A User's Guide for

Grief Doodling: Bringing Back Your Smiles

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1. Purpose

The purpose of *Grief Doodling* is to help kids acknowledge their grief and express it with doodles. It is a grief roadmap for elementary, middle school, and high school students.

2. Objectives

- To recognize your grief feelings
- To understand the benefits of doodling
- To learn basic doodling techniques
- To follow the doodling prompts
- To keep on doodling
- To create a visual record of your grief journey

3. Benefits of Doodling

- You already know how to do it.
- You are expressing feelings in a creative way.
- There are no mistakes; it's a doodle.
- Doodling isn't a mindless activity; it is thinking in disguise.

- Doodling gives you a break from grief, something you need right now.
- You feel better after doodling.
- Grief doodles tell who you are and reveal who you can be.

4. Contents of the Book

- Dear Grieving One (letter to user)
- Why Doodling is Fun
- Techniques and Tips
- My Grief Doodles (31 prompts)
- Resources
- Blank Pages for Practice and More Doodles

5. Discussion Questions

- Have you doodled before?
- Do you often doodle the same thing? If so, what is it?
- Which doodling technique do you like best?
- Which doodling prompt did you like best?
- Will you keep doodling? Why?

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