

Remembering Someone I Love

A Memory Book for Kids

This book belongs to: _____



You can draw, write, skip pages, or come back later.
There is no right or wrong way to remember someone you love.



About My Special Person

Draw, write, or add a photo.

Draw or add a photo here



Their name:

They were my:

One thing I loved about them:

Three words I would use to describe them:

Something I want everyone to know about them:



My Favorite Memory

Think about a time you remember with this person. You can draw the memory, write about it, or do both.

Draw your memory here:

What happened in this memory?



Things That Remind Me of Them

Little things can bring back big memories. Fill in any that make you think of your special person.

A food or treat:

A song or sound:

A place:

A smell:

A color or object:

Something else:



Things I Never Want to Forget

Something they always said:

Something that made them laugh:

Something they taught me:

Something we loved doing together:



When I Miss You

Missing someone can feel different from day to day. These are some things I can do when I want to feel close to them.

☐ Look at pictures

☐ Talk about them

☐ Light a candle

☐ Make a favorite food

☐ Listen to music

☐ Draw or write

☐ Visit a special place

☐ Hold a keepsake

☐ Ask someone for a hug

Something else that helps me when I miss them:

It is okay if what helps today is different from what helps another day.



Love, _____





How We Remember You

Families remember people in many different ways. Write or draw the traditions that feel special to your family.

On your birthday, we...

A special food, song, place, or tradition that reminds us of you:

One way our family keeps your memory close:

Draw a symbol, candle, flower, heart, or something else that reminds you of them:

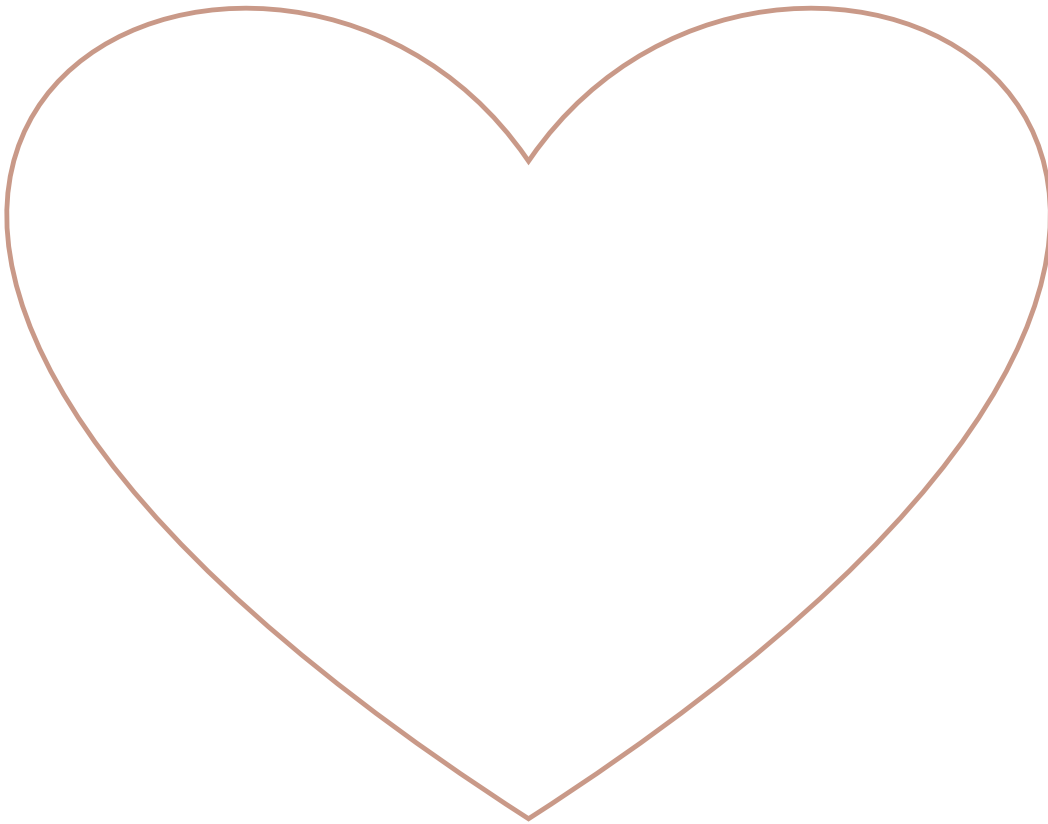


Love Doesn't Go Away



Even when someone we love is no longer here with us in the same way, we can carry their love, memories, stories, and traditions with us.

Fill this heart with anything you want to remember.



You can come back to this book whenever you want.

Note for grown-ups: This memory book is a gentle activity, not a substitute for professional grief or mental health support. Let children skip pages, stop, or return later.