

Color this door knob sign, cut it out, and hang it on  
Your Personal Space.

Level 1



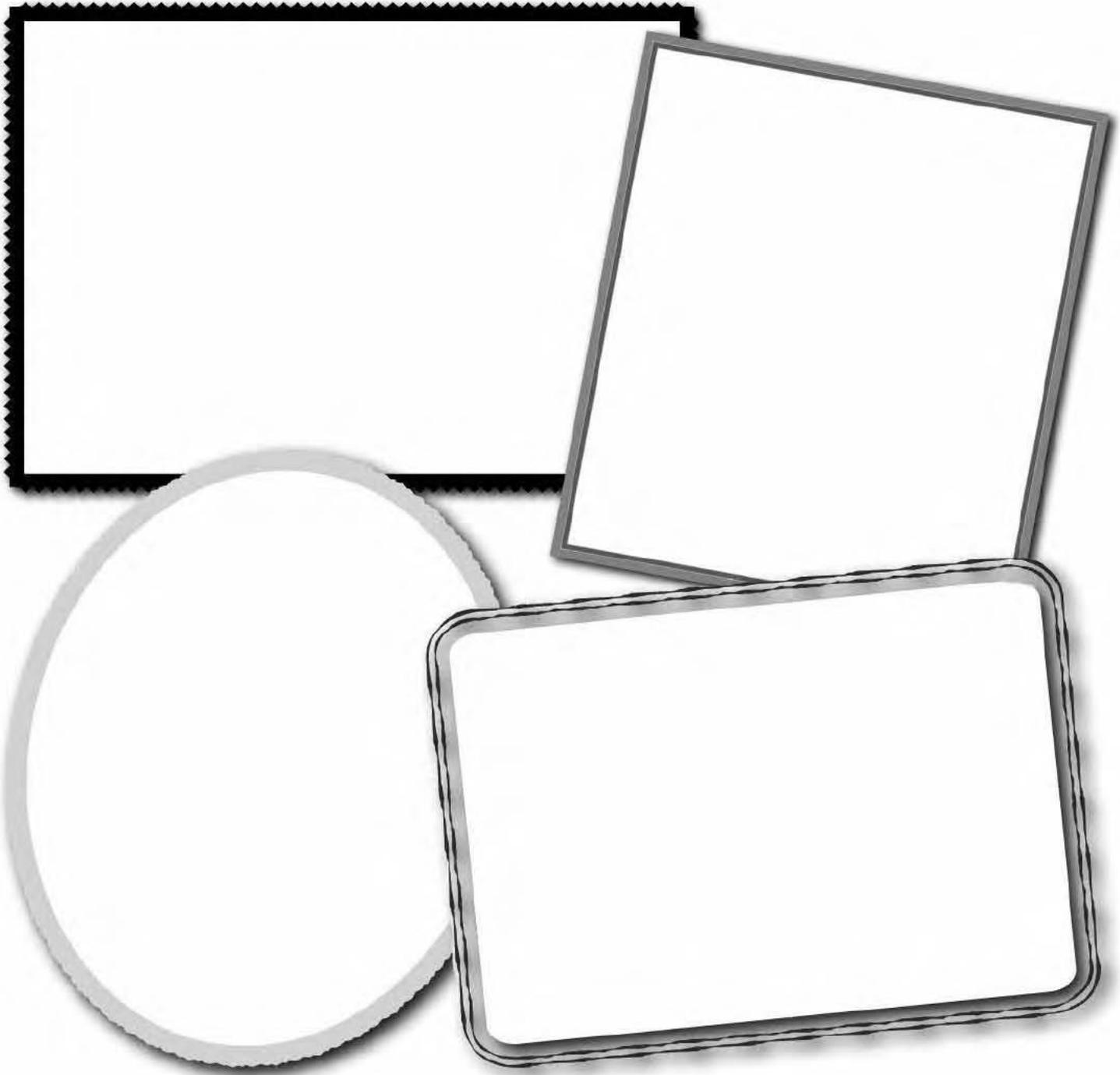
**Create a collage that reminds you of your brother or sister.  
Try using pictures and words from magazines.**

**Level 1**



Adapted from "Remembering You: A Book of Memories for the Teenager Who Has Had a Loved One Die", pg 9, Copyright 2003.

Find and glue some pictures of you with your brother or sister.



**Write a letter to your brother or sister.**

*You can ask someone to write it for you.*

**Level 1**



# What worries you or scares you the most?



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# How I feel about things.

Circle pictures or draw your own.



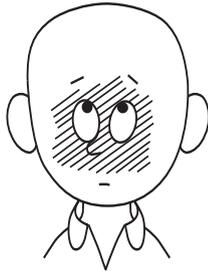
shocked



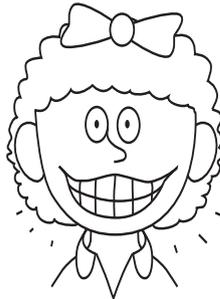
mad



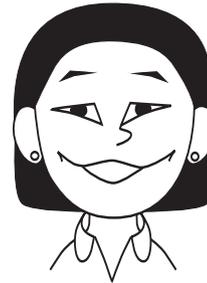
bored



embarrassed



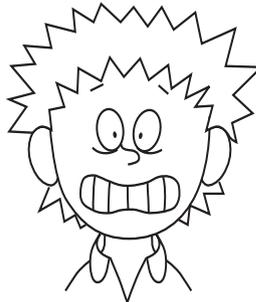
excited



happy



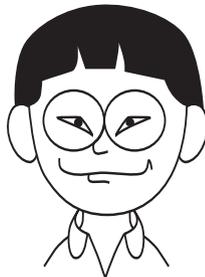
hurt



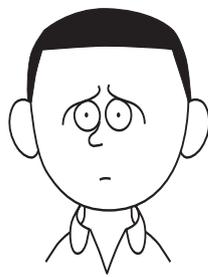
scared



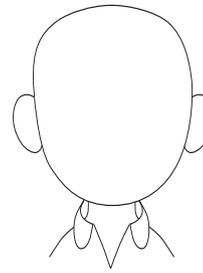
sad



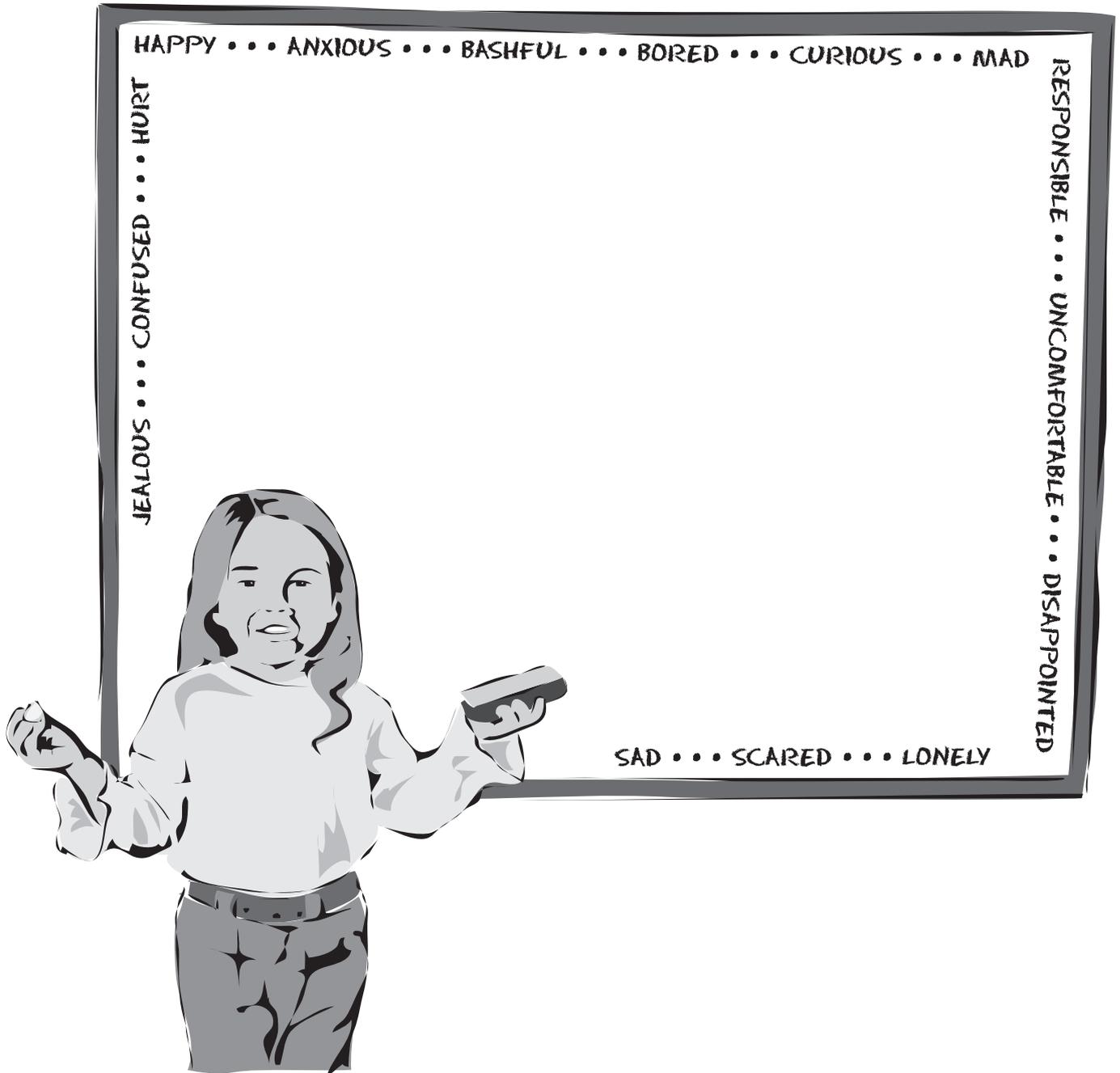
responsible



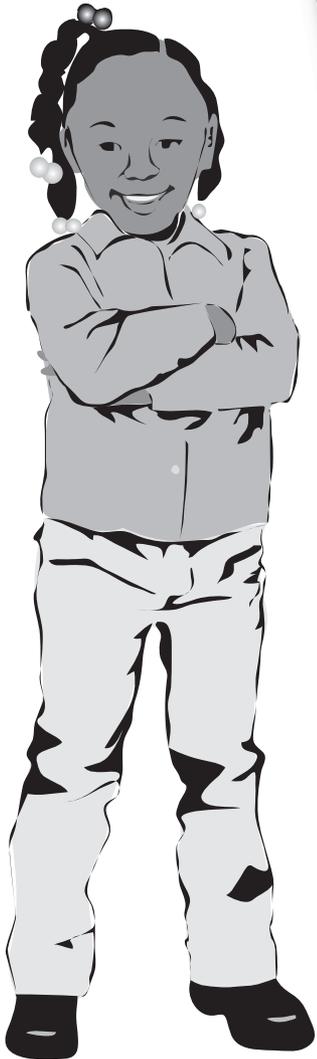
worried



Draw a picture of how you feel.



There are a few things I want to tell you.  
Here is a letter to my brother or sister.

A large, tilted sheet of white paper with horizontal lines, intended for writing a letter. The lines are evenly spaced and run across the width of the page.

# Here are some questions I would like to ask.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

I worry most about:

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What helps me the most is:

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# Things to do instead of hurting.

Rip up old newspapers or magazines and throw them around.

Throw a Nerf ball against the wall.

**Make a "MAD" face in the mirror.**

*Write an angry letter and tear it up into little pieces.*

*Make balls of the torn paper and throw them into a trash can and see how many "baskets" you can make.*

*Find someone to talk to.*

**Kick pillows piled up against the wall.**

**Draw a picture of what or who is making you mad and stomp on it.**



Pop plastic packing material "bubbles."

*Stomp around or walk briskly until you feel better.*

**Blow into a paper bag and pop it.**

Punch a beanbag chair, mattress, or a pillowcase filled with old clothes or paper.

**Yell a karate yell and beat on a Nerf ball.**



**Count to 10 loudly .....and slowly.**

1 ... 2 ... 3 ... 4 ... 5 ... 6 ... 7 ... 8 ... 9 ... 10

**Take a shower.**  
*(It can be a paper shower.)*

*Make a list of everything that makes you mad, and rank them according to how mad they make you, starting with those that make you the maddest.*

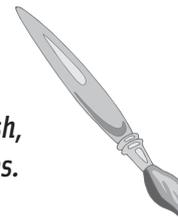
**Shout your anger into a tape recorder, play it back, and hear your angry voice.**

**Pull weeds vigorously.**

**Work a wad of clay until it is softened and you feel better.**



**Take a bucket of water and a big brush, and "paint" the trees.**



**Do an angry dance.**

**This is what scares me the most:**

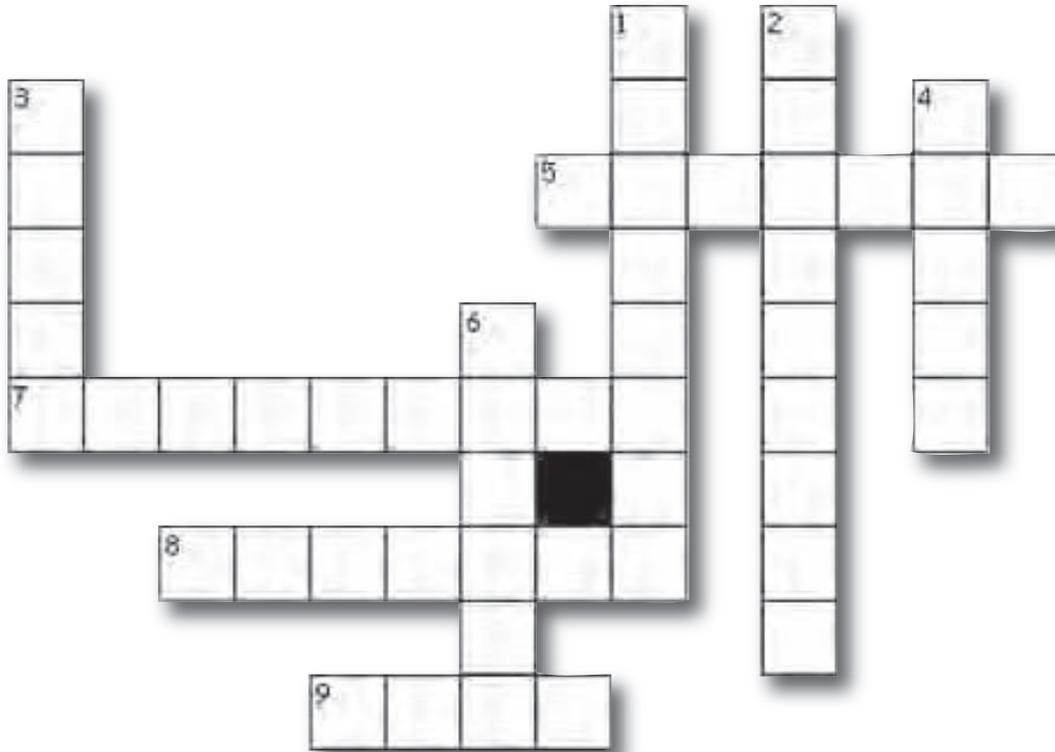
*(You have a choice to write or draw.)*

**Sometimes I get mad, and this is what makes me maddest:**

*(You have a choice to write or draw.)*

# Crossword Puzzle 1

## Crossword Puzzle 1



### Word Bank

*Note: One word  
will not be used*

**media**  
**polygraph**  
**sibling**  
**criminal**  
**abduction**  
**court**  
**journal**  
**hope**  
**angry**  
**kidnap**

### Across

5. a brother or sister
7. to carry a person off by force; to kidnap; to lure away
8. a diary you keep to write down your thoughts, feelings, and what happened that day
9. to have faith

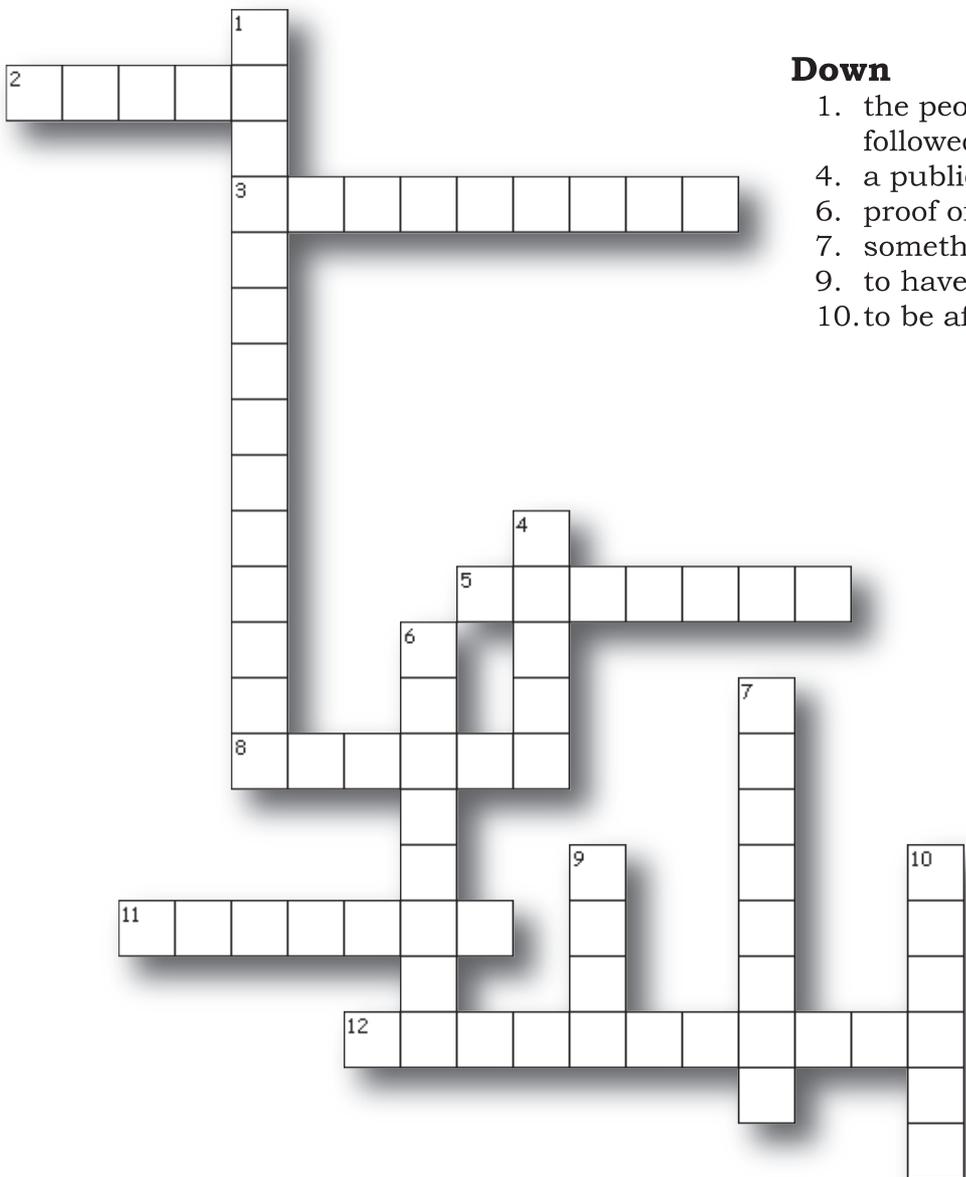
### Down

1. an offender; lawbreaker; villain
2. used by law enforcement to see if someone is telling the truth
3. a form of communication, information, or entertainment; for example, newspaper, radio, TV
4. to feel mad
6. to steal or carry off by force

# Crossword Puzzle 2

## Across

- 2. a form of communication; for example, newspaper, radio, TV
- 3. to get rid of; to remove
- 5. a person the police **think** may have committed the crime
- 8. to flourish, succeed, blossom
- 11. a brother or sister
- 12. the person who commits the abduction; the person who is guilty



## Down

- 1. the people who make sure the law gets followed; for example, the police
- 4. a public official in a court of law
- 6. proof of something
- 7. something that is not normal
- 9. to have faith
- 10. to be afraid, frightened

**Word Bank**  
 law enforcement  
 eliminate  
 thrive  
 suspect  
 scared  
 sibling  
 perpetrator  
 media  
 judge  
 hope  
 evidence  
 abnormal

# My Favorites Are:

Color \_\_\_\_\_

Article of clothing \_\_\_\_\_

Food \_\_\_\_\_

Person or relative \_\_\_\_\_

Game \_\_\_\_\_

Animal \_\_\_\_\_

TV show \_\_\_\_\_

Vacation \_\_\_\_\_

Teacher \_\_\_\_\_

Book \_\_\_\_\_

Holiday \_\_\_\_\_

Time of day \_\_\_\_\_

Music group \_\_\_\_\_

What I like most about my life \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

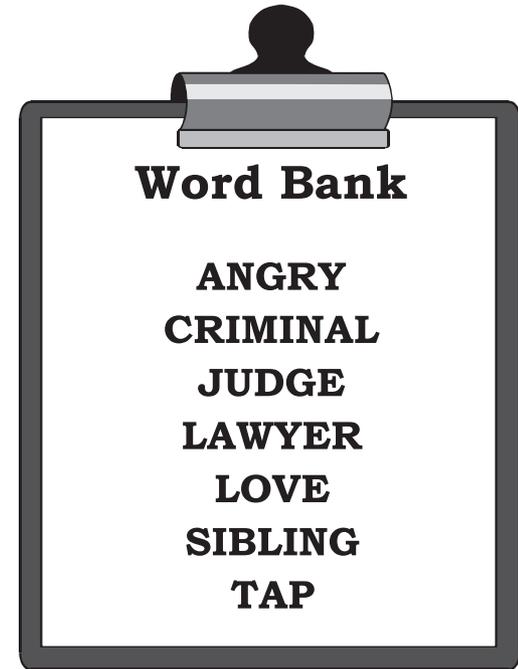
\_\_\_\_\_

\_\_\_\_\_



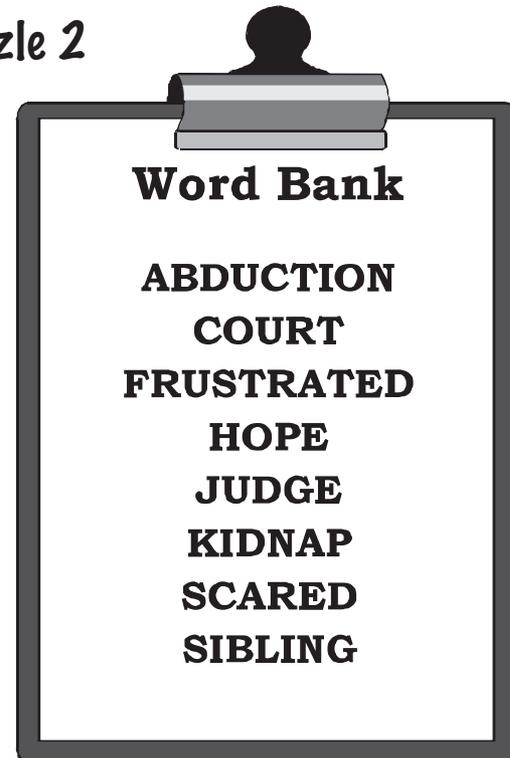
### Wordsearch Puzzle 1

O L S I S O V T  
C R I M I N A L  
Y R G N A P J R  
D X H M S A S E  
W E N P J T Q Y  
S I B L I N G W  
L O V E R U E A  
K C E G D U J L



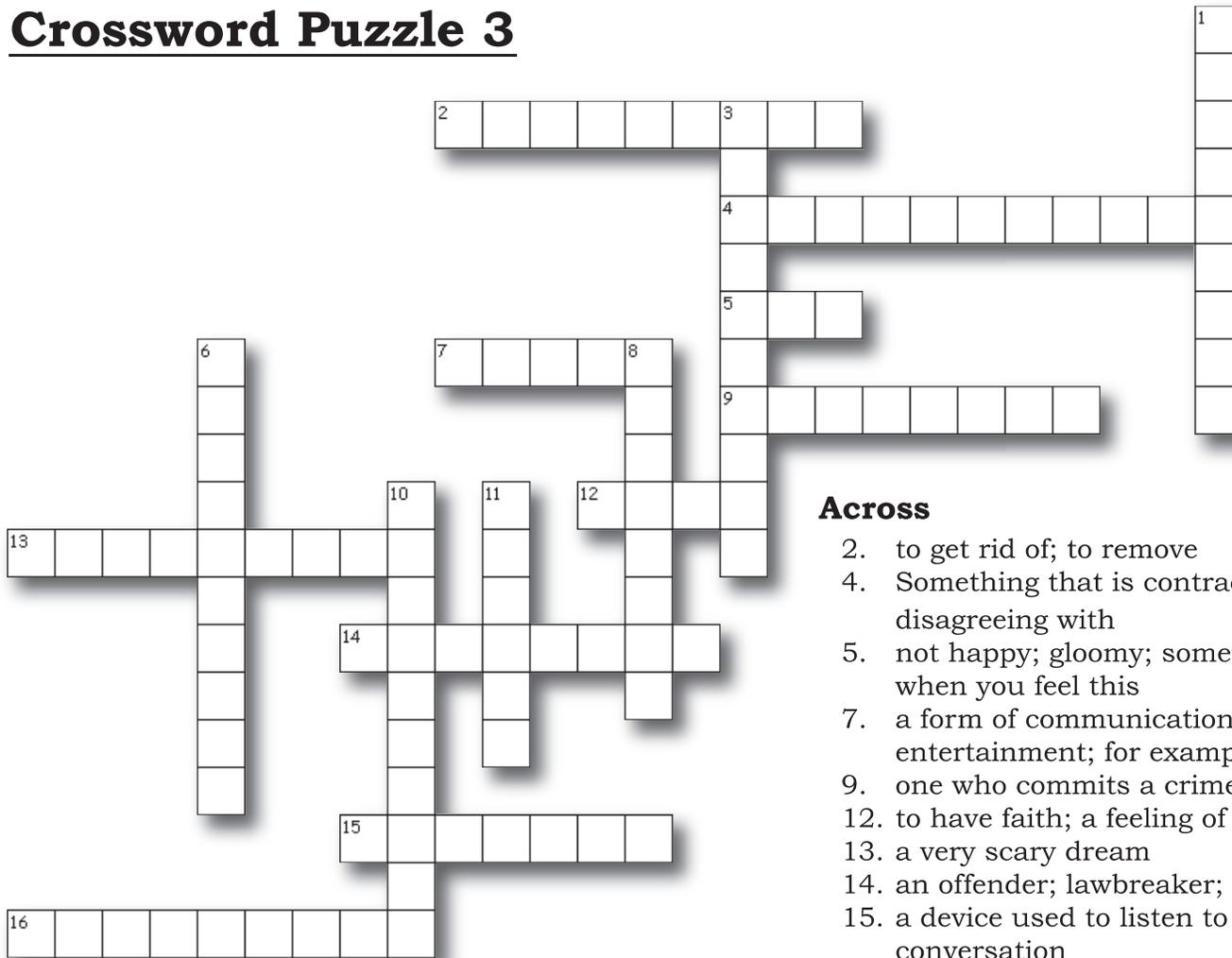
### Wordsearch Puzzle 2

L P S A S E Z B D  
G Y Y B S O F E L  
N E G D U J T L Y  
M W D U S A D K B  
H B X C R I Y I N  
O T A T E U U D P  
P R S I B L I N G  
E U I O I C C A D  
R O A N W N A P I  
M C P G K B P M L



# Crossword Puzzle 3

## Crossword Puzzle 3



Word Bank	
wiretap	hope
polygraph	eliminate
sad	criminal
offender	depression
media	conflicting
nightmare	abduction
normal	abnormal
frustrated	accustomed

### Across

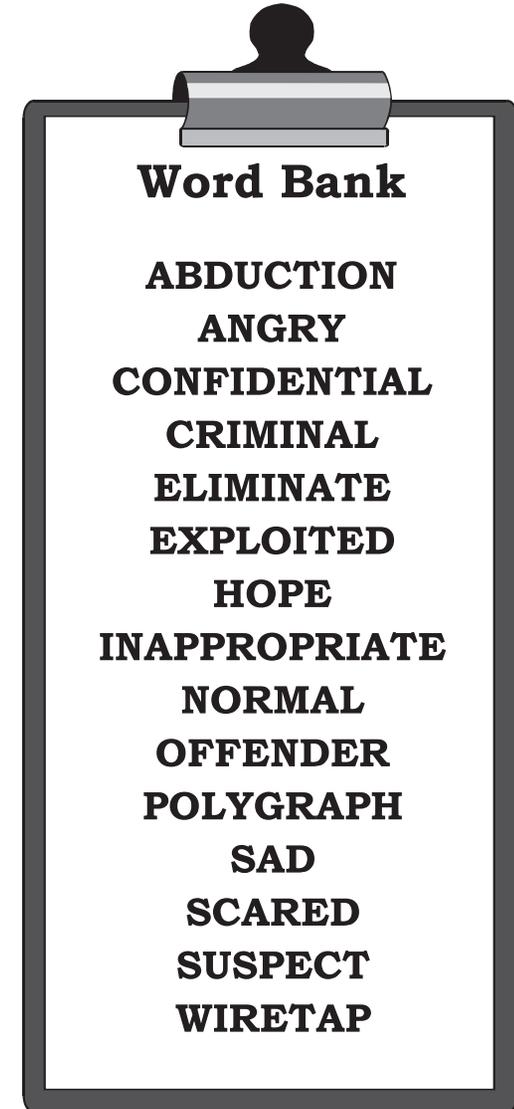
2. to get rid of; to remove
4. Something that is contradictory or at odds; disagreeing with
5. not happy; gloomy; sometimes you might cry when you feel this
7. a form of communication, information, or entertainment; for example, newspaper, radio, TV
9. one who commits a crime; a criminal
12. to have faith; a feeling of optimism
13. a very scary dream
14. an offender; lawbreaker; villain; perpetrator
15. a device used to listen to or record a phone conversation
16. to carry a person off by force; to kidnap; to lure away

### Down

1. a lie detector instrument; it is used by law enforcement to see if someone is telling the truth
3. something that is familiar; something that you are used to
6. a feeling of not being able to accomplish what you set out to do; to be stumped and possibly aggravated
8. unusual or unexpected; something that is not normal
10. the state of being sad; people suffering from depression may feel sad, have no energy, and feel as if they have no value
11. regular or usual

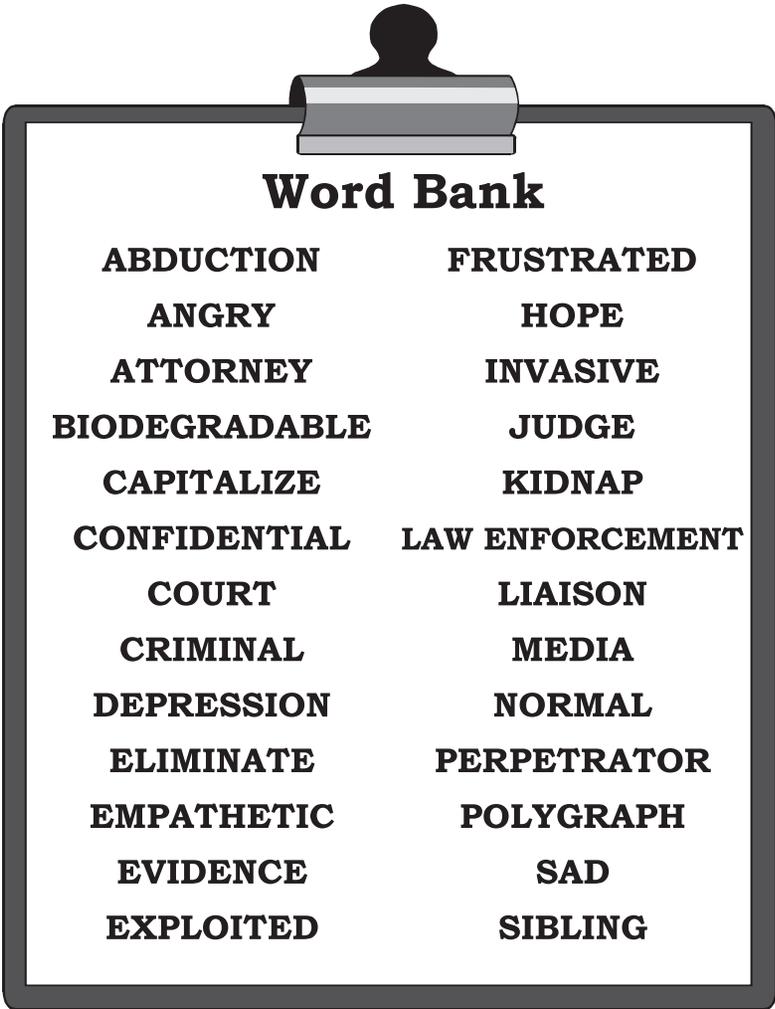
Wordsearch Puzzle 1

B F P Y Y R C N Q S L I L S  
 Q T R U W R I D C L N Q A U  
 S G U K I E E A N A D D I S  
 N I M M D T R C P W Z J T P  
 P D I L I E O P A I E B N E  
 G N V O D Z R B R R L E E C  
 A D L W X O D P E E I A D T  
 J P C U P U D O D T M E I J  
 X U H R C A Z L N A I Y F O  
 S O I T X C K Y E P N S N O  
 P A I V H P R G F O A A O D  
 T O J Q F T C R F Z T D C O  
 N L A M R O N A O P E W A V  
 H A D H Y S M P K R U R N I  
 W F V Y W R E H X F E B C D



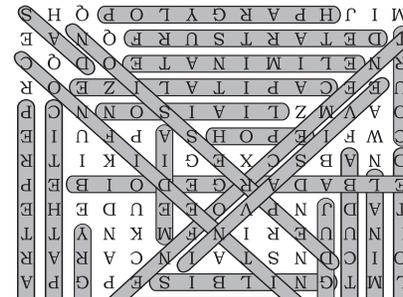
## Wordsearch Puzzle 1

C N A T T O R N E Y T C L R  
 R O L E C N E D I V E A E O  
 I I E A N O R M A L W N M T  
 M T G N I L B I S E P G P A  
 I C D N S T A I N C A R A R  
 N U U E R I N F M K N Y T T  
 A D J N P V O E E U D E H E  
 L B A D A R G E D O I B E P  
 N A B S C X E G I I K I T R  
 W F I E P O H S A P F U I E  
 A V M Z L I A I S O N N C P  
 E E C A P I T A L I Z E O R  
 N E L I M I N A T E O D Q C  
 D E T A R T S U R F Q N A E  
 I J H P A R G Y L O P Q H S

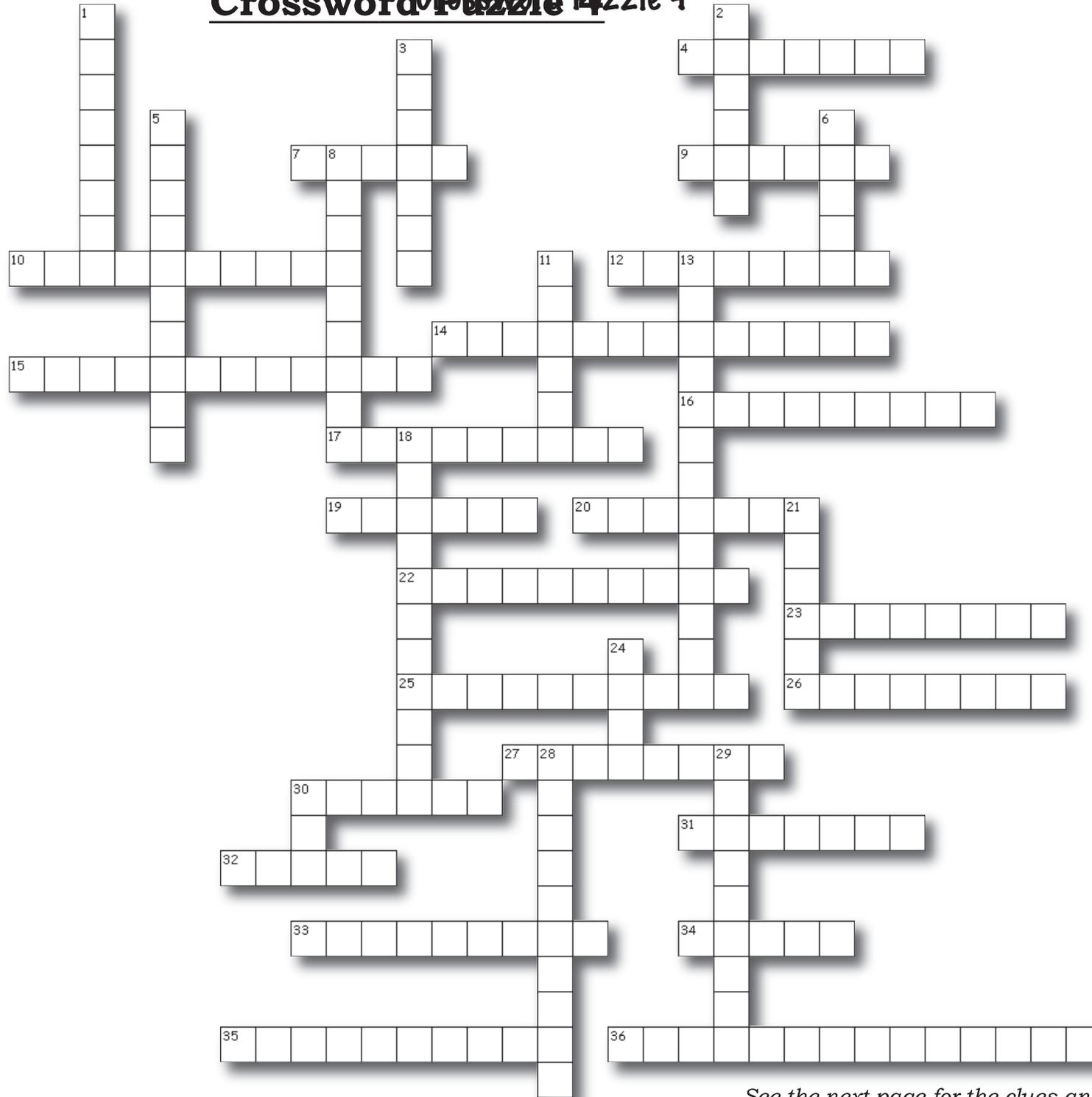


**Word Bank**

<b>ABDUCTION</b>	<b>FRUSTRATED</b>
<b>ANGRY</b>	<b>HOPE</b>
<b>ATTORNEY</b>	<b>INVASIVE</b>
<b>BIODEGRADABLE</b>	<b>JUDGE</b>
<b>CAPITALIZE</b>	<b>KIDNAP</b>
<b>CONFIDENTIAL</b>	<b>LAW ENFORCEMENT</b>
<b>COURT</b>	<b>LIAISON</b>
<b>CRIMINAL</b>	<b>MEDIA</b>
<b>DEPRESSION</b>	<b>NORMAL</b>
<b>ELIMINATE</b>	<b>PERPETRATOR</b>
<b>EMPATHETIC</b>	<b>POLYGRAPH</b>
<b>EVIDENCE</b>	<b>SAD</b>
<b>EXPLOITED</b>	<b>SIBLING</b>



# Crossword Puzzle 4



See the next page for the clues and word bank

**Across**

4. someone your family chooses to be the spokesperson when talking to the media or law enforcement
7. a place where a judge or jury decides if people are following the laws
9. an attorney; counselor; a person who studied the law and can provide legal representation
10. exposed or open to being easily hurt, physically or emotionally
12. an offender; lawbreaker; villain; perpetrator
14. environmentally friendly; recyclable
15. something that is secret or private
16. a lie detector instrument used by law enforcement to see if someone is telling the truth
17. used unfairly; took advantage of
19. regular or usual
20. a person the police think may have committed the crime
22. to be sympathetic, concerned, compassionate, or understanding
23. tending to intrude, as in invading privacy
25. something that is familiar; something that you are used to
26. proof of something; confirmation of facts; to verify
27. one who commits a crime; a criminal
30. to be afraid, frightened
31. a brother or sister
32. a public official who decides cases brought before a court of law
33. a very scary dream

34. to feel mad, annoyed, irate
35. to benefit from or to get the most out of
36. the people who make sure the law gets followed; for example, the police, detectives, sheriffs, and the FBI

**Down**

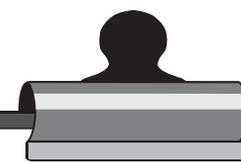
1. unusual or unexpected; something that is not normal
2. to steal or carry off by force
3. a diary you keep to write down your thoughts, feelings, and what happened that day
5. the state of being sad; people suffering may feel sad, have no energy, and feel as if they have no value
6. a form of communication, information, or entertainment; for example, newspaper, radio, television
8. to be overly preoccupied; something you can't stop thinking about or doing
11. to carry a person off by force; to kidnap; to lure away
13. not suitable or fitting; an incorrect action
18. the person who commits the abduction; the person who is guilty
21. to flourish, succeed, blossom
24. to have faith, a feeling of optimism
28. a feeling of not being able to accomplish what you set out to do; to be stumped and possibly aggravated
29. to get rid of; to remove
30. not happy; gloomy; sometimes you might cry when you feel this

**Word Bank**

**abduct**  
**abnormal**  
**accustomed**  
**angry**  
**biodegradable**  
**capitalize**  
**confidential**  
**court**  
**criminal**  
**depression**  
**eliminate**  
**empathetic**  
**evidence**  
**exploited**  
**frustrated**  
**hope**  
**inappropriate**  
**invasive**  
**journal**  
**judge**  
**kidnap**  
**law enforcement**  
**lawyer**  
**liaison**  
**media**  
**nightmare**  
**normal**  
**obsessive**  
**offender**  
**perpetrator**  
**polygraph**  
**sad**  
**scared**  
**sibling**  
**suspect**  
**thrive**  
**vulnerable**

# Wordsearch Puzzle 5

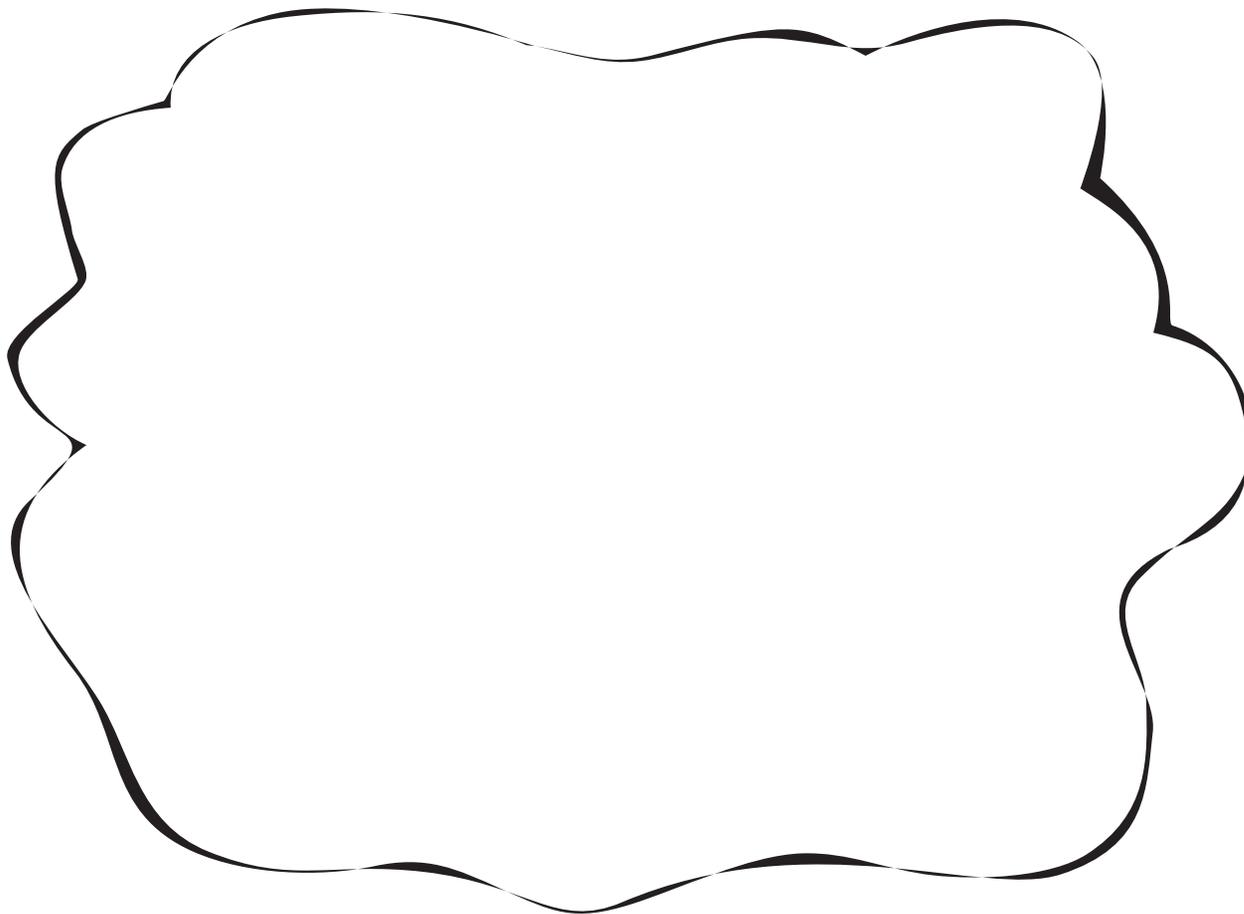
X X U W L B E D H G R M V C F Z N R N E  
 R L D N O I T C U D B A R H U P V E K N  
 L T A R X T A C A R S L J G T H L O R J  
 R R B N Y V I I I P R B K L D U C W N Y  
 W G O O R I R G S T I S D V M G Y G S H  
 S M X H E U P E U O E T T L O N T G E K  
 A W G S D V O O R D N H A I J H G E O U  
 U P D K N E R J E O A I T L A X J P N F  
 E C E S E L P X F H T K T A I S P W X T  
 I Q Y V F S P R A N Q A O F P Z Z D T T  
 J E A L F L A W E N F O R C E M E N T A  
 U G V K O I N D L S G U N T D T E P G C  
 B T Q I F Y I V B M S R E B E B H J O V  
 O C T Q R F F V A T E I Y E G P T U D H  
 U E D U N H P A R G Y L O P R S R X W X  
 D P J O R P T A E L I M I N A T E E E A  
 L S C H M X T G N O R M A L H K U Q P T  
 K U L R S E G X L D O K M O C A Z Z Q C  
 D S Z T D U C Z U I I S W H L G S P A P  
 Q D A E V I S A V N I K Q Q D D E T A M



## Word Bank

- |                      |                        |
|----------------------|------------------------|
| <b>ABDUCTION</b>     | <b>INVASIVE</b>        |
| <b>ANGRY</b>         | <b>JOURNAL</b>         |
| <b>ATTORNEY</b>      | <b>JURY</b>            |
| <b>CAPITALIZE</b>    | <b>KIDNAP</b>          |
| <b>CHARGED</b>       | <b>LAW ENFORCEMENT</b> |
| <b>CONFIDENTIAL</b>  | <b>LIAISON</b>         |
| <b>COURT</b>         | <b>NORMAL</b>          |
| <b>DEPRESSION</b>    | <b>OFFENDER</b>        |
| <b>ELIMINATE</b>     | <b>PERPETRATOR</b>     |
| <b>EMPATHETIC</b>    | <b>POLYGRAPH</b>       |
| <b>EXPLOITED</b>     | <b>SAD</b>             |
| <b>FRUSTRATED</b>    | <b>SUSPECT</b>         |
| <b>HOPE</b>          | <b>THRIVE</b>          |
| <b>INAPPROPRIATE</b> | <b>VULNERABLE</b>      |

What advice do you have for other kids on how to cope with this?



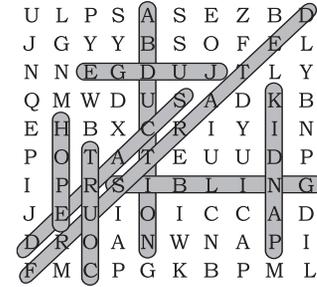
Crossword Puzzle 1



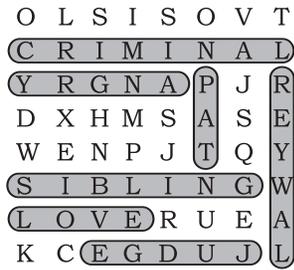
Crossword Puzzle 2



Wordsearch Puzzle 1



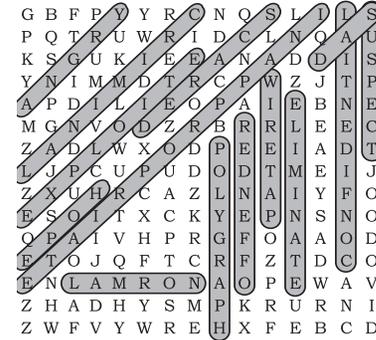
Wordsearch Puzzle 2



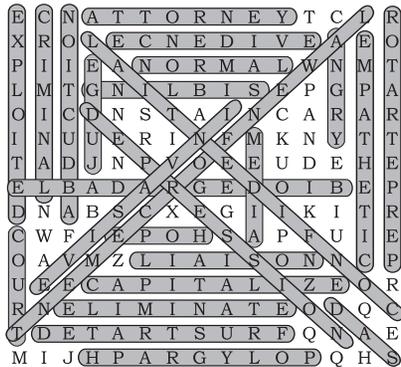
Crossword Puzzle 3



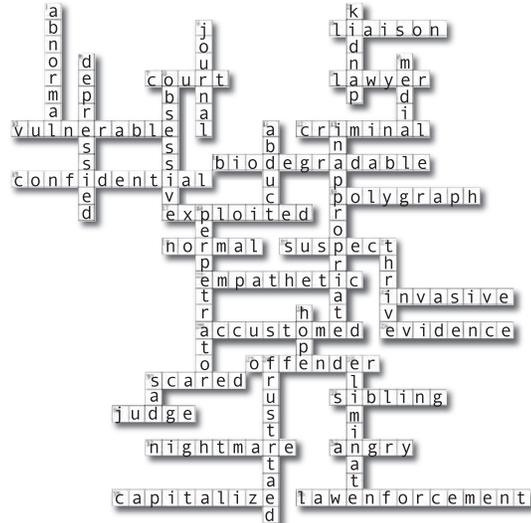
Wordsearch Puzzle 3



Wordsearch Puzzle 4



Crossword Puzzle 4



Wordsearch Puzzle 5

