

Teen activities:

Read the following poem, titled "I Am". Using the same words as in the poem, have your teen complete his/her own "I Am" poem.

"I Am" by Keli Klecher

I Am a daughter who misses her father.

I Wonder if I will ever see him again.

I Hear his voice wherever I am.

I See him in all of my dreams.

I Want to meet him again someday.

I Am a daughter who misses her father.

I Pretend I am with him everyday.

I Feel happy when I see him in my dreams.

I Touch his grave on the holidays.

I Cry when somebody says something about him.

I Am a daughter who misses her father.

I Understand I will not see him for awhile.

I Say I would give my life to see him again.

I Dream of him everyday.

I Try to touch him in my dreams.

I Hope to see him again someday.

I Am a daughter who misses her father.

"I Am"

I Am.....

I Wonder.....

I Hear.....

I See.....

I Want.....

I Am.....

I Pretend.....

I Feel.....

I Touch.....

I Cry.....

I Am.....

I Understand.....

I Say.....

I Dream.....

I Try.....

I Hope.....

I Am.....



Have your teen write or journal on the following topics:

- Things he misses doing now that the loved one has died.
- Something he wishes he had said or not said.
- Something he wishes the deceased had said or not said.
- Something he wants the deceased to know about.

- Did he get a chance to say goodbye to the person who died? If not, what would he have liked to say?
- Something he wishes they had done or not done.
- Have your teen write about the last time he was with the person who died.
- Have your teen describe ways his relationship with his friends or family members have changed as a result of the death.
- Have your teen tell how the death has changed him and the way he wants to live his life. Is there a change in him that he does not like? Is there a change in himself that he does like?
- What has changed for your teen since his (parent, sibling, friend, grandparent...) died?
- How has the family changed since the death?
- What special gift or legacy did his loved one leave him? This is not a discussion about a possession, but a special quality about the person who died that your teen would want to cherish and incorporate into his own life. Was there a special thing that the person who died did that impacted your teen's life?
- If your teen's loved one could write him a letter what would he want it to say?
- Have your teen complete the following:
 - Thank you for...
 - I understand...
 - I appreciate...
 - I love...
 - I forgive...
 - I'm sorry...
 - I'm afraid...
 - I'm angry that...