

# Things to Do

## Using pictures and words to help with Grief

Make a poster of pictures and words. This is called a collage. You can cut the picture or word out of magazines or newspapers. As an adult what you can use. You can also draw a picture or write some words on your own.

Look through the magazines or newspapers for pictures or words that remind you of the person who died. You might find a picture of the kind of perfume they wore or maybe of a person doing something that they did, like running or sewing. Maybe you will find their first name or the name of the city they lived in. There are many things you can find to help you remember this person who has died.

It is also important to show someone your collage and talk with them about it. Sharing your stories about the person who died will help you grieve.