

# MUSIC city COUNSELOR

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you have questions, suggestions, or requests for resources!  
I am here for you!



let's connect!



For helpful ideas and free resources, please check out my website!  
[www.musiccitycounselor.com](http://www.musiccitycounselor.com)



# Printable Journal Directions:

**Materials Needed:** "The Invisible String" book, scissors, pencil, crayons, glue stick, photos of their loved one

Both a full color and black/white version of this Grief and Loss Journal are included. Please only print the pages that you need! To use this journal, please start by reading the story, "The Invisible String" by Patrice Karst. Next, you can start working through the journal with the student. The journal was intended to be completed over multiple sessions. It is appropriate for children experiencing any type of loss. Directions for each page are provided at the top. Students can glue photos of their loved one on the "someone I love died" and "my memory book" pages. Cut-and-paste activities are included as well.

**FULL  
COLOR**





# The Invisible String

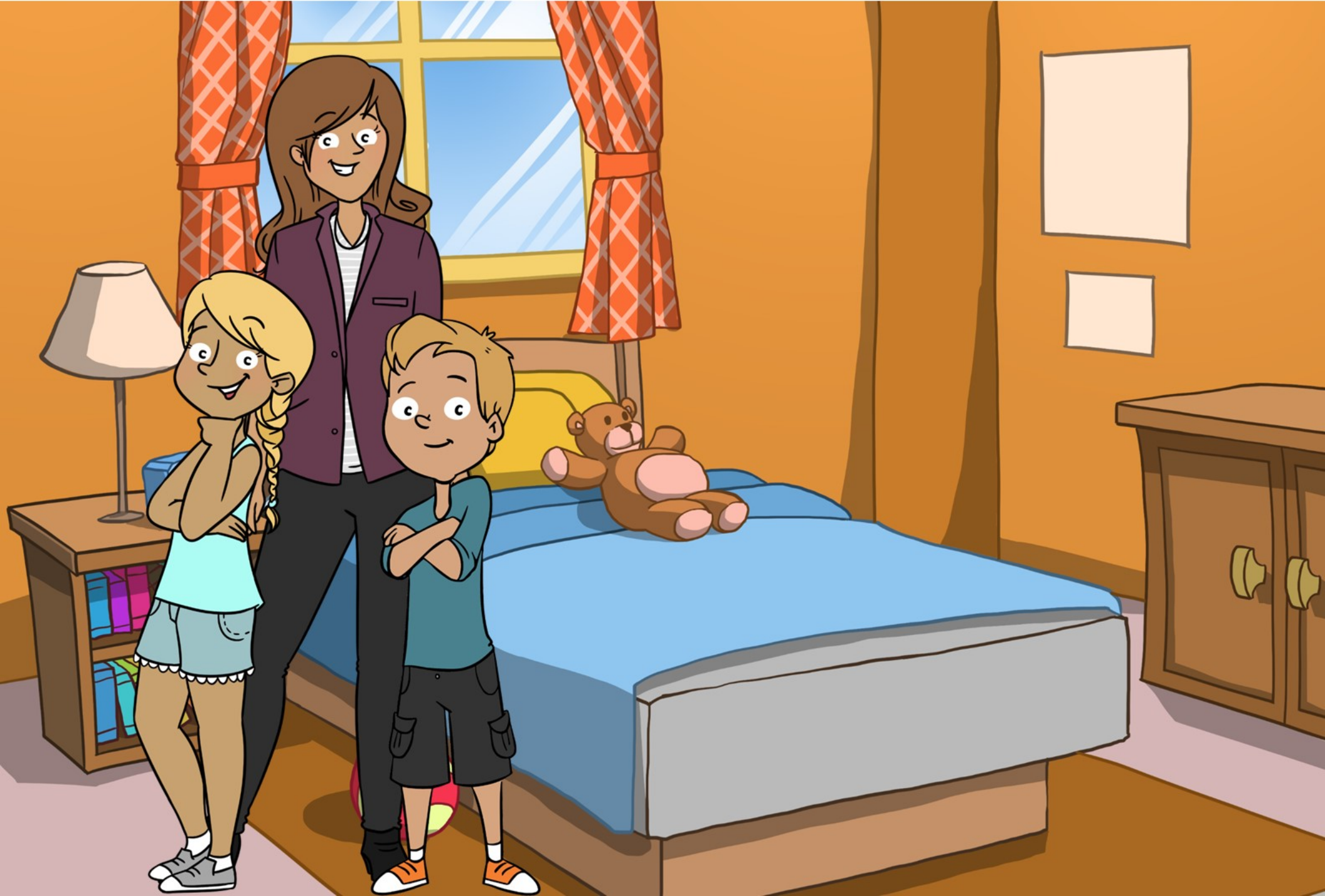
By: Patrice Karst



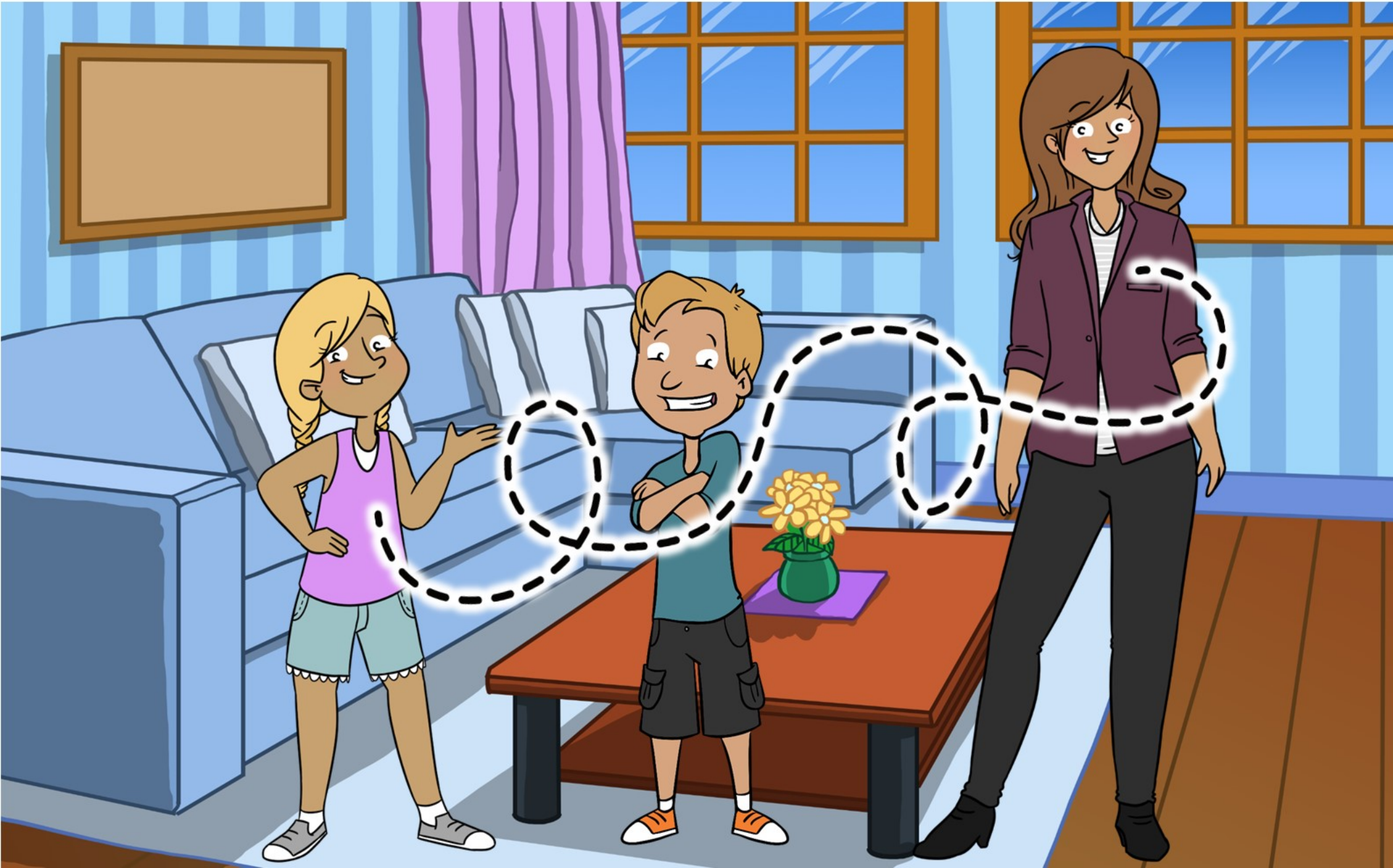
MUSIC city COUNSELOR



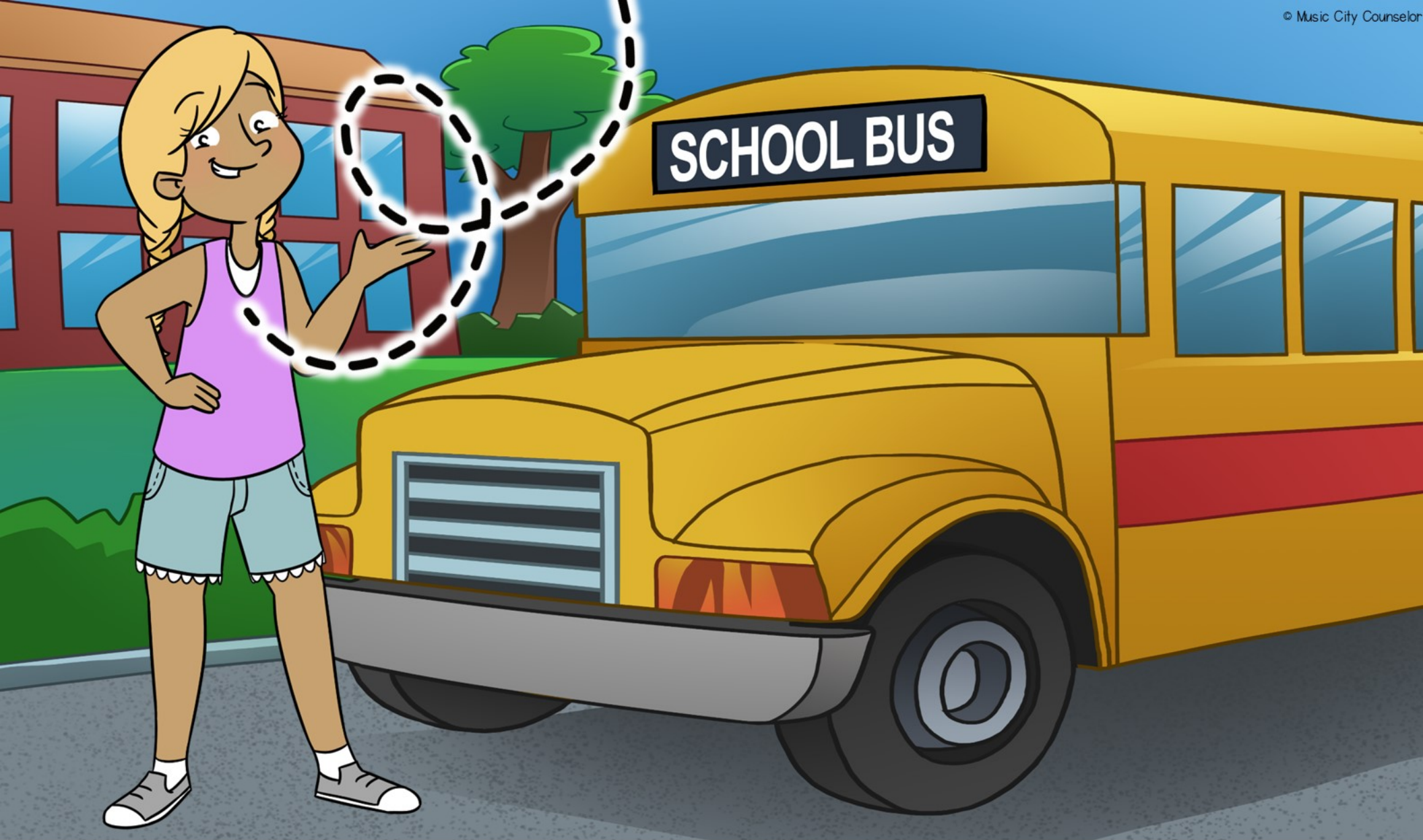
When Liz and Jeremy were scared of the thunderstorm, their mom taught them about the Invisible String.



The Invisible String connects people who love each other so they are always together. We can't see the Invisible String, but we can feel it in our hearts.

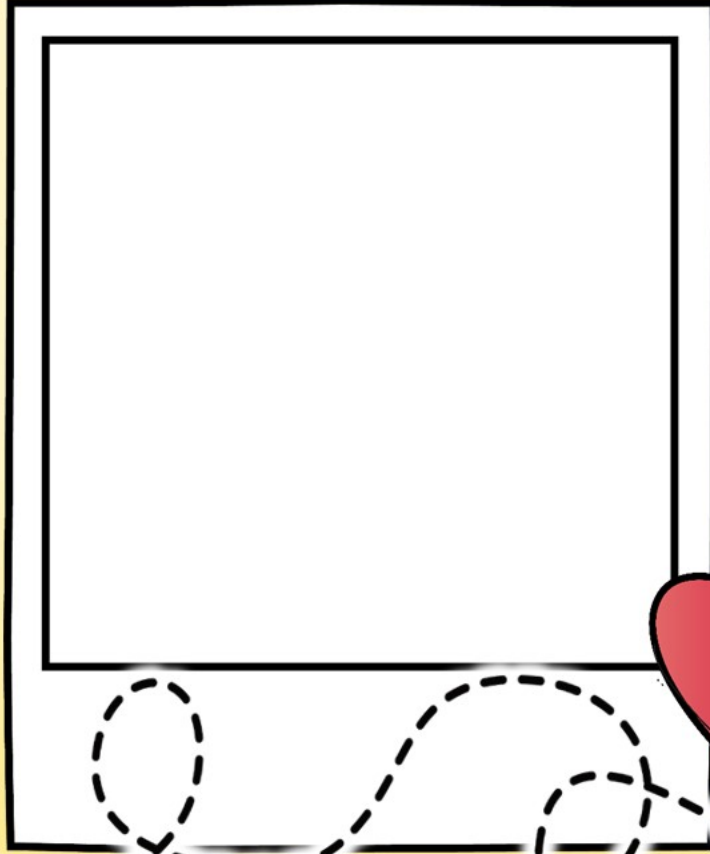
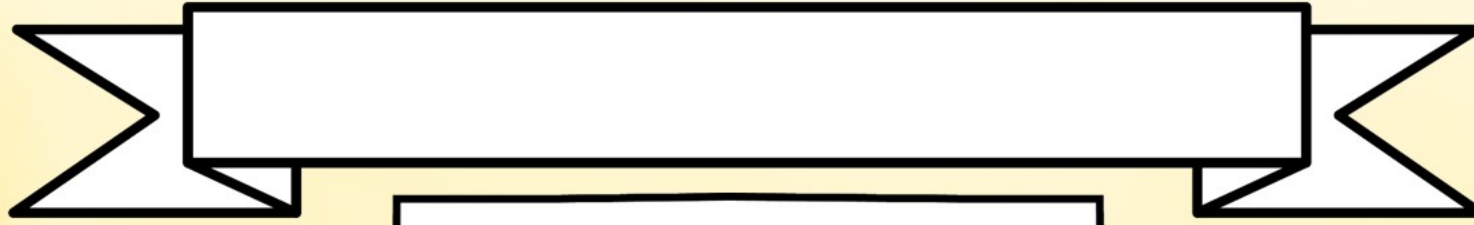






Our love travels along the Invisible String. It can reach anywhere...to our mom when we're at school, to our grandpa in another state, and even to our loved ones who have passed away. Thanks to the Invisible String, we are never alone!

# Someone I love died.



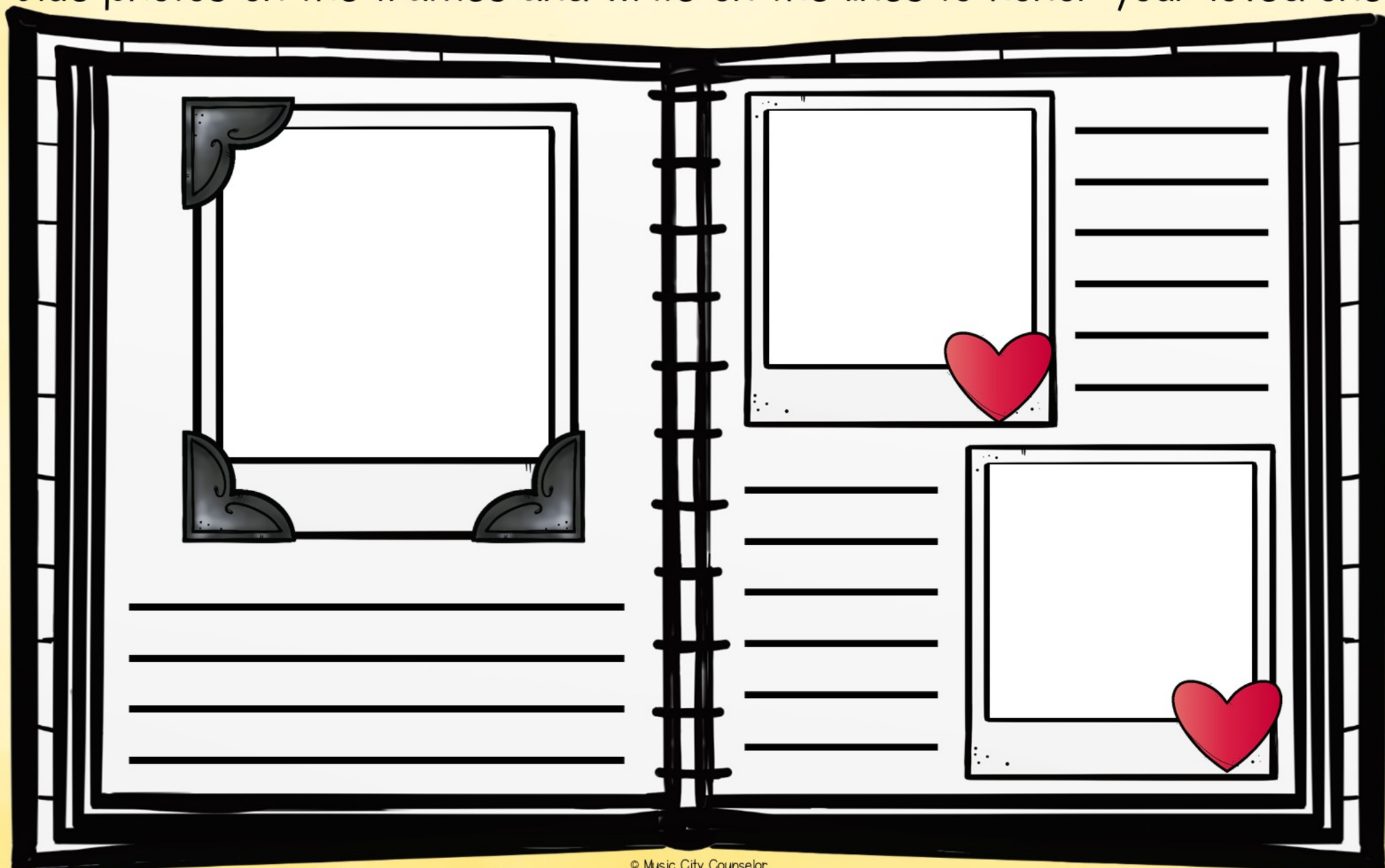
# I am still connected to them by an Invisible String.





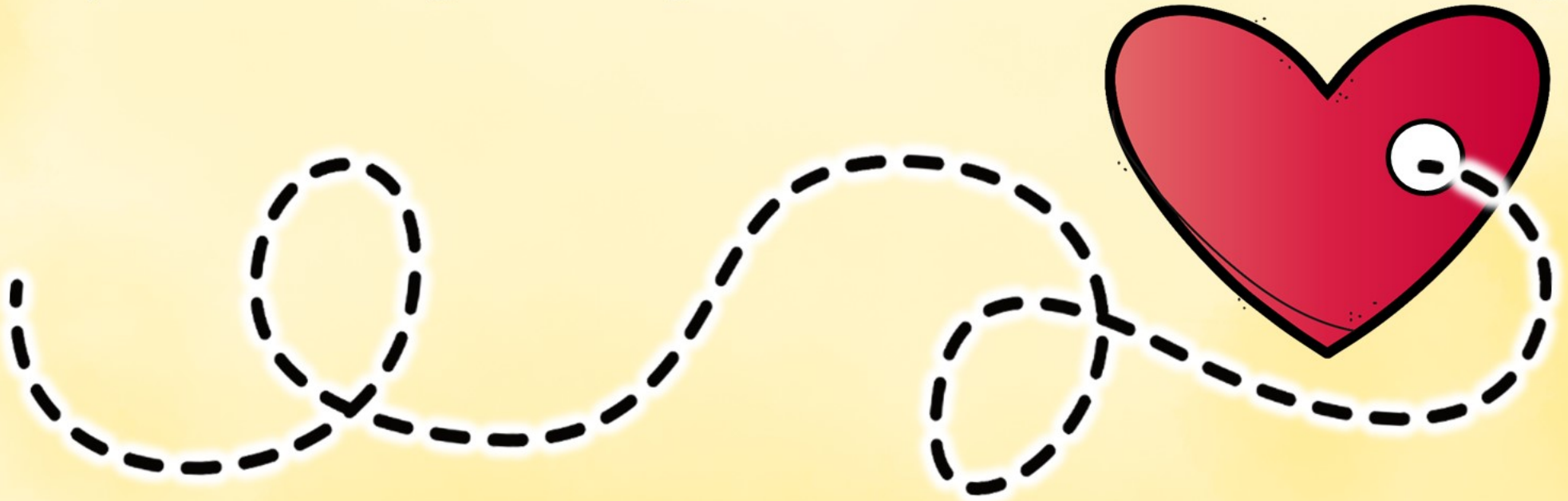
# My Memory Book

Glue photos on the frames and write on the lines to honor your loved one.



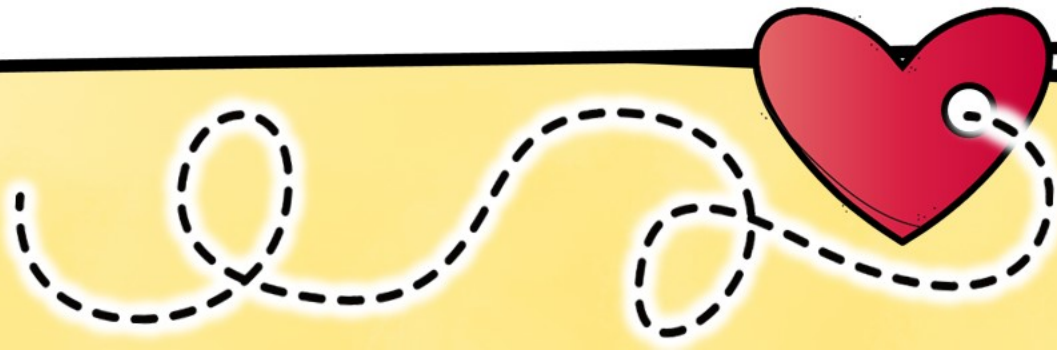
# When I think about my loss, I feel...

Cut out the feelings faces that you're experiencing and glue them onto the string.





Asking questions can help us better understand and cope with our grief.  
What questions do you have about your loss?

A large sheet of white paper with horizontal black lines, resembling a notepad or worksheet. At the top center, there is a red rectangular tab with white polka dots. The paper is positioned on the left side of the image.

# How does grief feel in your body?

Circle your feelings and experiences.



Trouble eating



Difficulty sleeping



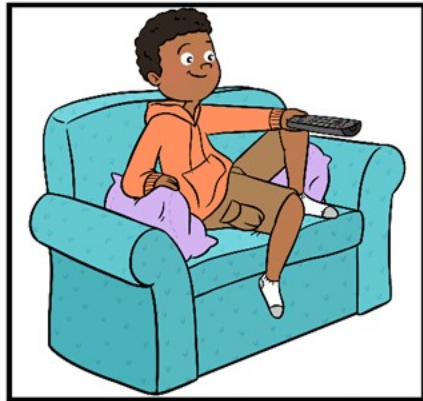
Wanting to be alone



Crying



Stomachaches



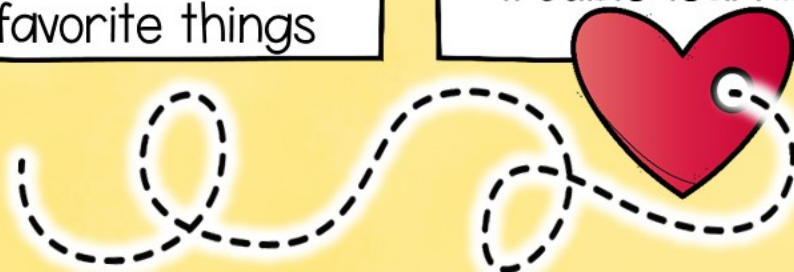
Loss of interest in favorite things



Trouble learning



Problems getting along with others





# The 5 Stages of Grief:

Circle the stages that you have experienced. Draw a star next to the stage that you are in now.



Shock



Anger



Deal-Making



Sadness

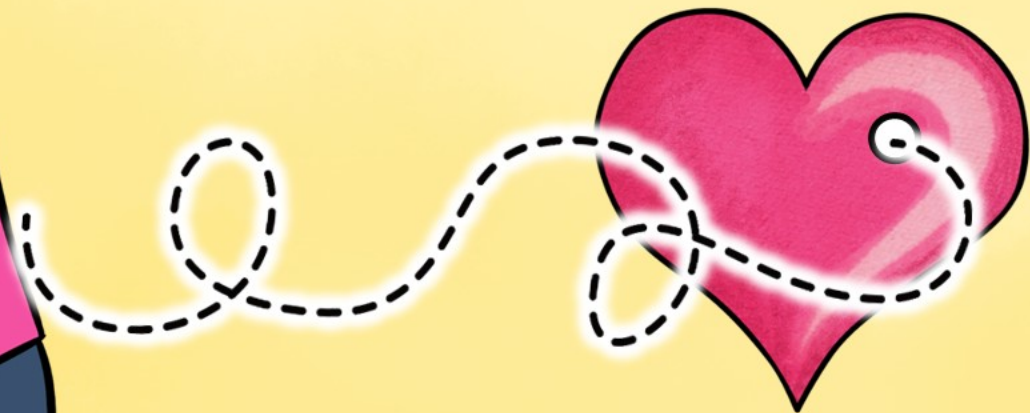


Peace



"Life has to end.  
LOVE DOESN'T."

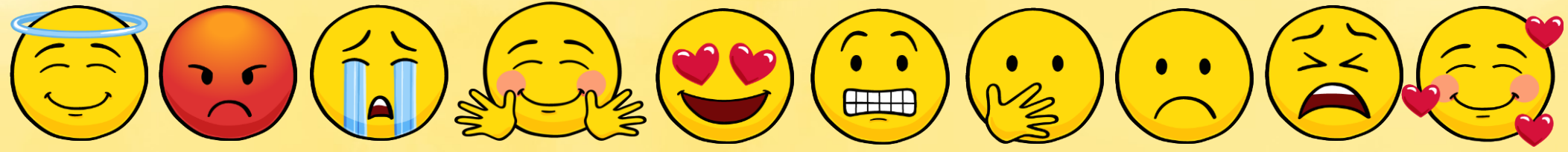
– Mitch Albom





How has your life changed since your loss? Cut out and glue emojis that describe life before and after your loss.

# Before and After



# Let's learn to cope with our grief.

Circle the strategies that you would like to try.



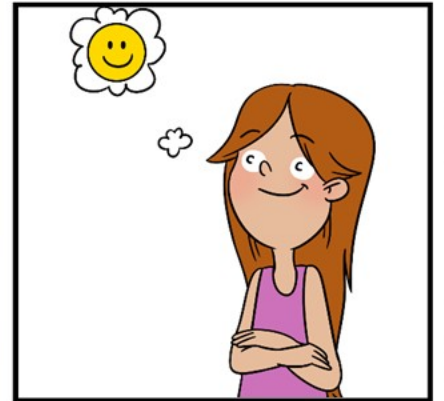
Talk out my feelings



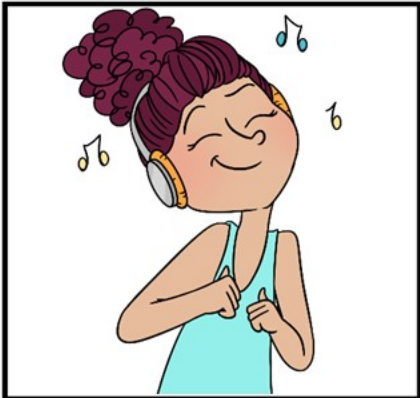
Ask for a hug



Exercise



Focus on happy memories



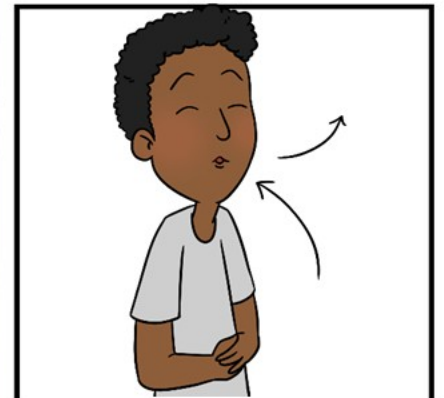
Listen to happy music



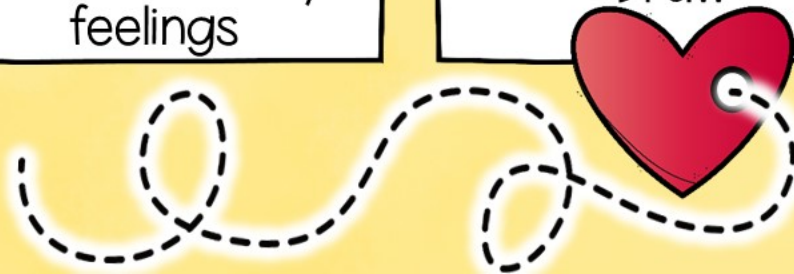
Write about my feelings



Draw



Take deep breaths





# Time to SHARE...



1) If I could see my loved one again, I would...

2) If I could talk to my loved one again, I would say...

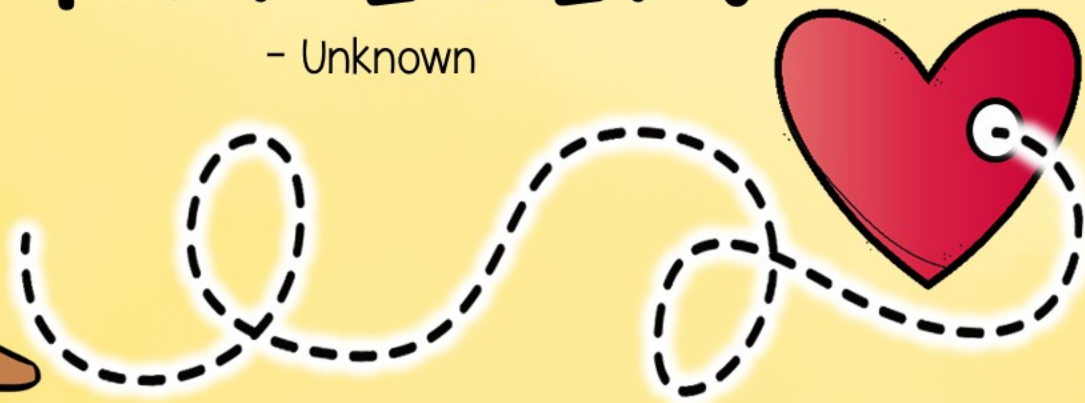
3) Since the loss of my loved one, my life has changed...

4) When I think about my loss, I feel...



"A life that  
TOUCHES OTHERS  
goes on  
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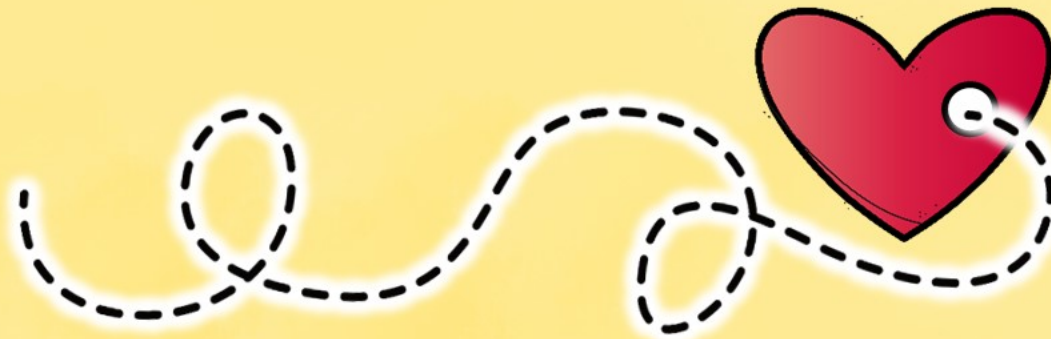
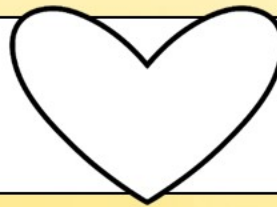
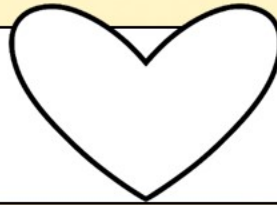
– Unknown





# My Memory Bracelet

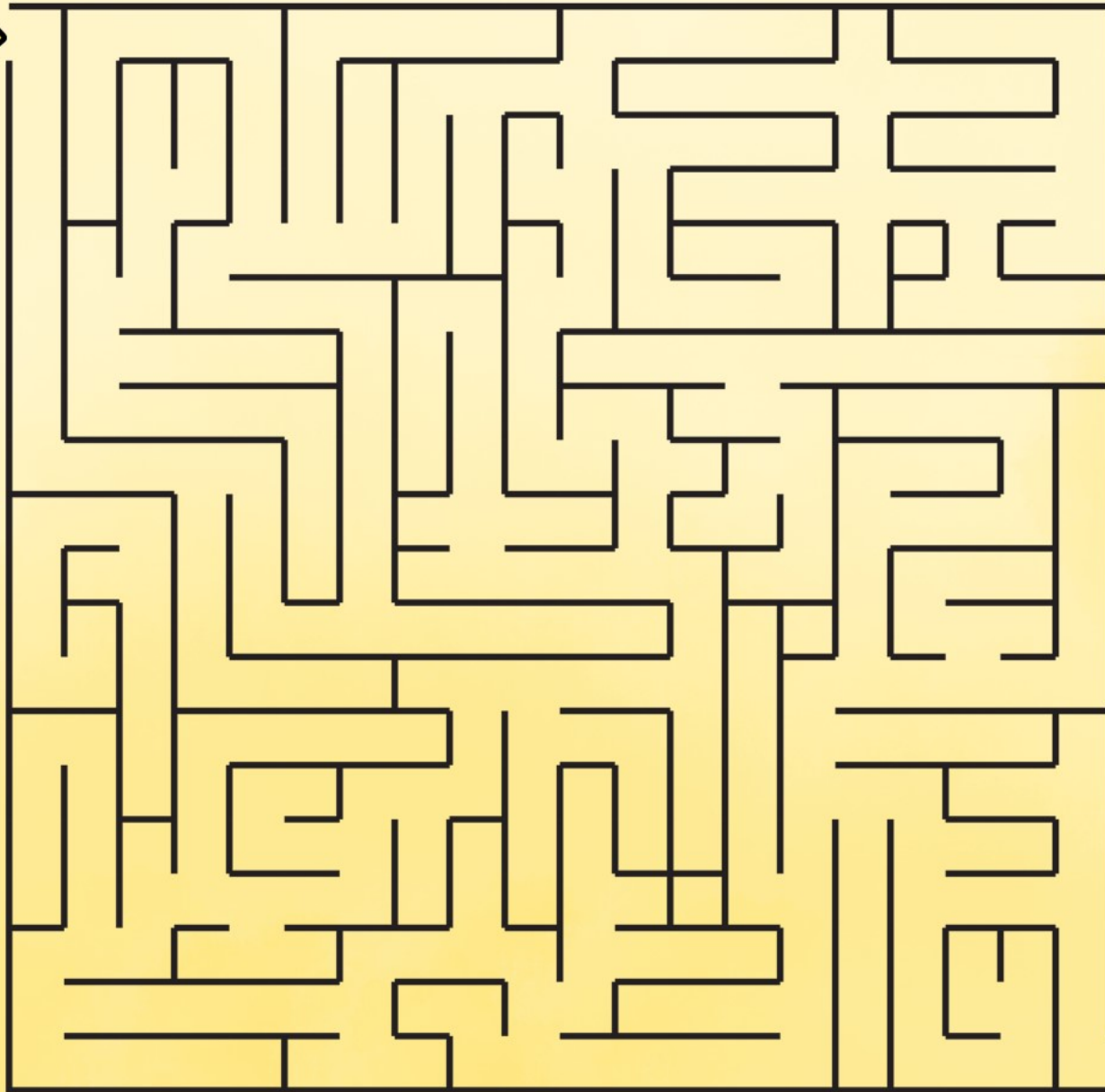
Making a special bracelet can be a great way to remember and honor our loved one. Decorate the bracelets below, cut them out, and wear them!



# Grief is like a Maze

Losing a loved one can feel like we are in a maze. Sometimes we feel "lost" and "stuck" in our feelings for a little while.

**Start** →



← **End**



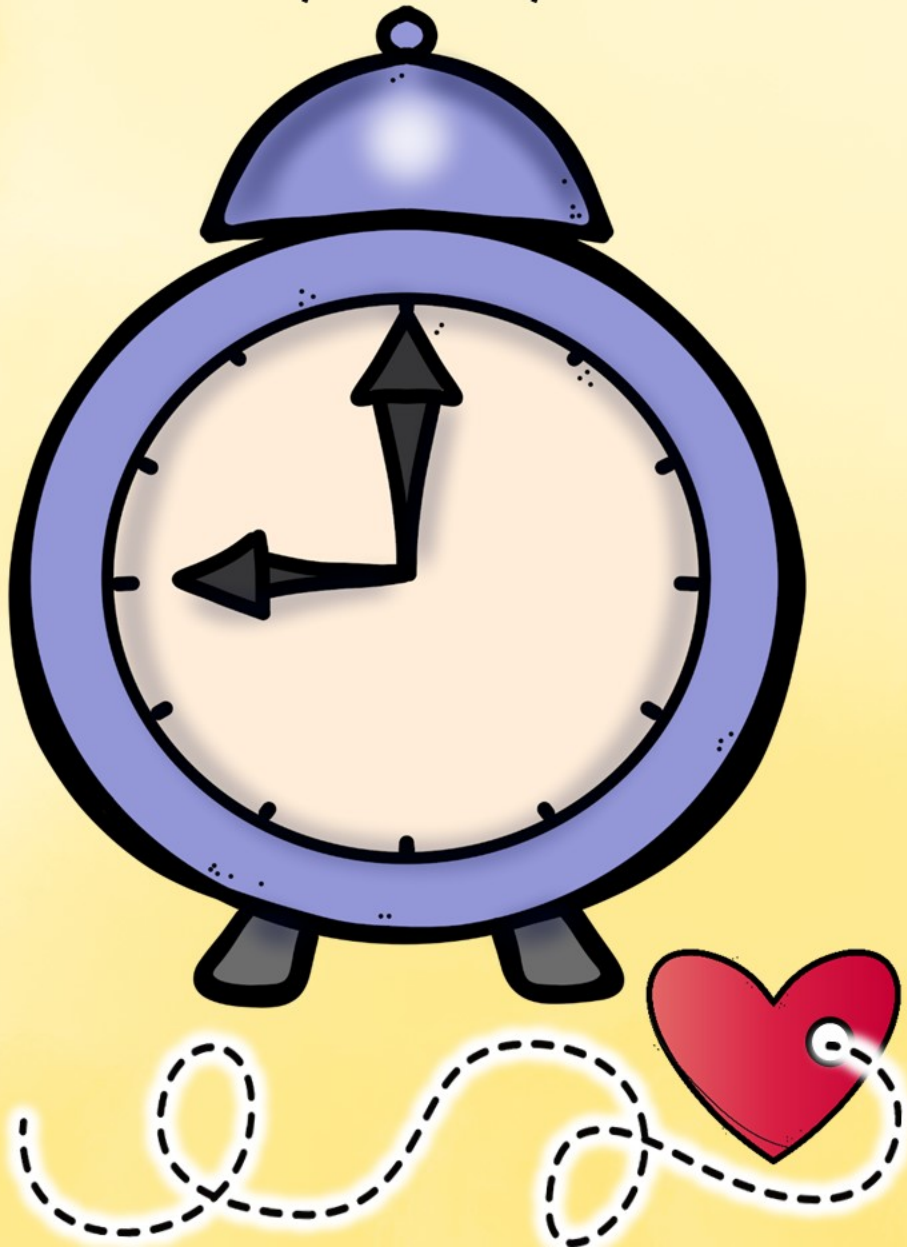
# If I could send you a letter...

Let's write a letter to your loved one. If you'd like, you can attach it to a balloon and let it fly high to the sky.




# If I could turn back time...

What would you do? Who would be there? What would you say? How would life be different?

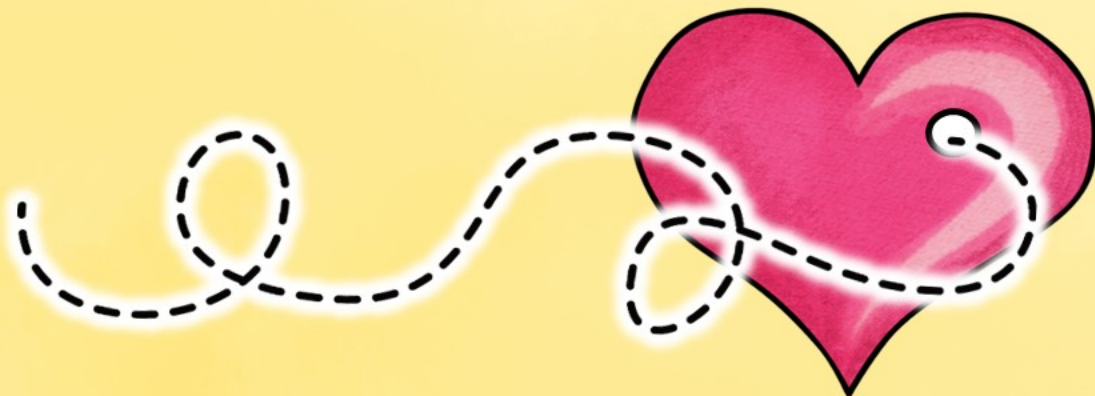
A white notepad with a red polka-dot tab at the top. The notepad has ten horizontal lines for writing. The bottom right corner of the notepad is folded over.





“Those we love  
TRULY NEVER LEAVE US.  
There are things that  
DEATH CANNOT TOUCH.”

– Jack Thorne



# Let's make a Name Poem...

Write your loved one's name in a vertical line. Then, write a word that describes them that starts with each letter.





# Time to SHARE...



1) What does the Invisible String mean to you?

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---

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2) Who are all of the loved ones that you are connected to by an Invisible String?

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3) How do you know that you are never alone?

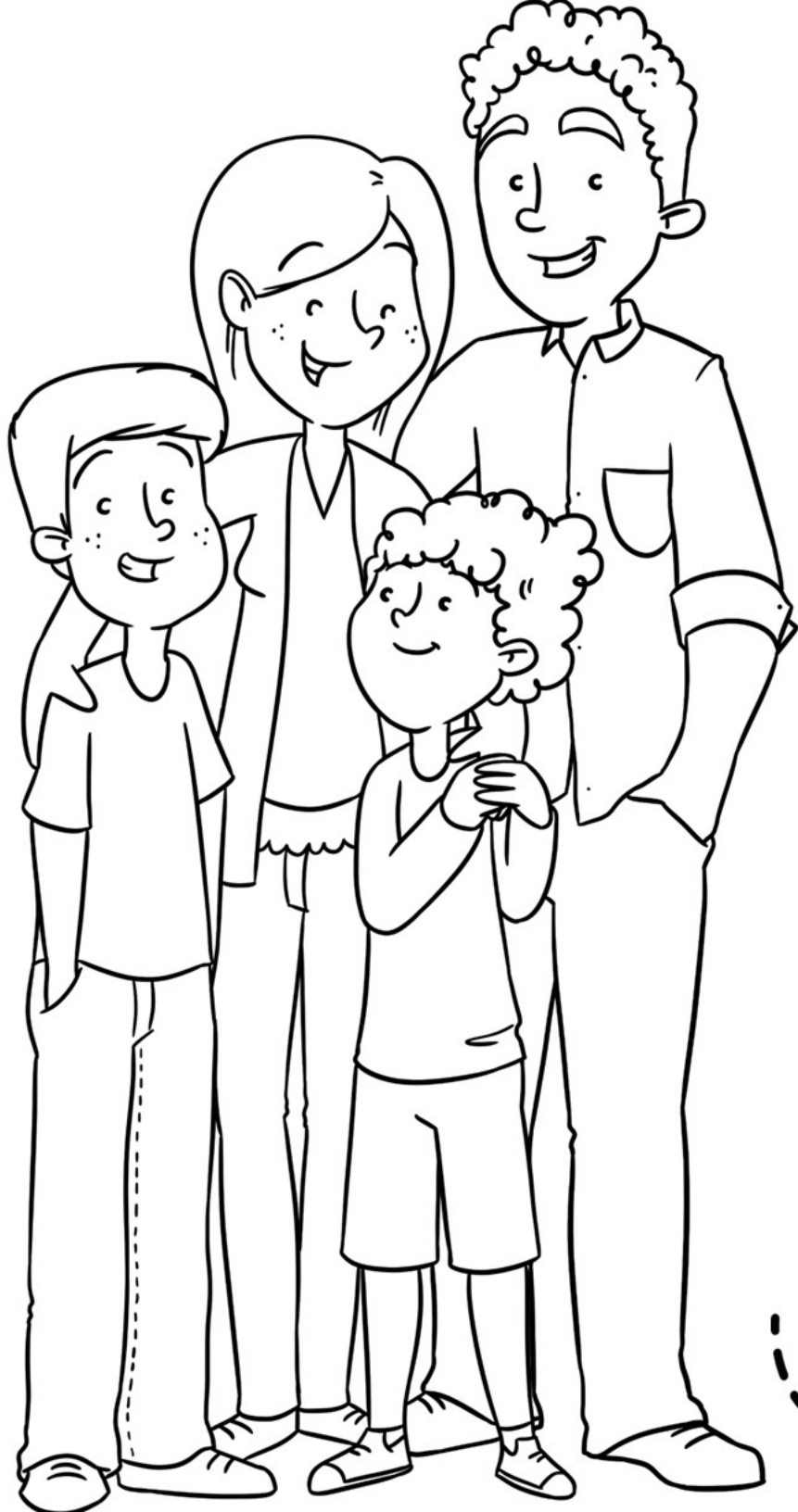
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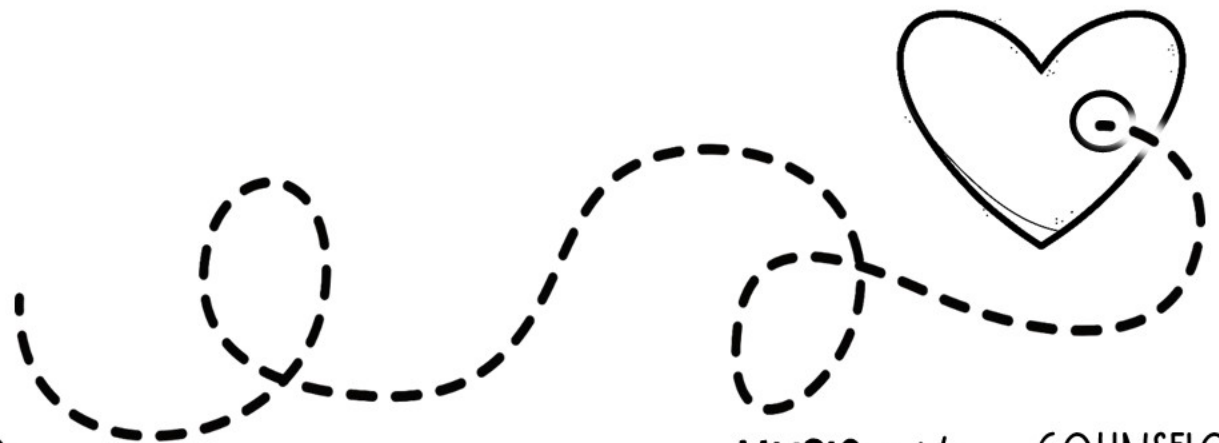
**BLACK &  
WHITE**





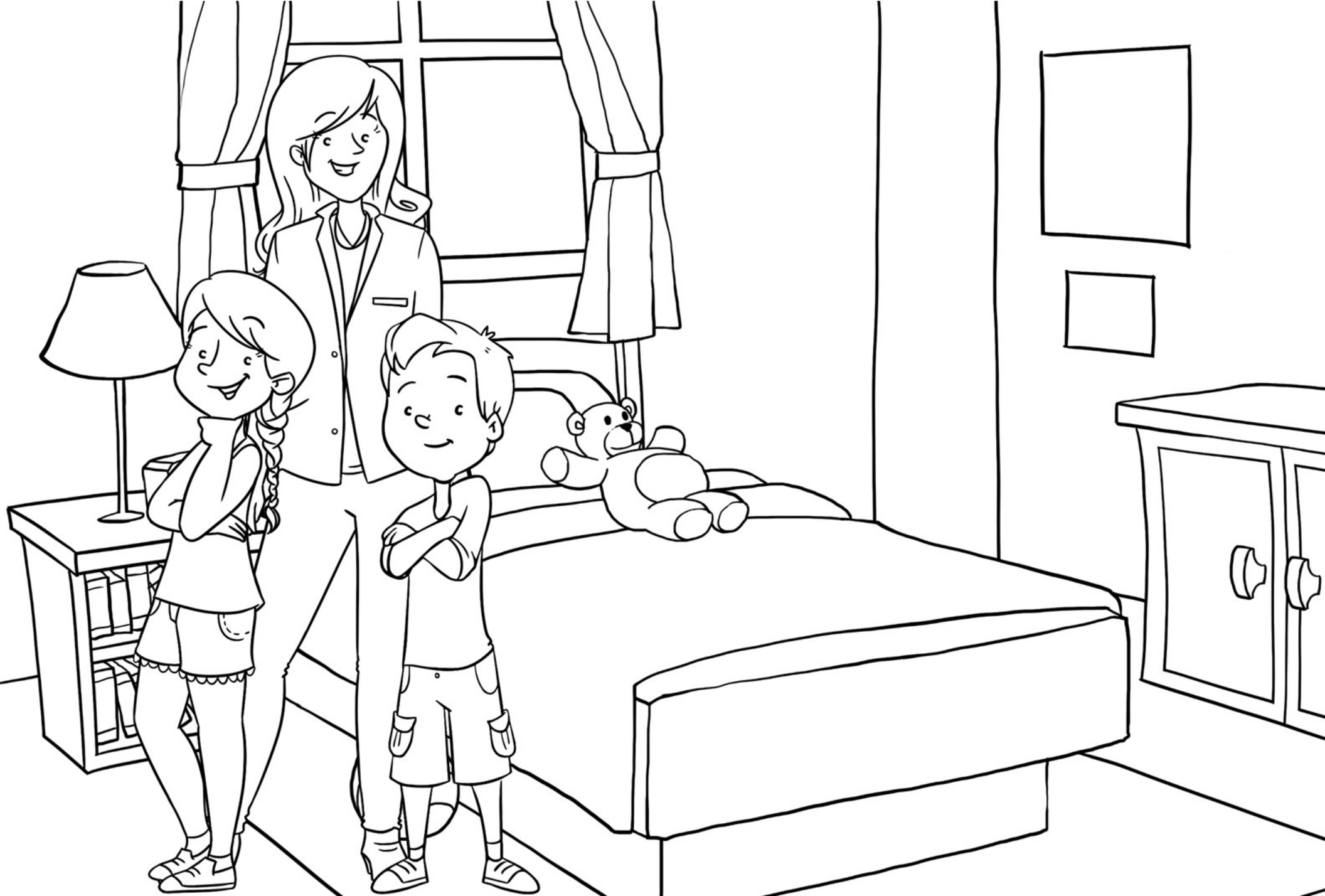
# The Invisible String

By: Patrice Karst



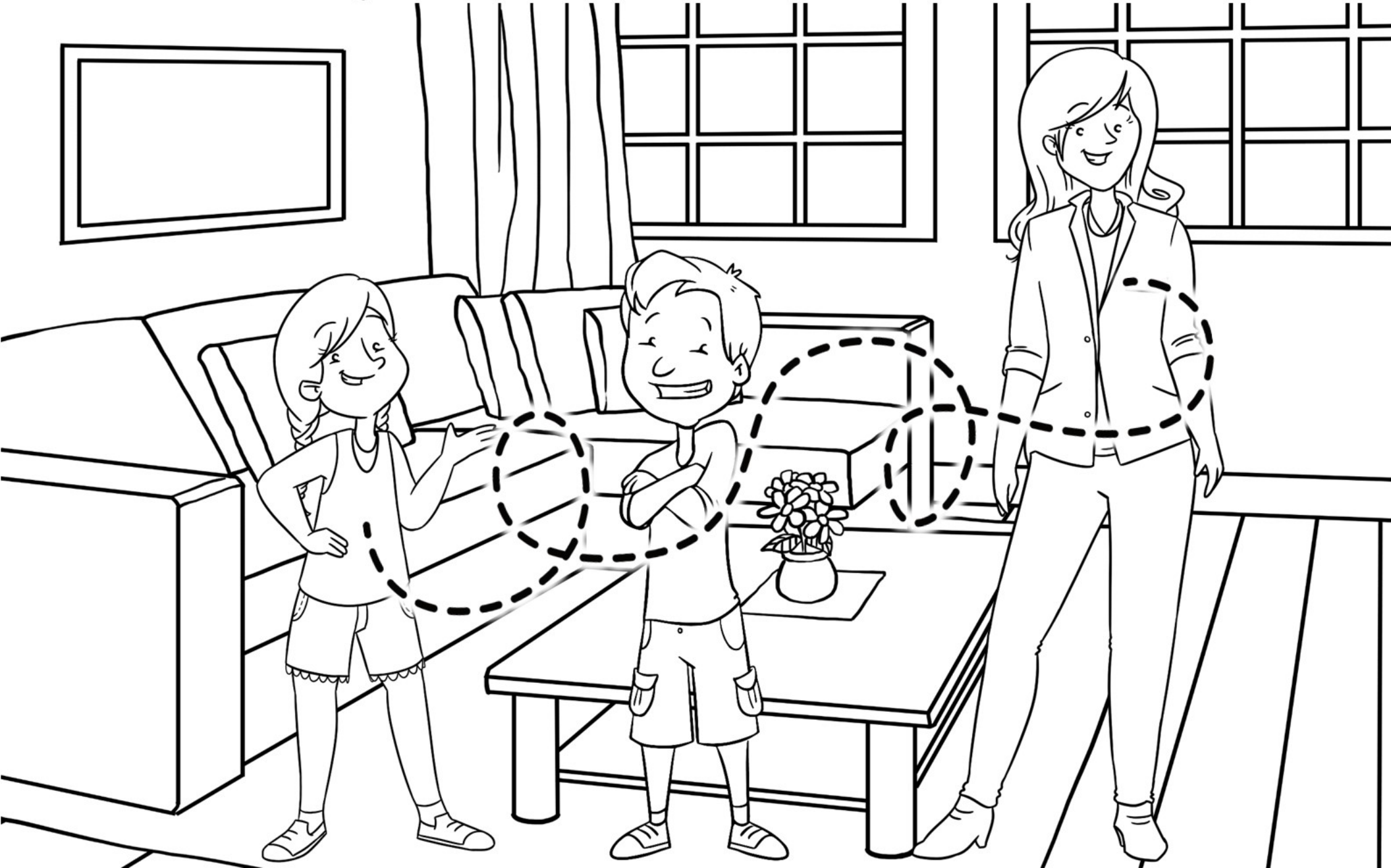
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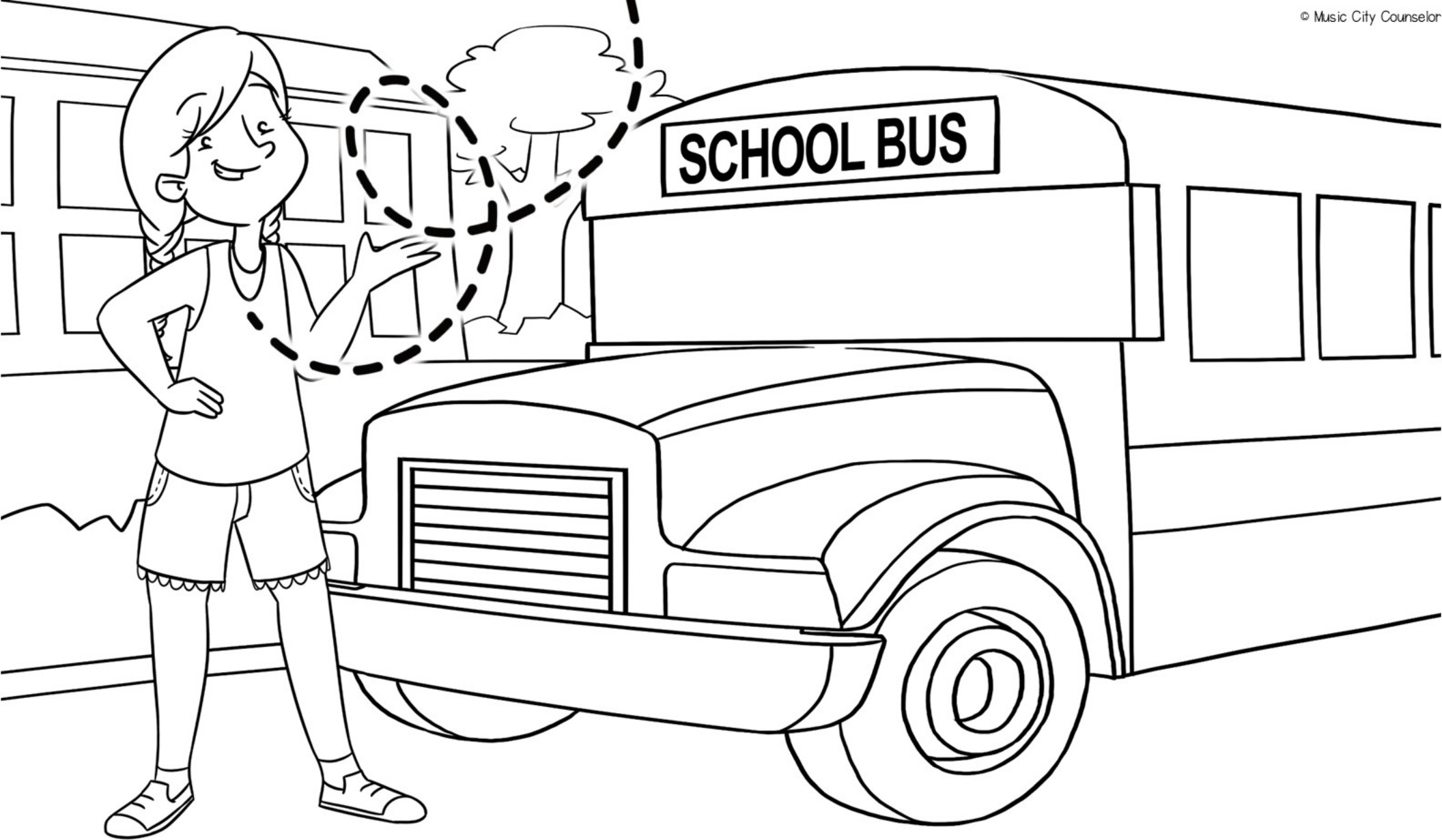
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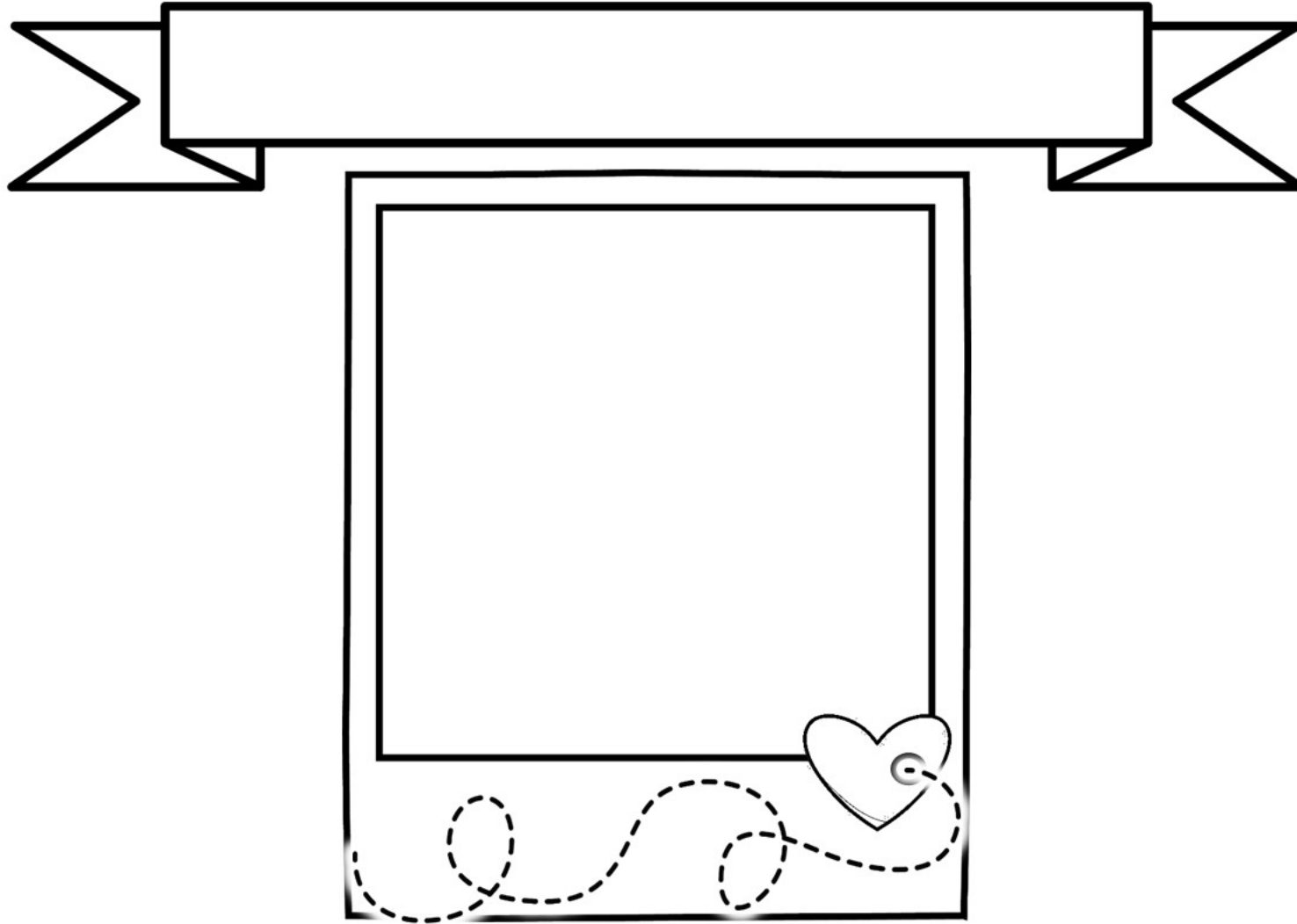




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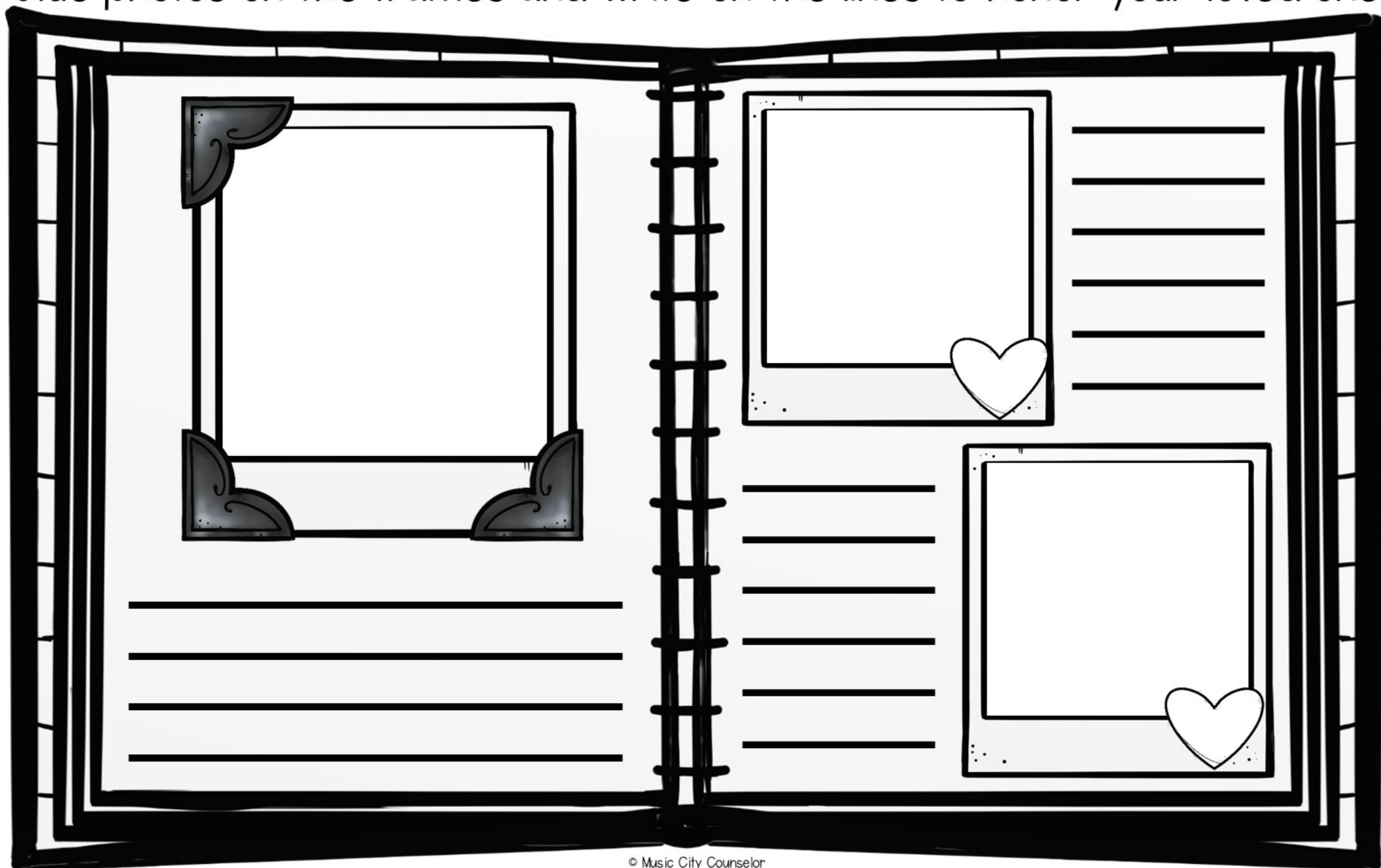
# Someone I love died.



# I am still connected to them by an Invisible String.

# My Memory Book

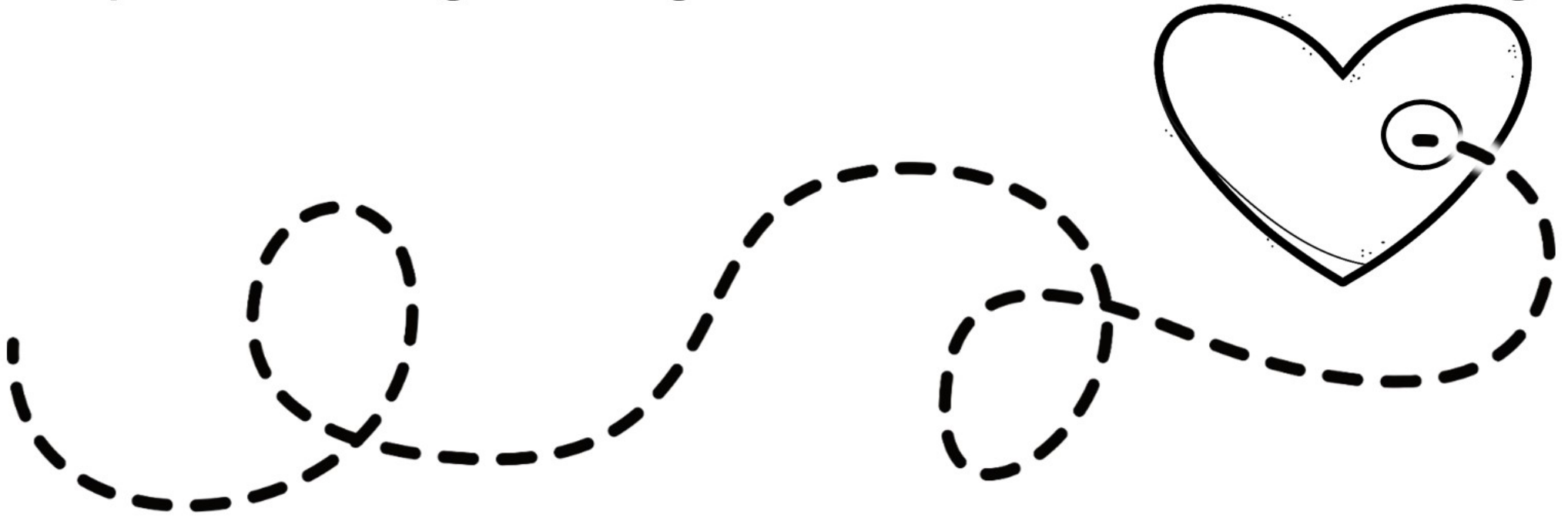
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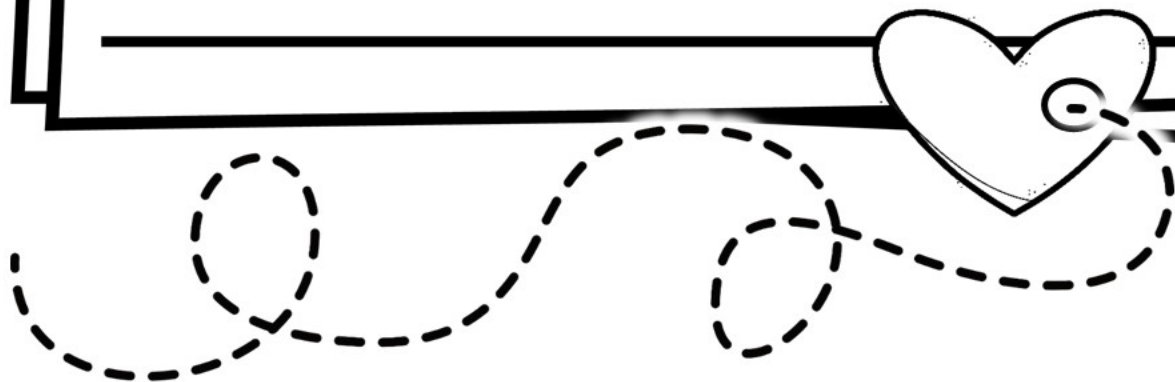
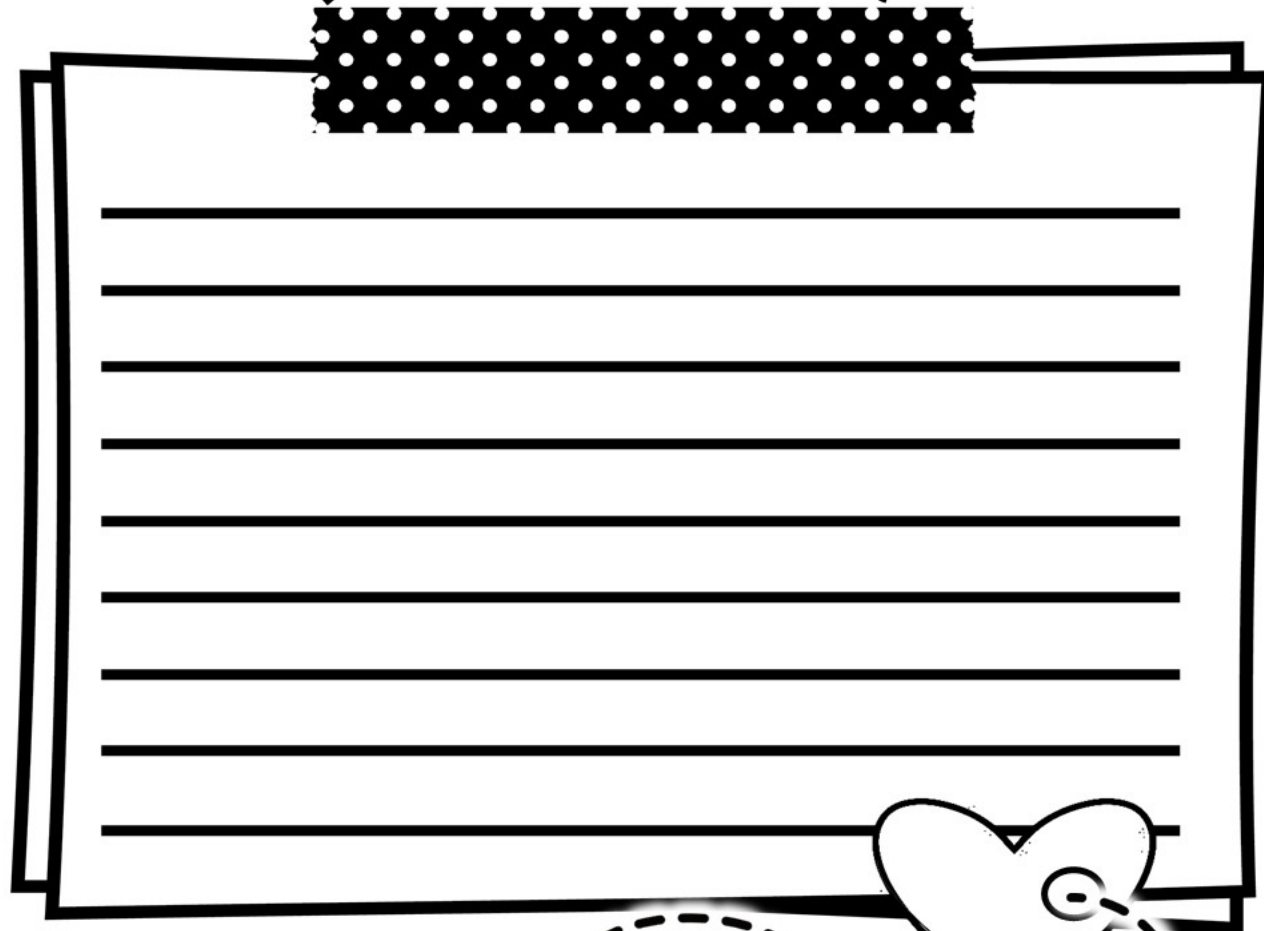


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Crying



Stomachaches



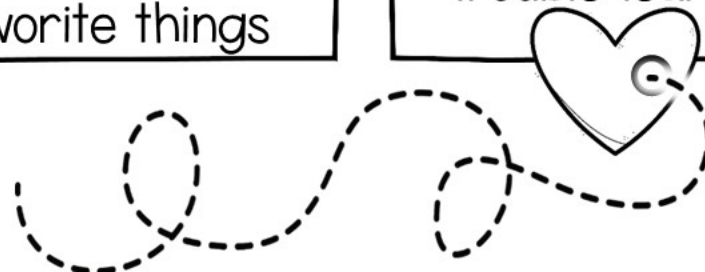
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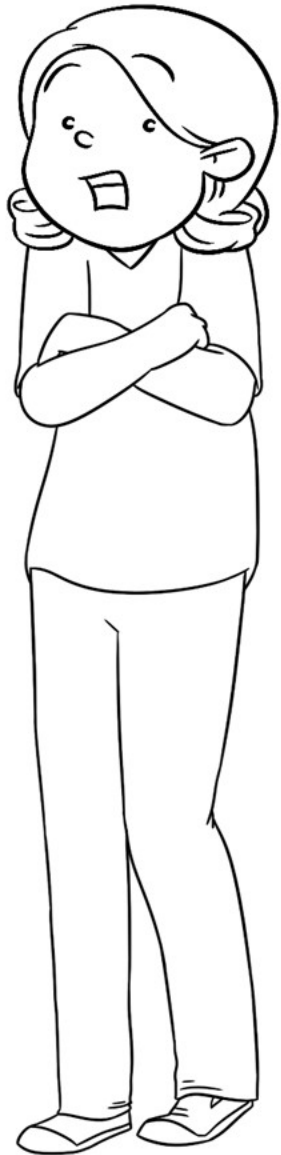


Problems getting along with others



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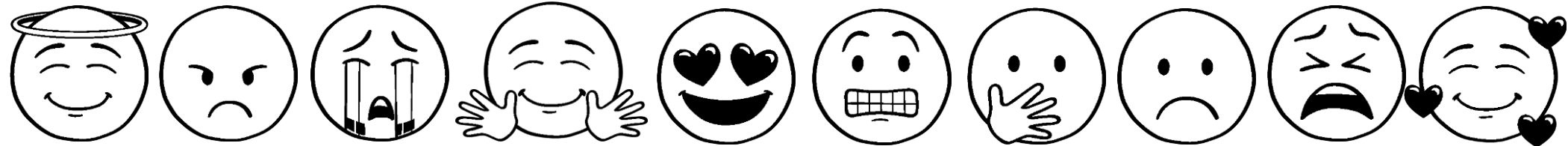
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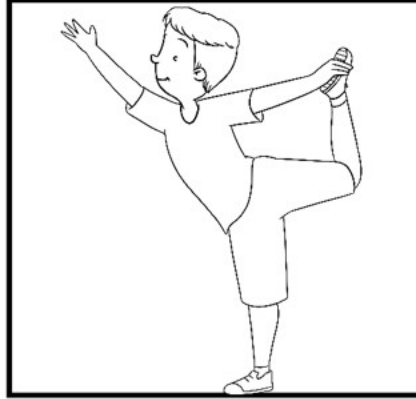
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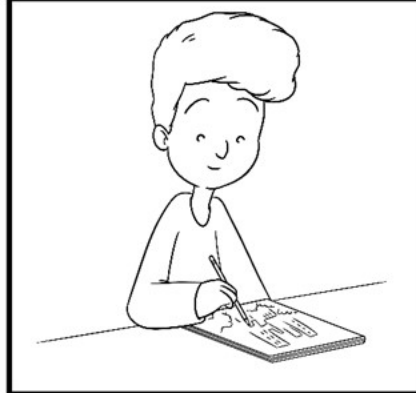
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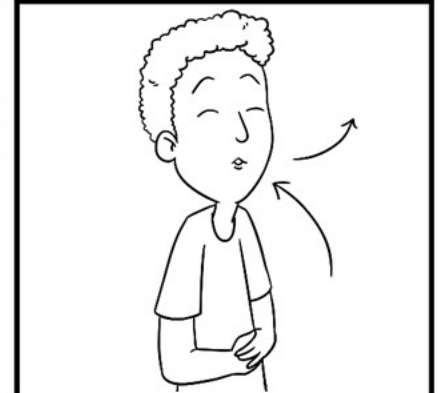
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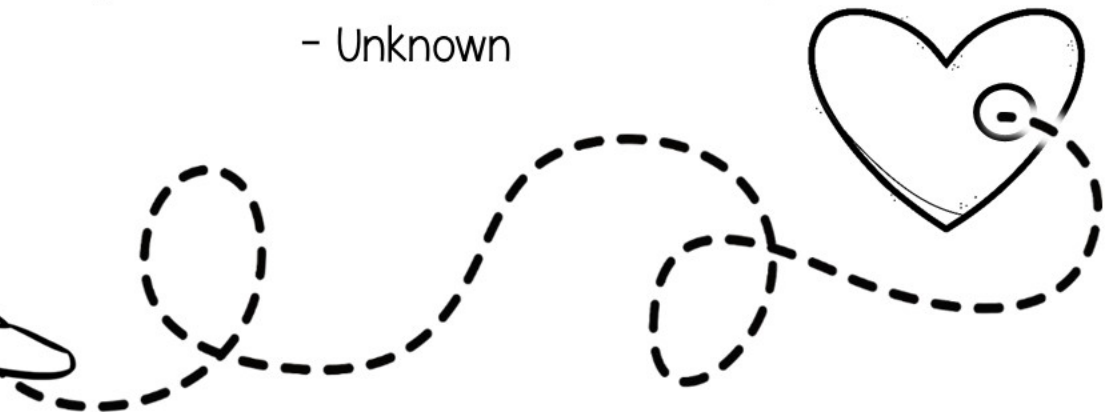
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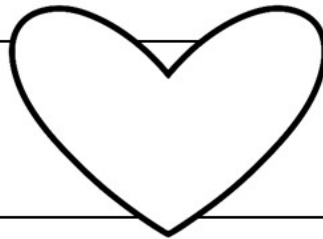
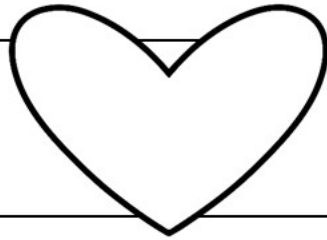
"A life that  
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# My Memory Bracelet

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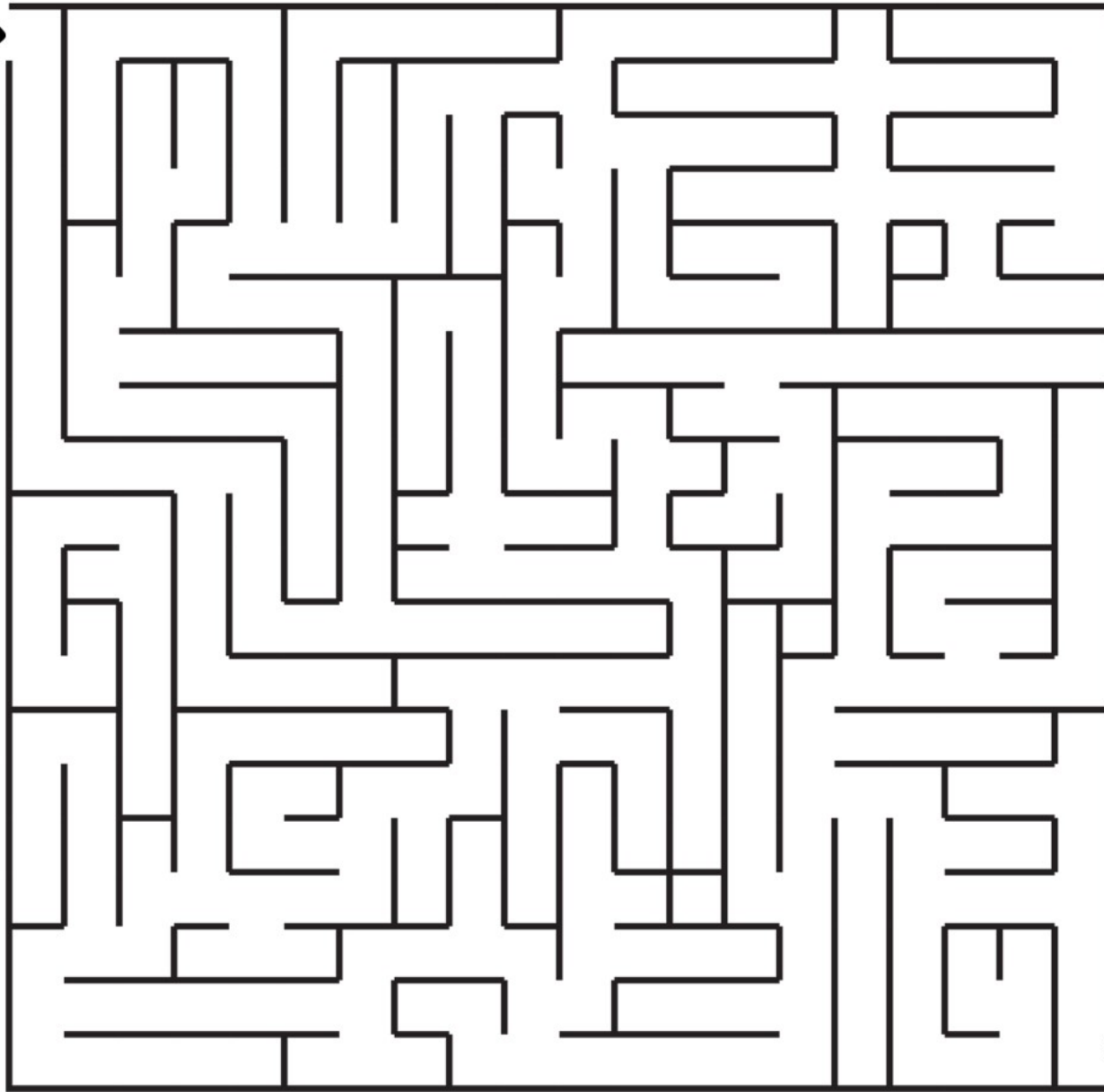




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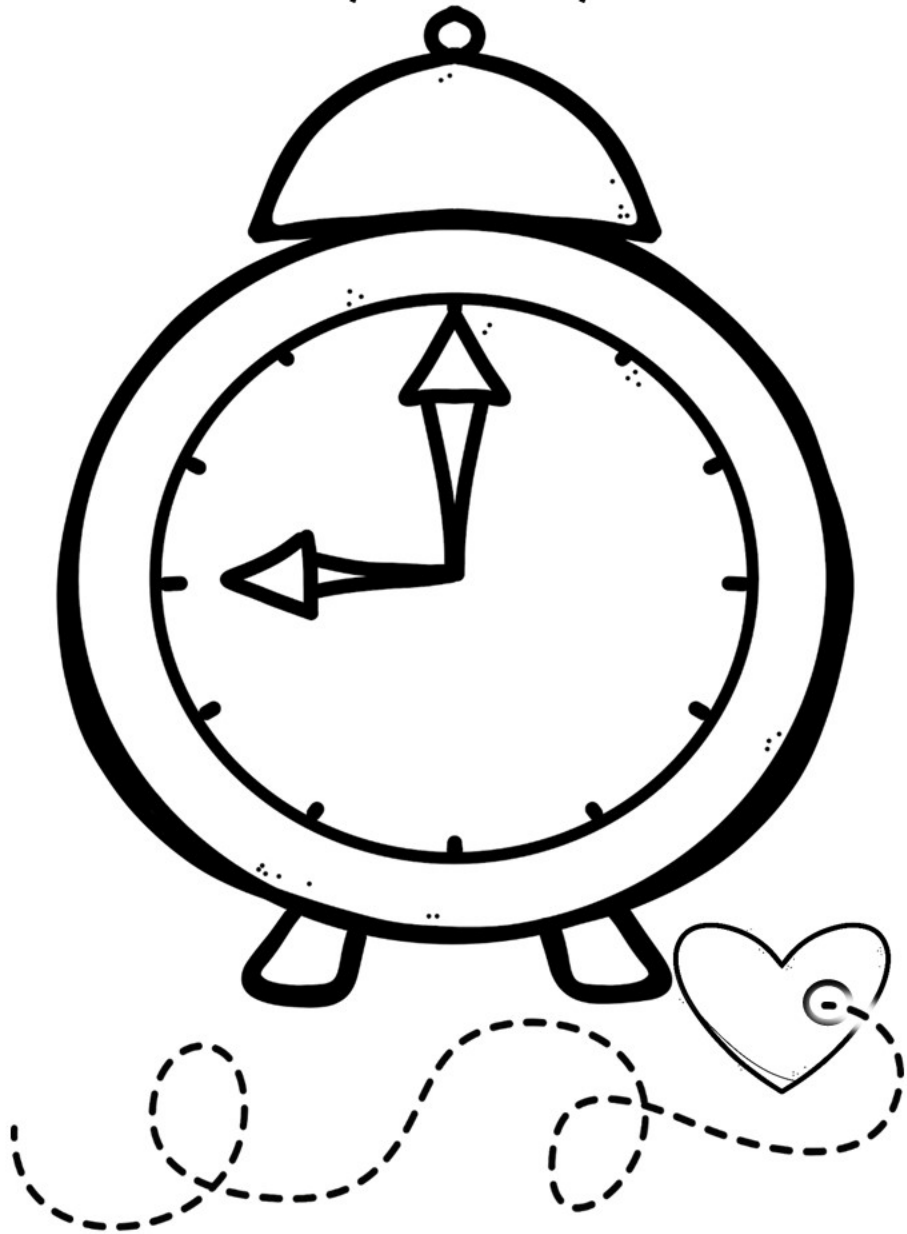
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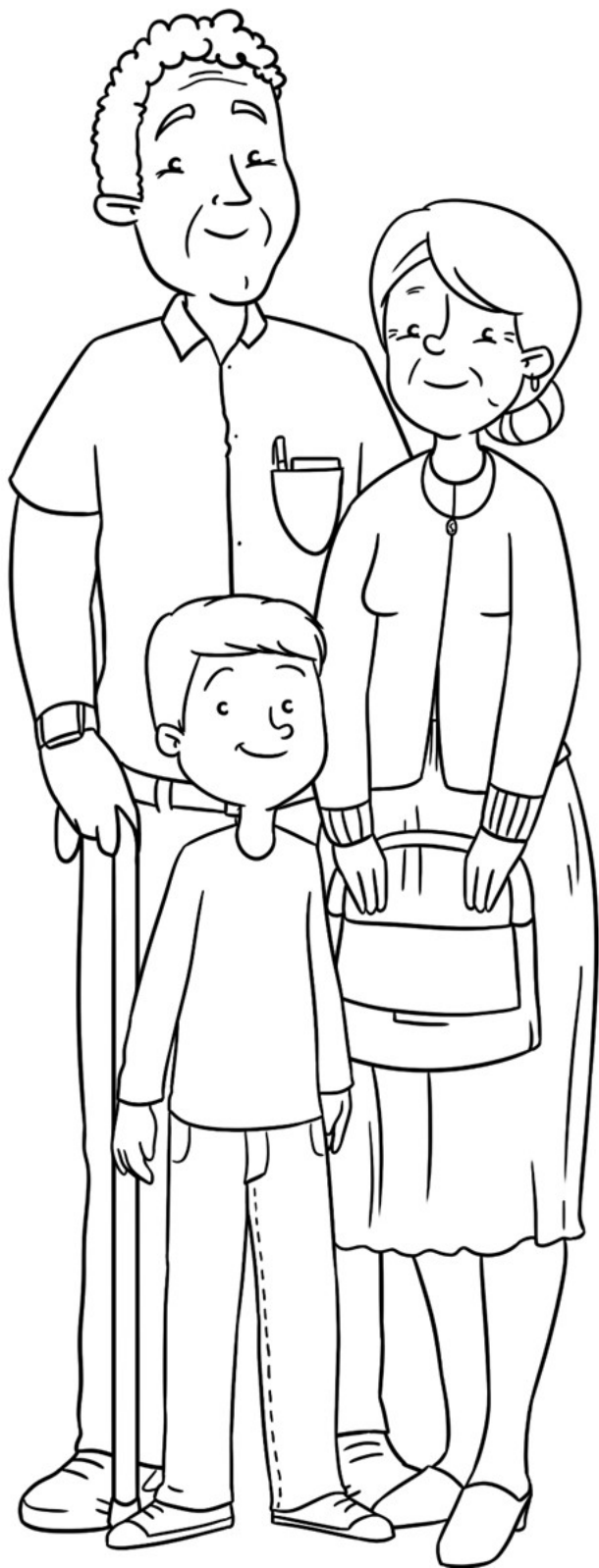



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What would you do? Who would be there? What would you say? How would life be different?

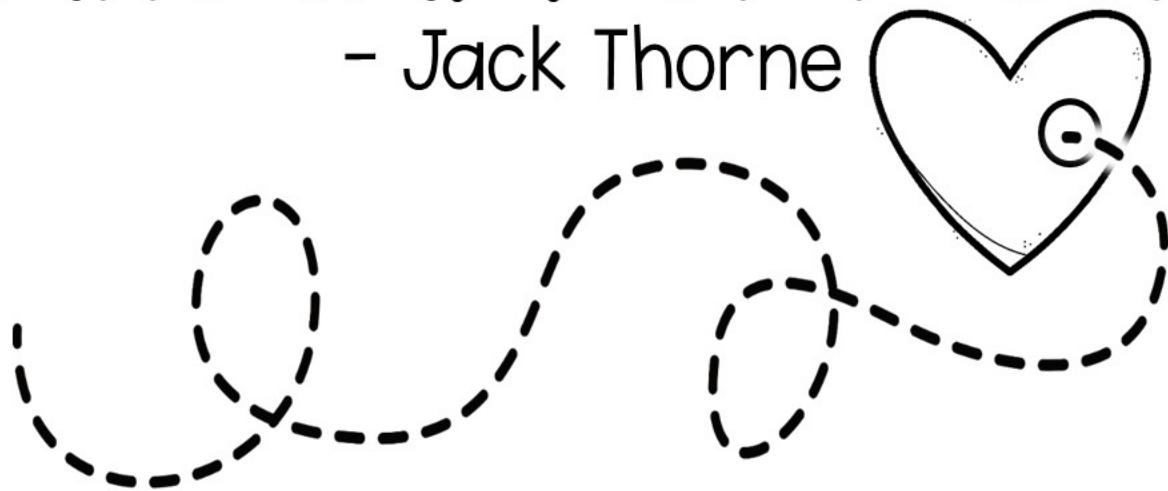
A black and white line drawing of a notepad. It has a rectangular body with horizontal lines for writing. A small, rectangular sticker with a black background and white polka dots is attached to the top edge. The bottom right corner of the notepad is folded over.





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