



My world before

If it feels okay to, have a think about your life before your person died. Who was in your family then? Where did you live? What did you like to do?

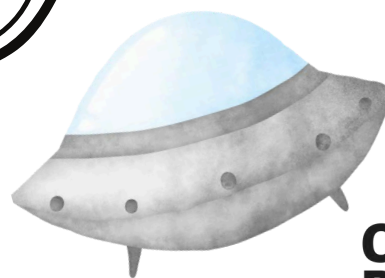
After, you're going to think about how life changed after they died. There will also be a blank page in this section for you to draw or write anything else about your world before or after.

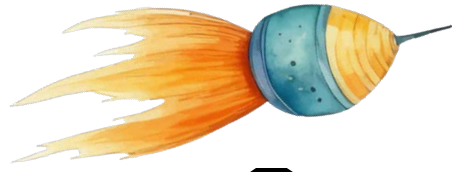
My family

Where I lived

My friends

What I enjoyed doing





My world before

How I felt on a normal day



My biggest worries



What made me feel happy





My world since



These pages are all about how your life changed after your person died. You might have moved house, made new friends, joined a new club, or found new things that make you feel worried and even new things that make you feel happy now.

It's okay if you can't think of things that have changed. You can use the blank page to draw or write anything else about your life before and after.



My family now



Where I live now

How I feel on a normal day now





My world since



What I enjoy doing now



What makes me feel happy now

My biggest worries now



What else has changed since?





My world before and since



If you don't know how to answer the questions, use this page to draw or write whatever you feel/felt like before and since your person died.

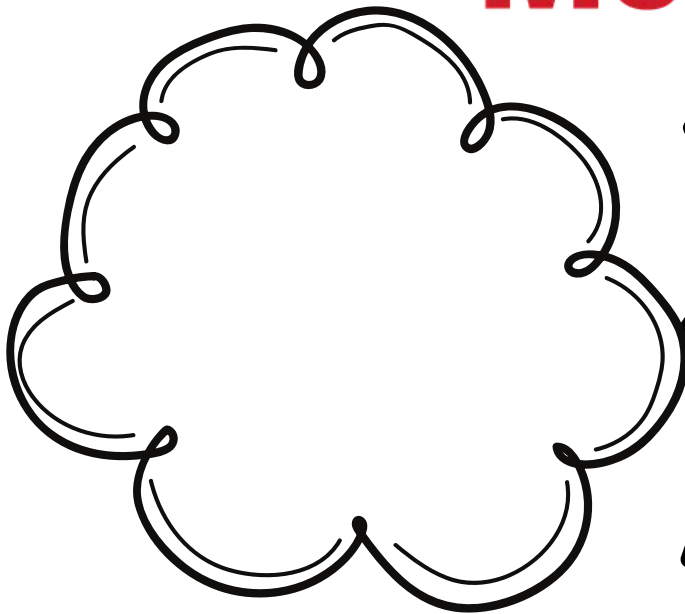




Me before



Me since



What else has changed since?