

# Through My Eyes: A Photography-Based Grief Workbook

A creative space to explore your grief, honor your memories, and reconnect with yourself one photo, word, and reflection at a time.

This workbook is a space for kids and teens to explore what grief looks and feels like after the death of someone they love. It includes photo prompts and reflection pages to help process grief through images, memories, and words.

Whether your grief feels loud or quiet, heavy or distant, this space is here to hold it with you.

You can go at your own pace. You can come back to it when you're ready. You can make it your own.

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# How to Use This Workbook

Take photos.

Reflect on memories.

Write or draw your thoughts.

You can skip pages and come back later. You can answer all or just a few prompts.

This is your space. You get to decide how to use it.

## Tips for Taking Grief-Inspired Photos

There are no wrong photos. Take pictures of places, objects, light, or moments that show what grief feels like to you.

You can also draw or describe your image if that feels better

## What If It's Too Hard

Take breaks. Stretch. Breathe. Use grounding tools like noticing 5 things you see, 4 things you can touch, 3 things you can hear, 2 things you can smell, and 1 thing you can taste.

Remember, your grief matters and healing takes time.

# Photo Prompts and Reflections

**A space to see what grief looks like through your eyes**

**Grief can be hard to explain with words.**

**That's why this section uses photography to help you notice and explore the things you miss, the memories that matter, and the feelings that come and go.**

**Each page gives you a photo prompt and space to reflect.**

**You can print your photos, draw them, or describe what you see.**

**You can answer all the questions or just one.**

**You can skip a page and come back later.**

**This section is yours.**

**There are no rules. Just room to feel and remember.**

# What I Miss About Them

## Instructions

Take a photo of something that reminds you of what you miss about your loved one. It can be a place, an object, a moment, or a feeling. There is no wrong answer.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What is this a photo of? \_\_\_\_\_

What do you miss about your loved one when you look at this? \_\_\_\_\_

What memories come up? \_\_\_\_\_

Is there anything you wish you could say to your loved one? \_\_\_\_\_

How does your body feel when you think about this? \_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# What I Remember About Them

## Instructions

Take a photo of something that reminds you of a memory with your loved one.

This could be something you did together or something that shows how they made you feel.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What memory does this photo show? \_\_\_\_\_

Why is this memory important to you? \_\_\_\_\_

How do you feel when you remember it? \_\_\_\_\_

What about this memory do you want to keep forever? \_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# If Grief Were an Object...

## Instructions

Take a photo of something that shows what grief feels like for you.  
You might be the only one who understands it and that's totally okay.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What object did you choose? \_\_\_\_\_

Why does it show your grief? \_\_\_\_\_

What feelings show up when you look at this? \_\_\_\_\_

If grief could speak, what would it say? \_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# Things That Feel Different Now

## Instructions

Take a photo of something that feels different since your loved one died.  
It might be a place, a routine, a moment, or something that just doesn't feel the same anymore.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What does this photo show? \_\_\_\_\_

How is this thing different now? \_\_\_\_\_

What feelings come up when you look at it? \_\_\_\_\_

Is there anything you wish hadn't changed? \_\_\_\_\_

What helps you when things feel different? \_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# Where I go to Feel Close to Them

## Instructions

Take a photo of a place that helps you feel close to your loved one.

This could be somewhere you shared together or a place that brings you comfort or peace.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

Where is this place? \_\_\_\_\_

Why does it help you feel connected? \_\_\_\_\_

What do you feel when you are here? \_\_\_\_\_

Would you want to visit this place again? \_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# Something That Helps Me Cope

## Instructions

Take a photo of something that helps you get through hard moments.

This could be a hobby, a comfort item, a person, a pet, a place, or something else that supports you.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What is this a photo of? \_\_\_\_\_

\_\_\_\_\_

How does it help you when things feel hard? \_\_\_\_\_

\_\_\_\_\_

Do you use it often? \_\_\_\_\_

\_\_\_\_\_

What does coping mean to you right now? \_\_\_\_\_

\_\_\_\_\_

## Optional Caption or Title

Write a title, phrase, or quote here if you want: \_\_\_\_\_

# A Song, Sound, or Lyric That Reminds Me of Them

## Instructions

Take a photo of something that reminds you of a sound or song that connects you to your loved one. It could be something they listened to, something you shared, or just a sound that brings up a feeling.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What sound or song came to mind? \_\_\_\_\_

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What does it make you feel? \_\_\_\_\_

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What memory or moment do you connect with it? \_\_\_\_\_

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Do you like hearing it right now, or is it hard to hear? \_\_\_\_\_

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## Optional Caption or Title

Write a title, phrase, or lyric here if you want: \_\_\_\_\_

# Something I Wish I Could Tell Them

## Instructions

Take a photo of something that makes you think, "I wish I could tell them about this."

This could be something exciting, frustrating, random, or meaningful. Anything you would want to share.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What is this photo about? \_\_\_\_\_

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Why would you want to share this with your loved one? \_\_\_\_\_

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What would you say if they could hear you? \_\_\_\_\_

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How do you feel when you think about telling them? \_\_\_\_\_

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## Optional Caption or Title

Write a title or message from you to them: \_\_\_\_\_

# Something That Makes Me Feel Numb

## Instructions

Sometimes grief feels like nothing. Like everything is too quiet or too far away.

Take a photo that shows what that kind of numbness looks like to you.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What does this photo represent? \_\_\_\_\_

\_\_\_\_\_

How do you know when you're feeling numb? \_\_\_\_\_

\_\_\_\_\_

What do you notice in your body during those moments? \_\_\_\_\_

\_\_\_\_\_

What helps you feel even a little more present? \_\_\_\_\_

\_\_\_\_\_

## Optional Caption or Title

Write a word or phrase that matches this feeling: \_\_\_\_\_

# What's Still Good

## Instructions

Even during grief, there can be small things that bring peace, comfort, or warmth.

Take a photo of something that still feels good, even just for a moment.

## Photo Space

Tape, paste, or draw your photo here

## Reflection Questions

What is this a photo of? \_\_\_\_\_

Why does this thing feel good or comforting? \_\_\_\_\_

Does it remind you of anything or anyone? \_\_\_\_\_

How do you feel when you're with this thing or in this moment? \_\_\_\_\_

## Optional Caption or Title

Write a word, phrase, or quote that fits: \_\_\_\_\_

# This Is Not the End

## Instructions

Grief isn't something you finish.

It doesn't have a due date or a final step.

It's something you carry, grow with, and learn to move through.

This page is here for anything you need it to be.

You can write something to your loved one.

You can write something to yourself.

You can draw, make a list, or leave it blank for now.

There are no rules here.

You can come back to this page anytime.

It will be here whenever you're ready.