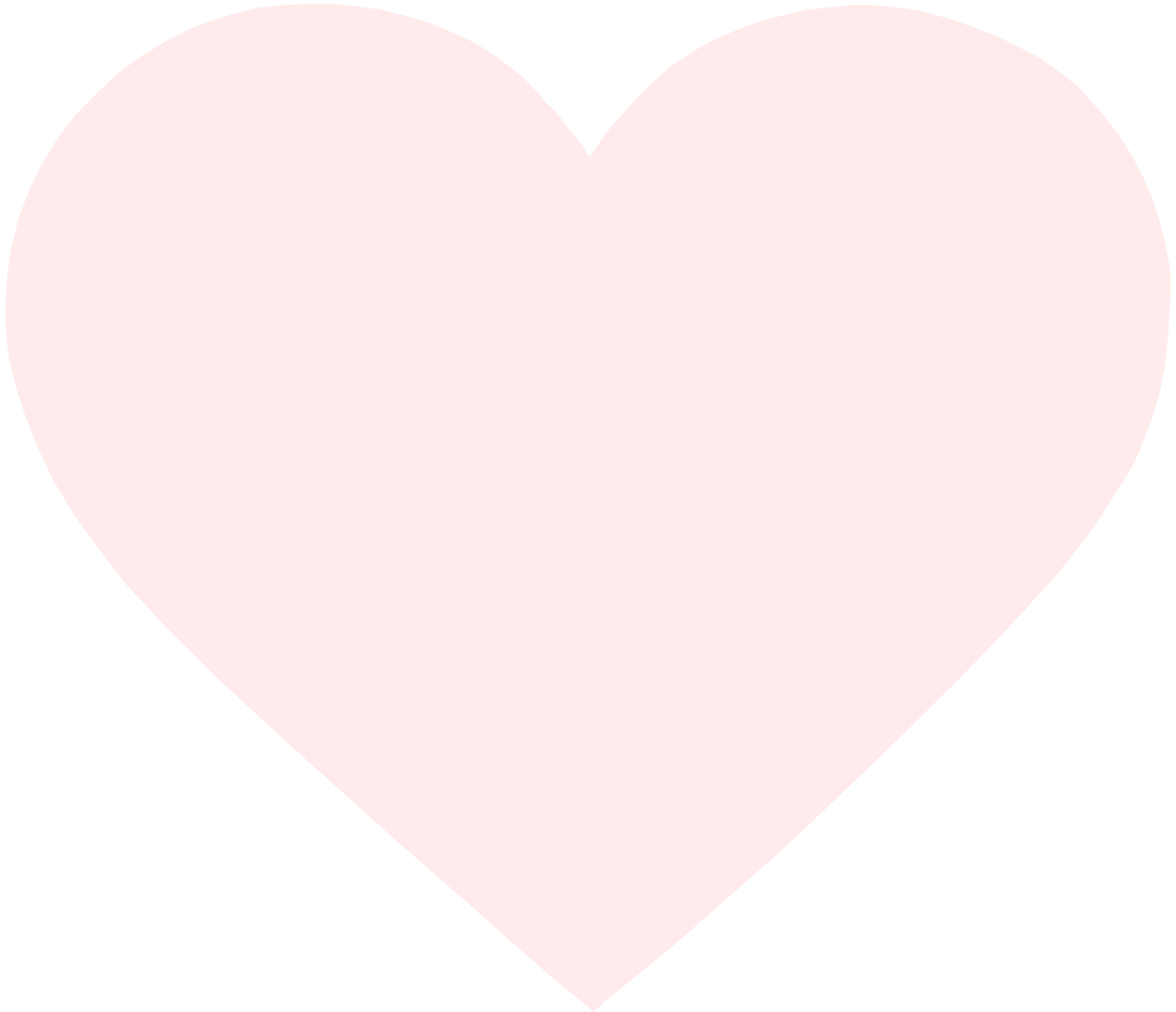


My Silent Hurting Heart

My heart is broken because _____ died on _____.
(Write the name.) (Write the date.)

This is my broken heart.



Grief is what I feel inside when someone I love dies. I also feel grief when I am separated from anyone or anything that is important to me. It's a lot of work putting a broken heart back together. (It's called "grief work!") It can take a long time. My heart will never be quite the same.