

Treasures Of My Heart



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TREASURES OF MY HEART

Dear Parent or Facilitator,

“Treasures of My Heart” is a booklet designed to bring healing to a child who has experienced loss through death of a significant person in his/her life. Questions are asked to help the child process memories about the lost loved one and to draw out the child’s often unspoken thoughts, feelings or misconceptions.

- ☞ The “idea banks” are given to put words to a child’s stunned condition to help the child get beyond “shut down” or paralysis in a particular stage of grief.
- ☞ This booklet also helps the child process through comments made by others regarding their loved one’s death. The facilitator can clarify and bring truth to any wrong conclusions a child may come to, and at the same time validate the child’s feelings as he/she expresses his/her response to the comments made.
- ☞ The last page gives the child opportunity to remember many of the special times spent with the lost loved one and to value that person through shared memories.

May God use this tool to settle and bring peace to the grieving child, as he/she is encouraged to record the treasures in his/her heart.

To His Praise and Honor,

Carol Perkins and Mindy Peterson
Fresh Start For All Nations



IDEA BANK

- *What was _____'s relationship to you?*
- *What made _____ happy, laugh, sad, angry?*
- *What was your favorite thing to do together?*

A large rectangular area enclosed by a dashed line, intended for a drawing or photograph of a loved one.

Insert or Draw picture of lost loved-one in this box

IDEA BANK

- *What kinds of things did you talk about?*
- (Hopes, dreams, desires, goals, likes, dislikes, friends, things that concerned you, etc...)*



Was there anything that troubled
you regarding _____ ?

Share about the day _____ died.

Where were you?

How were you told?

What were some of your first thoughts?



IDEA BANK
<ul style="list-style-type: none">• <i>"What happened?"</i>• <i>"This can't be true!"</i>• <i>"Could this have been prevented?"</i>• <i>"I should have..."</i>• <i>"Is this my fault?"</i>• <i>"This is a nightmare!"</i>• <i>"How could you leave me?"</i>• <i>"Why?"</i>

What were some of your first feelings?



IDEA BANK
<ul style="list-style-type: none">• <i>Shock</i>• <i>Numbness</i>• <i>Fear</i>• <i>Panic</i>• <i>Insecurity</i>• <i>Agonizing Pain</i>• <i>Anger</i>• <i>Guilt</i>• <i>Loneliness</i>• <i>Sadness</i>

What are your thoughts now?

What are your feelings now?

What questions do you have?



IDEA BANK

- *"Will the pain ever go away?"*
- *"Am I ever going to feel happy again?"*
- *"What's going to happen now?"*
- *"How's my life going to change?"*
- *"Who is going to take care of me/us?"*
- *"Should I have done something?"*

What have others said to you?

Was there anything said that hurt or troubled you?

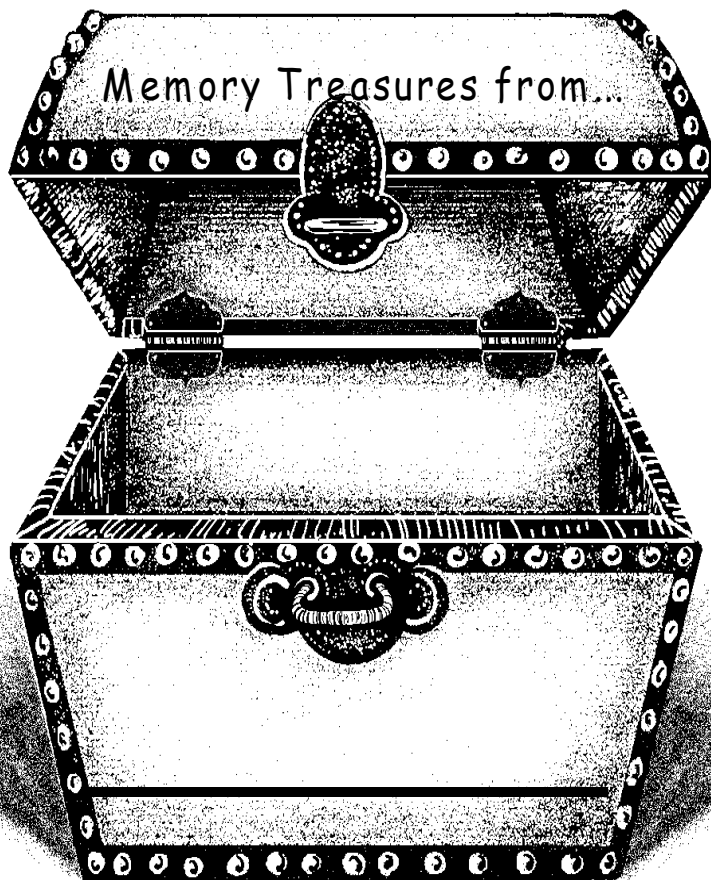
Was there anything said that helped
you feel better?

What kinds of investments*
did _____ make
in your life?



IDEA BANK

- *Time spent together*
- *Special events*
- *Manners*
- *Relationship with Jesus*
- *Character*
- *Morality*
- *Kindness*
- *Humor*
- *Love*
- *Special memories*
- *Listening*
- *Fun*



(write loved one's name on treasure chest)

*Invest: to give or devote time and attention, with a resulting positive impact.