

- Large piece of paper or a pad
- Pencils, crayons or colourful pens
- A bag of some sort (paper bag, plastic carrier bag or an old rucksack)
- A place to hide your bag when you are done



Whenever you feel sad, scared, angry or confused you get out your pad and colourful pens or pencils and draw or write whatever you want on the paper!

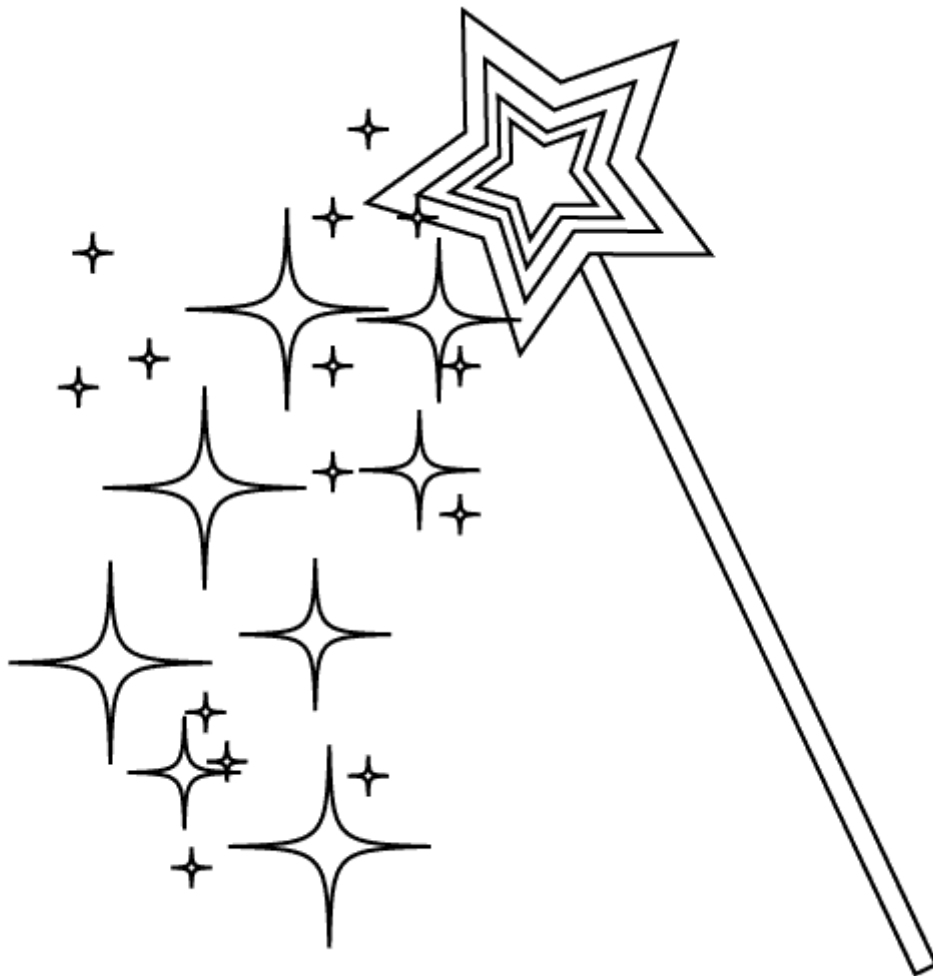
Once you have finished, put the pad back into your feelings bag and close it tight!

THE THINGS IN THE BAG ARE SHUT AWAY AND CAN'T HURT YOU!

Magic wishes

When something very scary and sad happens to us we often feel we have no control and wish we had 3 wishes to make it better!

Here is your magic wand, colour it in as best as you can!



Wish Number 1 -

Wish Number 2 –

Wish Number 3 -

Maybe you wished to see your pet again, or if you could change something that has happened in the past. After some time you WILL feel better. You will be able to remember all the memories you had with your pet and feel happy about it.



Happy times with my pet

This is the happy part of the workbook! This part is about all the memories you had with your pet.

Some people will worry they will FORGET their pet. This does not happen! When animals pass over to the rainbow bridge they leave memories in your heart forever.

Different ways of remembering your pet can be:

- Write your pet's life story in a book or pad
- Collect pictures of your pet and make a book.
- Plant flowers when the weather is nice



Can you think of any other ideas?

My pets history

This story is about _____ (pets name) We named him/her that because _____

He/ She was (what did they look like?) _____

I was _____ years old when we got him/ her.

This is a photo with my pet:

Some of my favourite things to do with _____
were _____

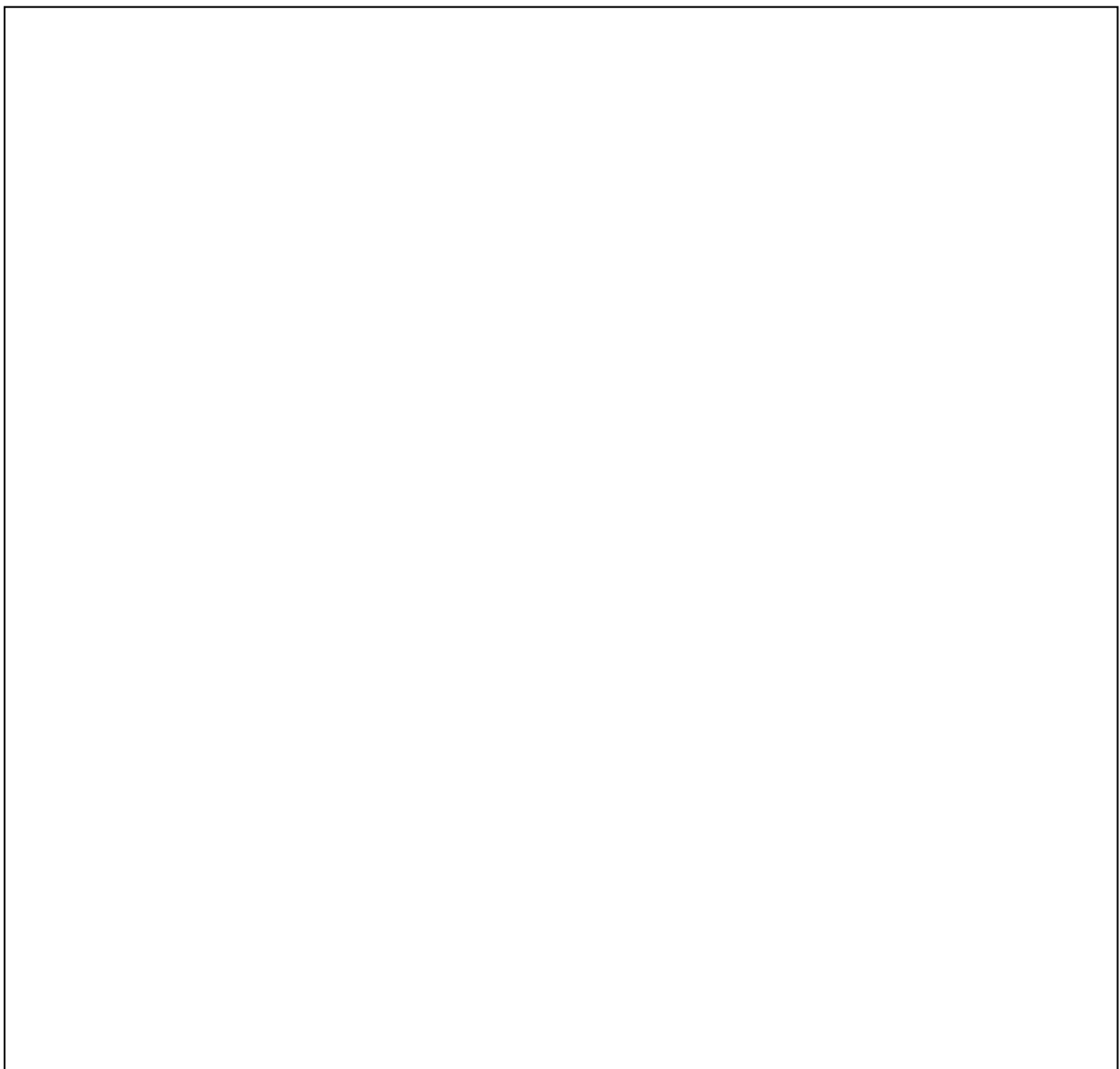
My pet was very special because _____

He/ She will always be important to me because _____

The way my pet showed ME love was :

If I could see and talk to my pet again one more time, I would tell them _____

Draw a picture of a happy memory with your pet

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of a happy memory with their pet.

Where does my pet go when they die?

This may be one of the questions you may have. A lot of people think when pets die they go to a special place called The Rainbow Bridge. (This is actually a real place in America where the Grand Canyon is, called The Rainbow Bridge, as the rocks have rainbow colours!)

Rainbows are a symbol for hope and happiness and make a lot of people happy.

This is why this place is where our pets go when they pass away.



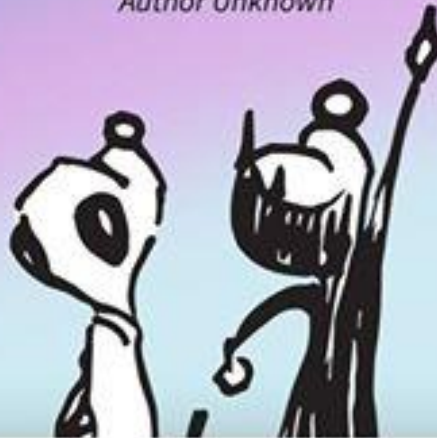
Many people believe that ALL our pets go to the Rainbow Bridge when they die. If you have lost a pet before, it might help to think of ALL the pets you had being together in this special place.

-Rainbow Bridge-

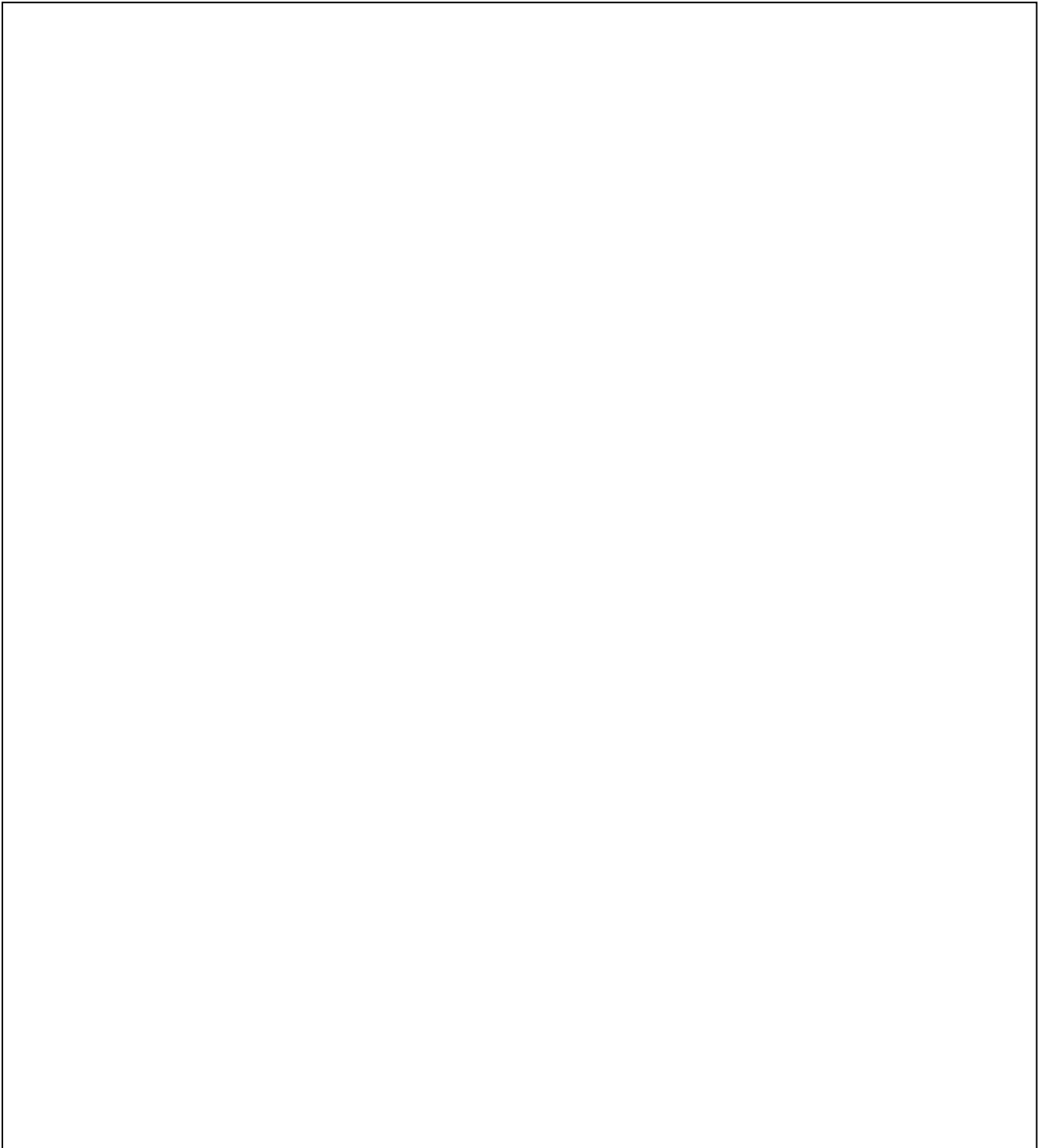
You came into my heart one day,
So beautiful and smart,
My dear and sweet companion,
I loved you from the start.

And though I knew the time would come,
When we would have to part,
You'll never be forgotten,
You left *pawprints* on my heart.

Author Unknown



Draw a picture of your pet at the Rainbow Bridge with all of his/her friends.

A large, empty rectangular box with a thin black border, intended for a child to draw a picture of their pet at the Rainbow Bridge with their friends.

Lots of people have said that it helps to write a letter to their pet. This is something you could write for your memory book.

Dear _____

Love, _____




Sometimes, when people are grieving they try to help other people who may be feeling the same as you. If you were to help them, what would you say?




Dear _____

Love, _____

A very special calendar just for you!

Here is a place for you to see how you are feeling every day. You can tick what you felt MOST of the day, or you can circle any of the feelings you had or write a word that you felt.

			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

You can fill out as many calendars as you want or until you feel better.

If you have any questions or want to speak to me directly then please use the information below.

To write to me at any time:

**Rufford Veterinary Group
127 Wennington Road
Southport
PR97AF**

Phone: 01704 214460

Fax: 01704 224412

E-mail: bereavement@ruffordvets.co.uk

I hope this helps with the sadness of loosing your friend. I know it won't bring them back but just know they are happy at the Rainbow Bridge.

From Becky

