

Supporting a Child Through Pet Loss: How to Use This Memory Worksheet

Thank you for helping a child navigate the loss of a beloved pet. This gentle worksheet is designed to give children a safe space to explore their emotions, share memories, and honour their special bond — through creativity, conversation, or quiet reflection.

Here are a few gentle ways to guide them through it:

1. Create a Calm, Safe Space

Find a peaceful spot where the child feels safe, comfortable, and unhurried. Let them know that whatever they're feeling — sadness, confusion, even moments of laughter — it's all okay.

2. Let the Child Lead

Offer the worksheet as an invitation, not a task. They may want to draw, colour, talk, or simply sit with it. Follow their pace — there's no right or wrong way to remember someone they loved.

3. Encourage Gentle Sharing

If they feel ready, invite them to talk about what they're drawing or writing. A quiet "Tell me about this part..." can open the door to healing, without pressure.

4. Honour Every Emotion

Whether it's tears, giggles, silence, or storytelling, all feelings are welcome. Try not to correct, fix, or soften their words — just listen. Your presence is the most powerful support of all.

5. Keep it as a Treasured Memory

Once completed, consider placing the worksheet in a special memory box, frame, or scrapbook. It becomes a lasting reminder of their love — something they can return to when they need comfort.

Optional Tip:

You might pair the worksheet with a simple ritual, like lighting a candle, planting a flower, or reading a gentle story about pet loss to support their journey.

**With love and care,
Michelle – Rainbow Moments UK
Pet Loss & Grief Support Specialist**



MY SPECIAL PET MEMORY PAGE

My Pets Name Was :

They were Years Old

They were a :

This is a picture of my Pet !

My Pet was special because :

My Pet loved:

A little message for my friend :

one thing i want to
remember forever :

love