



Growing around your grief

It can be really helpful to think about things that have happened around your grief. Your grief will not get smaller or bigger, but other things will happen in your life alongside your grief, and you'll learn to grow around it.

I made...

I started...

I learnt...

The page features a central watercolor planet with green, orange, and red bands. Surrounding it are several star-shaped and cloud-shaped outlines for writing. Other celestial bodies include a small Earth globe, a crescent moon, a red planet with craters, and a blue planet with a ring.