


HOW TO  
CARRY THE LOSS  
OF A PET...

*One Step at a Time.*



"The person who moves a  
mountain begins by  
carrying small stones"

*Journaling & Remembrance  
Activities for Grief*

*Angie Locke*



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Angel Wings for Pets & People

1<sup>st</sup> Edition

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## **Grief Support Guide & Helping Children with Loss.**

### **Contents:**

**Introduction:** pages 4, 5, 6

**Helping Children with Loss:** page 7

**Self-Care Mindfulness Activities:** pages 8

- What is mindfulness? pages 8, 9
- Breathing Mindfulness Activity: pages 10, 11
- Wash Away your Day Mindfulness Activity for those Difficult Days: page 12

**Gratitude & Journaling Activities:** page 13

- The Science behind how practicing gratitude activities can help with grief: pages 13, 14
- Gratitude Jar: pages 15, 16
- The gratitude jar notes for cutting out: page 17
- Expression through Gratitude Journaling: pages 18, 19
- Two Good Things Journal: page 19
  - Option: Print these two pages; Two Good Things Journal: pages 20, 21
- Gratitude Journaling Prompts: Memories of your Pet: pages 22, 23
- Consciousness Journaling: page 24



## **Remembrance Activities: page 25**

- How do remembrance activities help grief? page 25
- Things to consider when creating remembrance activity experiences: page 26
- Five Candle Remembrance with Spoken Verses: pages 27, 28
- Remembrance Rock Activity: pages 29, 30
- Remembrance Activities: Pet Loss Support Pack: pages 31, 32
- Garden Remembrance Activities: page 33
  - Planting Rosemary for Remembrance: page 34
  - Planting Remembrance Sunflowers: page 35
- It is ok if you need Professional help: page 36
- Word Search Activity for Children: page 37
- Cross Word Puzzle for Grief: page 38
- Colouring In Picture for Children: page 39
- References; pages 40, 41



**Grief never truly goes away...**

**But there are healthy ways to Cope.**

Did you know that statistically pet owners experiencing grief and loss are less likely to seek any kind of help? This eBook is for pet owners who are trying to find their way through living with pet loss. You are not alone in your grief. There are millions of us who are deeply impacted and missing our beloved pets. Pets enrich our lives and bring so much love and happiness into our hearts. They are a constant presence in your life and home. Your experiences together make you uniquely bonded. It is not surprising that we feel such profound deep grief when we lose a pet.

Grief causes an array of feelings and releasing these emotions as they arise is extremely beneficial. Research has shown that if grief is not expressed it can be held within the mind and body. This makes it difficult for mourners to move forward and may impact your health. It is not always easy to deal with the magnitude of your loss. The fear of being overwhelmed and experiencing pain can make us want to hide. It is very common to use avoidance.



I lost my Tibetan Spaniel of 15 years, Clarence, 22/02/2022. Losing him was an intensely emotional and devastating experience. I was struggling. I could not think of memories or look at a photo of him without an overwhelming sharp jab of pain throughout my body and heart. I couldn't face the loss. My avoidance turned into the return of my migraines and lack of energy in my daily routine.



How do you tackle avoidance? Remember, the person who moves a mountain begins by carrying small stones. Taking small gentle steps towards healing is the key. Cultivating healing activities can help shift and lift the anchoring weight of loss. One small step at a time to eventually feel lighter over time.

This eBook provides resources, support, self-care tips and meaningful activities for both adults and children. You may feel a sense of comfort knowing that you have the tools to take the best of care for yourself & others as you honour the loving memory of your beautiful pet.

In times of grief the body, mind and soul are deeply impacted by waves of emotions.

My struggle with losing Clarence is ironic as I own Angel Wings for Pets & People. We created Pet Loss Support Packs tailored specifically to help support grieving pet owners. I found myself needing to take my own advice! The packs contain remembrance activities and tips to help express and release emotions as they arise. They were created from research and years working in the Veterinary Industry and my sincere need & want to help other pet owners with their loss.

Grief is complicated. It is not a “one size fits all” experience. I learnt that from losing Clarence. I had been down the road of grief before, losing beloved pets and living another day to remember them fondly. However, this time, I lost Clarence and lost my way. My sailboat was sinking. I knew I had to step up and embrace my grief in a positive way. I wanted to enjoy a photo of Clarence and think of the great times. Having him in my life made it so much richer.

It was obvious I needed to learn how to explore my grief in a healthy way and open my heart to healing opportunities. I knew the value of creating activities to promote and honour a lost loved pet. This eBook is a combination of laboured research & discovery on my path to living with pet loss. I discovered many activities that are simple, easy to do and help us connect with and release our feelings.

There are no time limits regarding grieving. Grief is different for everyone and as individual as you are. There is no A to Z. Do what feels right to you and at your own pace.



Not everyone is a pet lover that understands the deep connection that we have with them. The people around us, maybe close friends, family, or co-workers may not support you how you would expect when you are facing a huge personal loss. I had advice from well-wishers that made me feel worse. “You need to get over it”, “it has been 2 weeks”, “it was only a pet”, “you should get a puppy”, all when I was feeling like I had not even begun to accept life without Clarence. I felt alone.

I knew that connection to other pet owners who understood how I felt was extremely important to me.

So....

... I was not a previous user of social media, but I created a Facebook group to find a supportive pet loving community. Throughout the eBook you will find opportunities in the activities to use Facebook (should you choose to use it) as part of your healing journey. There are many ways to do these activities. Sharing your way may inspire, enrich & support other pet owners. The wonderful aspect regarding a Facebook community is having the freedom to help others. Remember you pick and choose what you feel is right for you.

If you are not on Facebook but would like to contribute to help other pet owners, please feel free to email me. I would love to hear from you & I can upload your photos and words directly. [angelwings4pp@gmail.com](mailto:angelwings4pp@gmail.com)

This is the first edition of this eBook. We would love to upgrade to a further edition, evolving with the entries of other pet owners who have found different, creative ways that helped them on their healing journey. Your input may help and inspire others.

**\*\* The Facebook site is: “Angel Pets” the link to find this page:**

<https://www.facebook.com/angelwings4pp>

**Healing  
takes time  
and you are  
doing the  
best you can and  
that is perfect.**



## Helping Children with Loss

There are many activities in this book suited for children of all ages. Every child is unique, and siblings often experience grief differently to each other. You can help by using their individuality as a guide and resisting the urge to compare.

The important facts to remember that apply to all children are to be honest and be open. It is important they can feel they can ask any question. A healthy way to promote well-being to children is by sharing your feelings of sadness and loss. It is crucial for children to feel included. The Remembrance Activities in his book are ideal to use involving the whole family regardless of age. The benefit of inclusion helps the child understand what pet loss means and ensure they feel they are part of all of what is happening.

## Other Ways to Help

There are a few things to be mindful of when it comes to children and pet loss. Often children do not have the words to express their own grief. Be mindful that children may temporarily change their normal behaviour. It is beneficial to provide opportunities for expression. Children naturally experience a healthy response to creative outlets. There are many small gentle activities you can provide for all children to express their loss, these may include: involving them in a remembrance activity, painting, music, dance, writing, gratitude jar, memory box, drawings and storytelling. Household routines are important as children feel more secure when they are in place. Share photos and memories with your child. Talk about bad dreams. Listen and encourage your children to ask questions.





## **Self-Care Mindfulness Activities**

### ***What is mindfulness?***

Mindfulness is an awareness of our thoughts, emotions and bodily sensations in the present moment. The benefits of being in the present moment are especially helpful in times when your mind is racing with unhelpful chatter and you need some time-out. It is like self-care for your mind. We have all been there when our minds bombard us with fearful, worrisome thoughts, it is not a good feeling. For example, you may wake up from sleep with worry. When Clarence first passed away, I would wake up at 2 am panicking about where he was. My mind started to race. I couldn't get back to sleep and my headspace was filled with unpleasant thoughts and emotions. I started to learn how to redirect my mind into the present moment where I found a sense of relief. This worked for me, and I hope if you are struggling with racing unwanted chatter this helps you too.

When you practice mindfulness, you become aware of the gaps between your thoughts, and this is where you will find relief. It gives you enough time to balance and centre yourself. This does take practice, but it is worth it. Take small steps and be kind to yourself always. If your thoughts wander, that is ok and normal. The key thing to remember is not to take hold of any thought that arises but to allow them to flow by and to redirect your attention back to your task of being in the present moment.

There are many tips on to how to focus on the present moment to find relief from your thoughts. This example is easy to do and provides instant relief from unwanted mind chatter. Begin by focusing your attention solely on listening to the sounds around you. Try to extend your listening to the sounds way into the distance. Listen hard for those faint noises. When you do this watch what happens. Then see what happens when you break your focus. When you break your focus the thoughts pop back in. If done correctly it is either one or the other. This exercise gives you enough time to recentre and feel the relief from a racing mind.

Meditation is another way to quiet down our mind. It does take practice and patience. There are many methods of meditating. If you do choose to try meditation, take your





time to try different styles & methods. Again, take small steps and above all be kind to yourself.

There are many different options for practising mindfulness, they vary greatly, breathing techniques, meditation, watching the sunset, listening to the surrounding sounds, walking on the beach focusing on how the sand feels under your feet. The list is endless. The important key for all these activities is to focus your attention on one thing. Using your five senses is a quick and easy way to stop all thoughts in their tracks. The breathing technique described below is especially good for when you are feeling stressed or overwhelmed. Become aware & focus on the air flowing into your lungs and expanding. Feel & focus your attention on how your chest is moving up and down slowly. If you are focusing all your attention on how your body is moving and feeling your sensations, you will find your thoughts are no longer. It is either one or the other. When you break your focus the thoughts pop back in. If they do, refocus back to your mission. This gives you enough time to recentre and balance yourself naturally.

Mindfulness can be incorporated into your daily life. Remember, the person who moves a mountain begins by carrying small stones. Daily practice is enormously beneficial.

We have included two mindfulness activities for you.

- **Breathing Mindfulness Activity**
- **Wash Away your Day Mindfulness Activity is Perfect for one of those Difficult Days.**

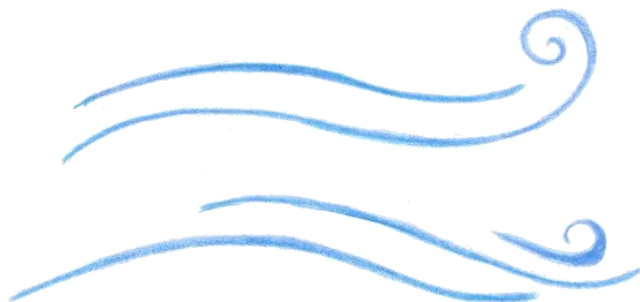
**\*\* Facebook “Angel Pets”:** *What mindfulness activity worked for you? Your suggestion may help others who are searching for one that works for them.*

<https://www.facebook.com/angelwings4pp>





## Breathing Mindfulness Activity



***“Sometimes it is OK if the only thing you did today was breathe”***  
**Yumi Sukugawa**

The benefit of this simple yet effective mindfulness activity is to help calm and remove tension in the body. To gently bring your awareness back to the present moment. If your mind is racing and needs some time out, this is greatly beneficial.

This breathing technique switches your body from being overwhelmed, that is, being in a hyper tense survival mode, to feelings of calmness in just six breaths. It can be used anywhere and anytime. Perfect for any situation if you are suddenly starting to feel anxious or stressed.

The key to success for this breathing technique is the difference in inhalation and exhalation times. We call this breathing for calm. It is such an easy simple effective tool. Simply:

Breathe in for a count of 4. Hold for 2, then breathe out for 6.

The exhalation is deliberately slower and longer.

### **Why does this technique work?**

Lengthening the exhalation stimulates the parasympathetic nervous system, activating our natural responses of calmness. It helps the body to relax.

You only need to take six breaths of this technique for the body to respond and start to achieve a calmer state.



**Start with the below instructions: up to six breathes and build as you go:**

### **Breathing for Calm.**

Find a comfortable position, sitting or standing.

Relax and drop your shoulders down.

Pay close attention to the movement of your lungs and stomach while you breath.

Take a full deep breath through your nose, into your lungs and stomach. **Count to four** saying to yourself, "I breathe in calmness".

Hold your breath for **2 counts**

Then breathe out through your mouth for a **slow count of six**, saying to yourself 'Let Go'





## **Wash away your Day Mindfulness Activity is Perfect for One of those Difficult Days.**

Just before going to bed have a nice warm shower. Use the routine of washing yourself as a mindful activity. Instead of automatically doing this activity focus all your attention on washing away the challenges of the day. Concentrate on the water running over you. Feel the warm water flow over your body. Try not to think about it but feel the sensations on your skin. Continue with the soap, feeling the sensations on your skin. Feel the soap cleaning and lifting up your troubles ready to wash them away. Take a couple of deep belly breathes in and say to yourself, as you rinse off the soap from your body, "I wash away my day". Then watch, feel and imagine that the soapy water flowing down the drain of the shower is taking away all your difficulties of the day.



*Gratitude makes sense of your past.*

*It brings peace for today,*

*and creates a vision for tomorrow.*

*Melody B.*

## **Gratitude & Journaling Activities**

### **The Science behind how practicing gratitude activities can help with grief.**

Neuroscientific studies show when expressing gratitude our brain releases dopamine and serotonin, two crucial neurotransmitters responsible for our emotions. A daily conscious practice of gratitude helps strengthen these neural pathways, elevating your feelings of well-being. It triggers our “feel good” hormones. As you sit to express gratitude of your beloved pet, you are consciously choosing to focus on the good memories. Gratitude does not take the grief away, but you will gain the strength to look beyond it. Gratitude activities allows us to heal from our intense emotions of pain and is a transformative way of dealing with loss.

By practising gratitude, you will feel better, especially in the long term. In sad times it may be difficult to find gratitude. A helpful hint is to start with something small and simple like a “Gratitude Jar “.

*\*\* You may not be ready to start the gratitude activities involving your pet. There are two activity options if you are not ready to write about your pet. These exercises use your everyday routines to gently introduce the benefits of gratitude into your daily life.*

At first, I did not wish to practice any type of gratitude activity after I lost Clarence. I was too overcome by the loss to even think of being grateful. However, I am pleased I gave this activity a try. It has been a useful tool for gaining perspective and feeling positive in my everyday life. I started taking small simple steps by starting a Gratitude Jar, then I progressed to Gratitude Journaling. After a couple of months, I genuinely felt a sense of comfort flowing through me. Gratitude activities did not take away my grief, instead it enabled me to open my heart and feel the joy I experienced





from having Clarence in my life. Before this activity, any memory of Clarence that popped into my mind caused me to feel the pain of loss and the urge to push away these emotions. Slowly, continuing with small steps I was able to relive the memories with a sense of relief. This is what I wanted. Clarence and I shared so many wonderful times and I found this was a positive way to honour him and to continue the strong bond we shared together.

I was able to remember my favourite memories of Clarence with a smile and yes, I still had tears, only now they were tears of joy. Like the day he surprised a man at our local dog beach. It was a busy day at the off-leash dog beach and Clarence was enjoying playing with his friends. I have no idea why, but a lone sunbaker had decided to stretch out on a towel right in the middle of dogs chasing tennis balls, barking, swimming, flicking sand and generally having the time of their lives. The man was oblivious, ear buds in, shirt covering his face, stretched out on his towel wearing nothing but a very skimpy swimsuit. Clarence decided to make him aware of where he was. It happened so fast. I saw Clarence sneaking onto the man's towel and firmly pressed his nose to sniff in a very awkward spot. The man screamed, jumping up at least three feet in the air. Somehow his skimpy swimsuit had slipped down as he had leapt in fright and he instantly tried to cover back up, but not very well. People and dogs alike stopped and stared at the embarrassing scene. Clarence stood back, looking pleased. I do not know who was more embarrassed as I tried to apologise as the man struggled to regain his composure.





## Gratitude Jar

### What you need:

- Glass jar or little box/container
- Small notepad or simply print page 17 from this book.
- Colourful pencils or pens

Write gratitude notes on small pieces of paper. You can make this a daily action, a tiny step on the road to healing. Begin to fill a glass jar or box with these notes. This can help start your healing journey.

**\*\* Helpful Tip:** *It is much easier to start a new habit by adding it to an existing habit. For example: Your existing habit of making a cuppa before you start your day. Simply add the new habit of writing your gratitude notes while you are making your tea or coffee. Place your gratitude jar next to your kettle/coffee maker to prompt you to write.*

### Using the Gratitude Jar without Writing about your Pet.

*If it is too painful and too soon to write about your pet. A helpful hint is to start with something small and simple from your everyday life, using normal activities as part of your daily gratitude practice. Write something you are grateful for; it can be anything you like. You may be grateful for your morning coffee, a sunny day, a family member, or your feet so you can go for a walk.*

Remember Carrying small stones will help you move the mountain. As time passes, you may find the strength to be grateful for all the sweet memories of your beloved pet. Be kind and patient with yourself.





When you are ready, Gratitude Jar Pet Notes – prompts / questions.

- 1) Grateful for how they greeted you when you arrived home.
- 2) Grateful for the special part of their personality.
- 3) Grateful for their cuddles / play / bark / purr/ grunts.

**\*\* Facebook “Angel Pets”:** Add a photo of your Gratitude Jar to the social media page. Add a photo of one of your gratitude notes. Add any suggestions on prompts to help other pet owners.

<https://www.facebook.com/angelwings4pp>

**Clarence:**

- 1) I am so grateful Clarence always greeted me at the door with his cute upright wiggling tail.
- 2) I am so grateful how Clarence groaned and puckered his lips at me when he was excited.
- 3) I am so grateful Clarence slept on my pillow, all over my head, even though it was uncomfortable for me.







**The gratitude jar notes for cutting out.**

I am grateful for	I am grateful for
I am grateful for	I am grateful for
I am grateful for	I am grateful for
I am grateful for	I am grateful for
I am grateful for	I am grateful for



## Express through Gratitude Journaling

Gratitude Journaling activities are a positive way to tackle avoidance of the emotions we feel associated with grief. They are not intended to lessen the pain of loss but rather to recognise and confront emotions head on. Without realising it, avoiding grief takes up more energy and time than letting ourselves experience the emotions as they arise.

When you feel you are ready, you may like to try these Gratitude Journaling exercises. These may help you to reinstate the happy memories of your pet and shift your focus from what you have lost to have you have gained from your loving pet. Research shows that genuine healing can take place when journaling is used to confront grief through expressing our emotions in written form. Creating a Journal provides a space for healing.



### Here are some tips on how to prepare and maintain one:

- Use a Computer, Notebook, Phone, Notepad or Diary.
- Commit to daily practice.
- Set aside the same time every day. Pick a time that suits and make it become



part of your routine.

- Don't forget to read your previous entries to celebrate the good things you have recorded so far.
- When writing your journal, try to be as detailed as you can. Record every little thing associated with your pet or the incident you are offering your gratitude to.
- Make your journal attractive. Use colourful pens, stickers or craft papers to give the gratitude journal an exciting look. Make the journaling more of an "experience" rather than a daily "practice".



### **Two Good Things Gratitude Journaling:**

This exercise is an option if you are not ready to journal about your pet but would like the benefits of practising gratitude journaling. The sentences are small enough to add these notes to the Gratitude Jar as another option. This is gentle way to encourage the activation of the "feel good hormones" into your daily life. Each day for seven days there is two gratitude prompts questions. At the end of the seven days, you can repeat or edit the questions to meet your needs.

**Below is an option to print out the 7-day gratitude prompts.**



**Option: Print these two pages.** Two Good Things Journals: 7-day gratitude prompts.

Day 1:

One good thing that happened to me today was...

---

---

Something good I saw someone do...

---

---

Day 2:

Someone I was thankful for today....

---

---

I am grateful for my ....

---

---

Day 3

Something I was grateful for today....

---

---

Today I smiled when....

---

---

Day 4

Today I was proud of myself because....

---

---



One good thing that happened to me today....

---

---

Day 5

What I enjoyed about today....

---

---

Something I did well today....

---

---

Day 6

Something I was happy about today was...

---

---

Today I had fun when....

---

---

Day 7

Today was special because...

---

---

Something I am grateful for today....

---

---



## Gratitude Journaling Prompts, Memories of your Pet Gratitude Journaling:

Here are some daily journal gratitude activities with prompts to get you started.

These ten prompts / questions focus on the memories you had with your pet. You choose which prompts resonate with your emotions on the day. When answering the questions, you can be as creative as you like. Use photos of your pet, drawings, use colourful pens or stickers etc.

- 1) How would you describe your pet's personality? Which part of their personality are you most grateful for and why?
- 2) My favourite memory that I am so grateful for is?
- 3) The funniest story about my pet was when? I am so grateful for that precious memory.
- 4) Your pet's favourite thing to do was to?
- 5) What other type of animal best closely describes your pet?
- 6) Why my life is better because of our time together?
- 7) Your pet's favourite toy was?
- 8) What is the naughtiest thing your pet did?
- 9) Favourite food, walk, sleeping place or game?
- 10) Your pet's favourite food/treat?

**\*\* Facebook "Angel Pets":** When you are ready, add a photo of your pet. What are you most grateful for about your beloved pet. Add any other prompts that may help other pet owners. <https://www.facebook.com/angelwings4pp>





The journal entry I love to return to is about the way Clarence would play like a kitten on my bed. If he saw my toes move under the doona he would pounce at the movement, clawing and playfully biting. However, he soon became as sharp as a cat at the game. With a blood curling growl he would spring across the bed and latch onto anything moving. His teeth were little but they were quite sharp, I was constantly reminded of this as he gleefully chewed on any finger or toe he could find. His tail would wag overtime and he would be making random and screeching noises that just did not seem right to be coming from such a cute little dog.





## Consciousness Journaling

Consciousness journaling is a form of writing that is carefree and unfiltered. You simply write exactly what comes into your head. No editing or correcting mistakes, rather a flow of words in real-time. The benefits of writing about your feelings have profound positive impacts. Keeping a grief consciousness journal is a healthy way to release and process our emotions while letting them go slowly over time. A few minutes a day helps clarify jumbled thoughts, reduces stress, and increases awareness.

No prompts or guides are needed with consciousness journaling.

Simply allow your thoughts to flow freely onto the page. Write whatever is on your mind.

A few handy hints for consciousness journaling:

- 1) Choose the place where you feel the most comfortable to write.
- 2) Prepare your body into a relaxed calm state, you can use the Breathing Mindfulness Activity on pages 10 and 11.
- 3) Take a moment to allow your thoughts to emerge.
- 4) Start to write those thoughts; there are no rules.
- 5) Be kind and patient with yourself. It can take time to get into the swing of writing like this.
- 6) Allow changes of thoughts to flow through.

What I found that really helped me to start consciousness journaling was to simply write about my day and what thoughts I had and then it flowed from there. I literally started writing up to 45 minutes without realising it. I now routinely do my writing sessions just before bedtime. I would write four things I was grateful for at the end of every journal entry. I would go to sleep feeling the warmth of gratitude.





## **Remembrance Activities**

Remembrance activities can be created and used at any stage of your grieving process. It took me 3 months until I could start my Remembrance Activities after losing Clarence.

### **How do Remembrance Activities help grief?**

One way that can aid the release of emotions from the body is to use your creativity. Often grief freezes us out of action. The will or want to do particular or all activities can disappear. Gently encouraging the body to move is a constructive way to help create momentum, to start the ball rolling. When you are ready take small steps, you may wish to start the process by beginning to think about what remembrance activities you would like to do. Then in a day or two take action to prepare the materials you will need. We all have our own tastes and preferences. The rock activities I suggest below were perfect for me as I love rocks. Clarence and I would often collect shells and rocks on our favourite beach. Remembrance activities can be as simple or complex as you choose. You can use the suggestions below or create your own to suit your needs. If you would like to share your own Remembrance Activity, please do on the Facebook community page. It may inspire others and help them on their healing journey.

Grief impacts us all in different ways. Remembrance Activities have many other benefits to help the grief process.

- creates a safe space for the release of emotions for yourself and family members.
- allows creativity – creating a remembrance activity that is unique and meaningful to you and your family.
- Opportunity to remember and reflect on your beloved pet's life by finding a special place to honour their life.



**Some things to consider when creating Remembrance Activity experiences:**

What is it that I want from the experience?

What materials and space do I need?

Who might I want to share this with or prefer an activity just by myself?

When will I do the remembrance activities?

**Some suggested activities include:**

- **Five Candle Remembrance Lighting using Spoken Verses.**
- **Remembrance Rock Activity.**
- **Remembrance Activities: Pet Loss Support Pack.**
- **Gardening Remembrance Activities.**
  - **Planting Rosemary for Remembrance.**
  - **Planting Remembrance Sunflowers.**

**\*\* Facebook “Angel Pets”:** Add your photos of your Remembrance Activity. If you come up with your own Remembrance Activity please share, your contribution may inspire others pet owners.

<https://www.facebook.com/angelwings4pp>



## Five Candle Remembrance Lighting using Spoken Verses

Ideal for use privately or with friends and family and is especially good for families with children. Each candle represents a significant meaning, Grief, Paw Prints on our Hearts, Memory, Love and Hope.

What you need.

- 1) 5 Candles of your choice.
- 2) Matches / Lighter – safety first.
- 3) Choose family/friends to attend if applicable. Remember, it is ok to do this activity privately.
- 4) Choose the location of the memorial activity.
- 5) Plan a poem, story, photos, moment of silence or music. Choose what feels right for you.

As you light each candle, read or say out loud:

Candle 1. GRIEF – this light represents my GRIEF, the sadness and pain of losing my/our beautiful \_\_\_\_\_.

Candle 2: PAW PRINTS on our hearts – this light represents how your Paw Prints are forever in our hearts.

Or hooves are forever in our hearts.

Or Claws are forever in our hearts.

Candle 3. MEMORY – this light represents my/our MEMORY of \_\_\_\_\_.  
Memories of joy, the way you made me/us laugh. All of our time together makes us uniquely and forever strongly bonded.

Candle 4. LOVE – this light represents my/our LOVE, the unconditional love we shared and created.

Candle 5. HOPE – this light represents HOPE, hope that, as we make our way through our grief, we will discover inner courage, we will take comfort in our



memories. We will know that once found, hope can never be lost but will continue to grow as we share it with others.

**\*\* Facebook “Angel Pets”:** Add the photo of your candle remembrance activity. Where did you decide to do your activity? Would you like to share a poem or verse that other pet owners may like to use?

<https://www.facebook.com/angelwings4pp>





## Remembrance Rock Activity

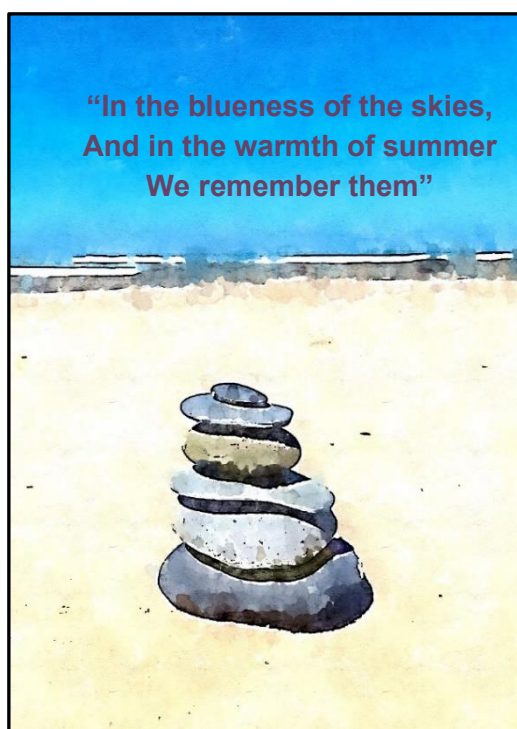
The purpose of this activity is to find the perfect keepsake rock/s to personalise with your pet's name. It is therapeutic to plan an outdoor adventure to purposely search, collect and to narrow your focus to find the object that resonates with you. Being out in nature is uplifting and wholesome for your soul. It is very satisfying to find the perfect rock/s and then to decorate it to honour your pet.

### Resources you will need

- Carry bag to collect rocks
- Metallic/colour paint pen or paint/brushes
- Destination: beach, rainforest, desert, rivers, creeks, lakes, parks, it can be a place of memories shared with your pet or a new fresh place.

There are no rules. You can choose one special rock or collect a small bag full of different sizes, colours and rock types. Whatever takes your fancy. Visualise how the rock/s would look with your pet's name written on it and where you would like to place your keepsake after you have finished your masterpiece.

*\*\* Symbolism: To move a mountain, start by carrying small rocks, one at a time. It represents the strength within you to move forward on the path of healing.*





For my Remembrance Rock activity, I chose the dog beach where I would take Clarence. This spot was particularly special because it reminded me of a funny story about Clarence.

The day after New Year Eve, we took our dogs to the beach. It is a very quiet beach with few visitors. We ventured down to the sand on the beautiful hot summer morning where we delightfully discovered there were no people, again! We do keep our dogs always leashed unless it is completely safe to let them run and play. So as soon as we let Clarence free, he quickly discovered a tent hidden in the dunes from a New Year Eve Beach Party. There were people trying to sleep off their late night. The Tent's front entrance was wide open, and Clarence took full advantage and jumped inside and on top of sleeping people, flicking sand, excitedly bouncing on and around them. Clarence wouldn't come out of the tent, I had to crawl inside to collect him. The people were so tired or sick that they didn't say anything, but we could see they were visibly disturbed. We left apologizing for his bad behaviour and Clarence didn't care less in fact he looked rather pleased with himself.

**\*\* Facebook "Angel Pets":** Please add photos of your Remembrance Rock. Add any suggestions on how to creativity design your keepsake rock.

<https://www.facebook.com/angelwings4pp>





## Remembrance Activities: Pet Loss Support Packs.

Pet Loss Support Packs contain simple gentle activities that encourage the small steps towards healthy grieving and healing. They contain Remembrance Copper Nameplates (a DIY personalised keepsake to hang in a special place), Remembrance Sunflower Seeds, 2 hr Taper Candle with poem, Taper Candle Holder, Fridge magnet with poem, a little pouch for your beloved pet's fur or pet tag & a 16-page booklet Guide for Grief and Helping Children with Loss.

## Suggestions How to Use Your Pet Loss Support Pack.

Choose a spot for a remembrance activity. It could be a special area in your garden or on a table inside. There are no rules or limits. This is about you and you're healing. You do what feels right for you always.

In that special place you could choose a plant or grow the beautiful Remembrance Sunflower Seeds in the pack. You might like to fill up a jar full of pebbles or shells to hold the taper candle or use the candle holder.



The other name I called Clarence was my "Angel".



Use a ball point pen to inscribe the name of your beloved pet on the DIY Remembrance Copper Nameplate. Light the candle and using the copper wire provided tie the Remembrance Copper Nameplate to your grown Sunflower or your chosen plant. Another option is to place a stick or piece of wood next to the sown Sunflower seeds & tie the Remembrance Copper Nameplate onto it.

You may like to take a moment of silence or recite a poem, eulogy or express gratitude. It can be as simple as “we are grateful for the wonderful, funny, loving memories”.

Pet Loss Support Packs are found at [www.angelwings4pp.com.au](http://www.angelwings4pp.com.au)

**Facebook “Angel Pets”:** Add a photo of where you hung up your Remembrance Copper Nameplate. Add a photo of your candle ceremony. Add a photo of any creative displays of how you used your Pet Loss Support Packs. We would love to see them!

<https://www.facebook.com/angelwings4pp>







## Gardening Remembrance Activities.

*“To plant a garden is to believe in tomorrow” Audrey Hepburn.*



Gardening is a full sensory experience packed with vibrant colours, textures, and fragrances. A special time to cultivate your thoughts as well as the soil. A moment to connect with nature, to feel the sun and wind on your skin. A way to promote gentle exercises no matter what size of the gardening project. It feels good to create something new. To watch and nurture your seed grow into a beautiful plant that attracts nature's little creatures to it. Gardening is a good, productive and healthy healing practice for a hurting soul.

Clarence loved to play in the garden and in particular, loved to lay in the sun with his best friend “Mule”. Mule was an elderly, Labrador that I rescued after he found himself homeless and in need of a new family. Clarence instantly fell in love with his new friend, and they became almost inseparable overnight. Clarence especially liked Mule’s ears and would spend hours sitting in the sun licking and cleaning them. Clarence grew up with many rescued cats and grooming was taught to him at a very young age. There is a special place in our garden where I remember them, together amongst the butterflies and warm breezes. I chose to hang a remembrance nameplate for both in that spot.



Here are a couple of Remembrance Planting Activities:



### **Planting Rosemary for Remembrance**

Since ancient times, Rosemary has been a symbol for remembrance. It is used as a symbol of love and remembrance at both weddings and funerals. For this reason, I chose rosemary to plant for all of my loved ones who have passed on. Rosemary is a symbol of love and a promise not to forget the impact loved ones had on your life and the memories that you shared with them.

Clarence loved to be mischievous, especially when it was time to come in from a walk or play. I live on a small farm and Clarence knew every inch of it. One of his favourite places was under a rosemary bush in the back paddock, down the hill at the very bottom gate. If Clarence thought that he had not had enough playtime he would not let me catch him and would not come to his name. He would wait until I was just about to pick him up and then quickly scamper away out of my reach. He would only run about 20 metres then stop again. I would repeat the process, trying to coax him to stay so I could grab him, thinking surely this time he would let me. No, he would lead me bit by bit down to his favourite spot. As soon as we got there, he would demand to be lifted and carried straight back up the hill.





## Planting Remembrance Sunflowers

Sunflowers are my personal favourite to grow. Magnificent tall plants with large yellow blooms that follow the sun throughout the day. Sunflowers radiate goodness and complete any garden. They attract bees and birds into your yard.



**\*\* Facebook 'Angel Pets':** Add a photo of your Remembrance Rosemary plant, Remembrance Sunflower or any other plant or garden.

<https://www.facebook.com/angelwings4pp>



## **It is ok if you need Professional help**

There are wonderful supportive counsellors and organisations that are available.

We have a list on our website under the Grief Resource section.

Visit: [www.angelwings4pp.com.au](http://www.angelwings4pp.com.au)



***I sincerely hope I helped you carry a  
stone on your way to moving a mountain.***

Angel Wings for Pets and People

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Facebook: Angel Pets

Facebook link to Angel Pets: <https://www.facebook.com/angelwings4pp>





## Word Search Activity for Children

### Word Search

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

Find the following words in the puzzle.  
Words are hidden → ↓ and ↘ .

ANGRY  
ART  
CANDLE  
DANCE  
DRAWING  
GARDEN  
GRIEF

HAPPY  
LOSS  
MEMORIES  
MUSIC  
NAMEPLATE  
PAINTING  
PET

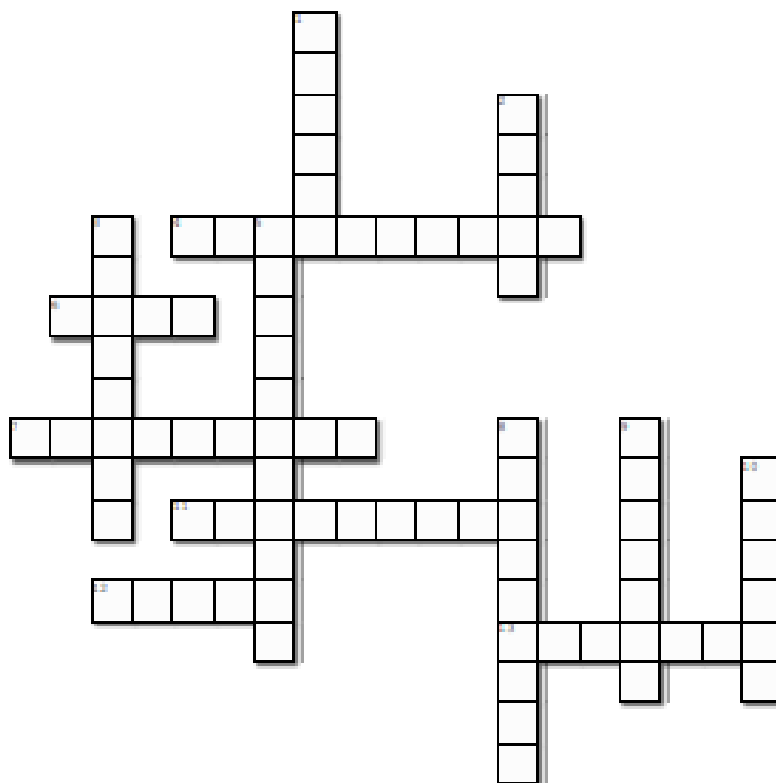
PLANT  
POEM  
ROCKS  
SAD  
SCRAPBOOK  
SUNFLOWER



## Cross Word Puzzle for Grief

Name: \_\_\_\_\_

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

### **Across**

4. Hang this in a Special Place.
6. Our best friends.
7. Feel this everyday.
11. Grow this yellow beauty.
12. Collect and decorate.
13. Do this when stressed.

### **Down**

1. Light this in remembrance.
2. How Pet Loss feels.
3. Always there to remind you.
5. Being in the present moment.
8. A book of memories and pictures.
9. A book, a journey, a remembrance activity.
10. A special place outdoors.



## Colouring In Picture for Children





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