

"I'm Small, but I Lost Someone Big" Discussion Worksheet

This book is about some pretty tough stuff, and it's okay if you have BIG feelings while reading it. This worksheet is here to help you explore those feelings and remember some of the things Jonah learned on his journey.

Let's Talk About It:

1. Jonah had lots of questions when his Daddy died. What questions do you have after reading this book?

2. Jonah learned that his Daddy's brain was sick, and that's why he died. What are some ways we can keep our brains healthy?

3. Jonah went to Judi's House to talk about his feelings with other kids and grown-ups. Who are some safe adults you can talk to when you're feeling sad or have questions?

4. Jonah learned some ways to cope with his big feelings. Which coping tools from the book do you want to try? What other things could you do to cope?

5. Jonah and his Mommy created new ways to remember his Daddy. What are some special things you can do to remember someone you love who has died?

Extra Activities:

- Draw a picture of yourself with the person you miss.
- Write a letter to the person who died, telling them how much you love them.
- Create a memory box to hold special items that remind you of the person.
- Talk to a safe adult about your feelings.
- Remember, you are NEVER alone.

If you're feeling overwhelmed or need someone to talk to, here are some helpful resources:

- **The 988 Suicide & Crisis Lifeline:** Call or text 988
- **The Trevor Project:** Text 'Start' to 678-678 or call 1-866-488-7386

You are loved.
You are brave.
You are strong.
You can do hard things.