

I Didn't Get To Say

GOODBYE



**My Book About Losing
A Very Special Person
&
Not Being Able To
Say Goodbye**

By Rebecca C. Schmidt, M.Ed., LSW

My name is



HERE IS A PICTURE OF ME WITH MY FAMILY.



Something
SAD



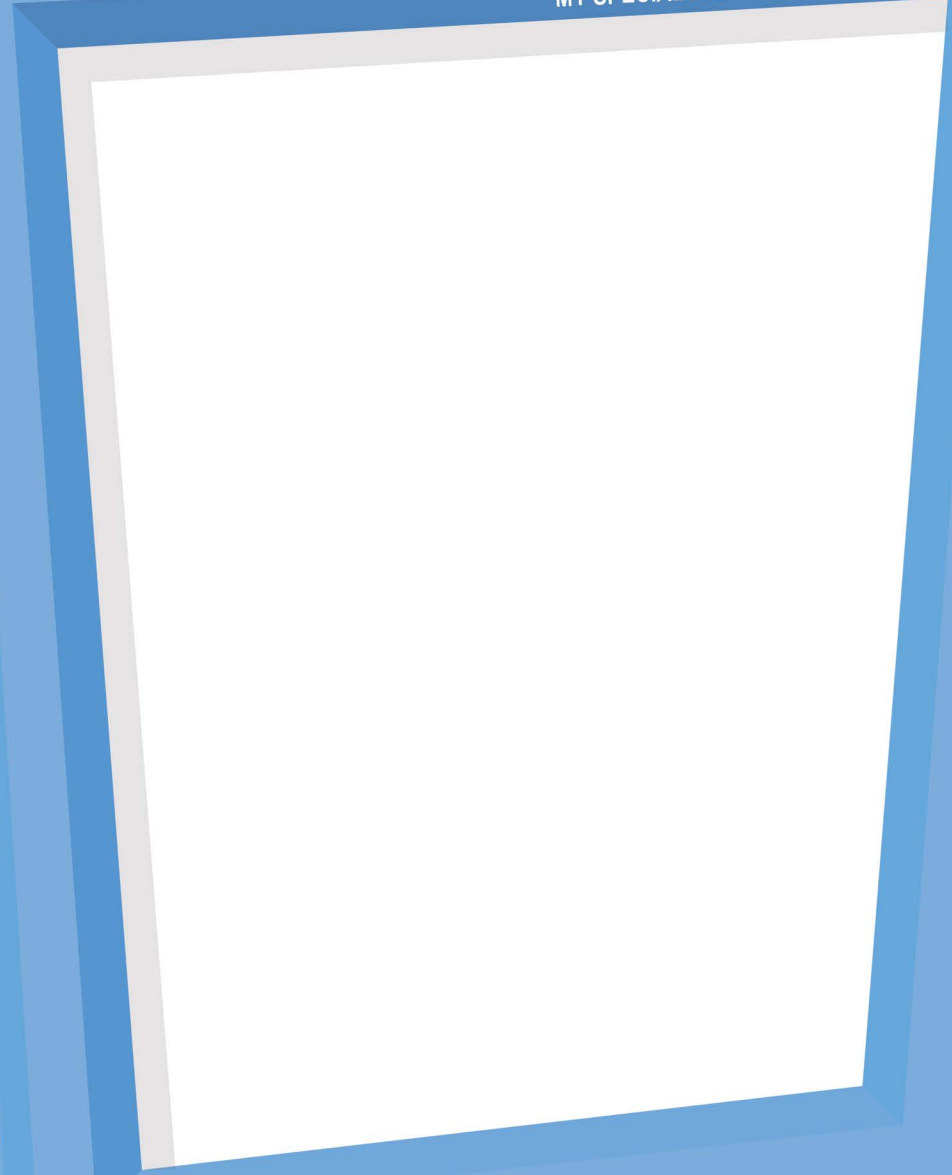
happened in my family.

A
**VERY
SPECIAL**
person died.

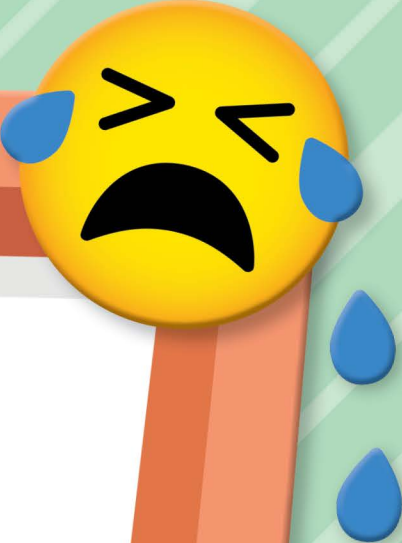
No one
expected that ...

HERE IS A PICTURE OF _____

MY SPECIAL PERSON'S NAME

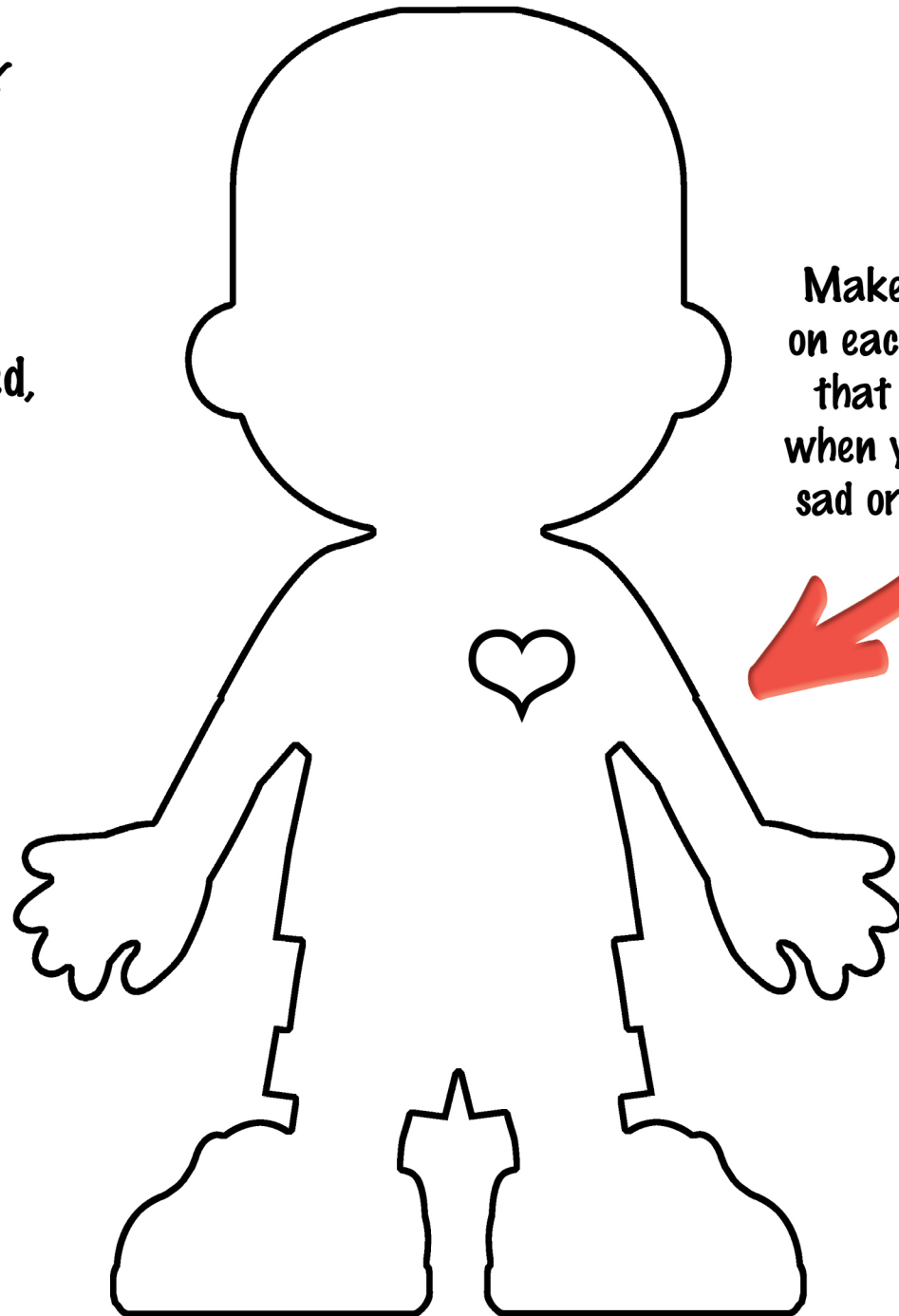
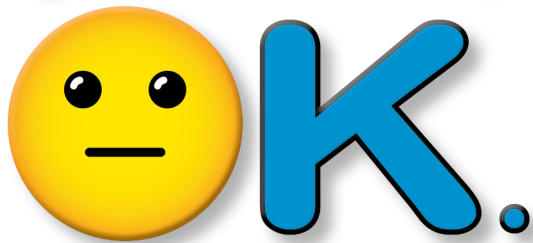


HERE IS A PICTURE OF ME FEELING REALLY SAD.



Sometimes, when people hear **SHOCKING** or **UPSETTING** news that no one expected, they feel sick in the tummy, get headaches, feel really tired, or they don't feel **ANYTHING AT ALL.**

**Whatever
I feel is
perfectly**

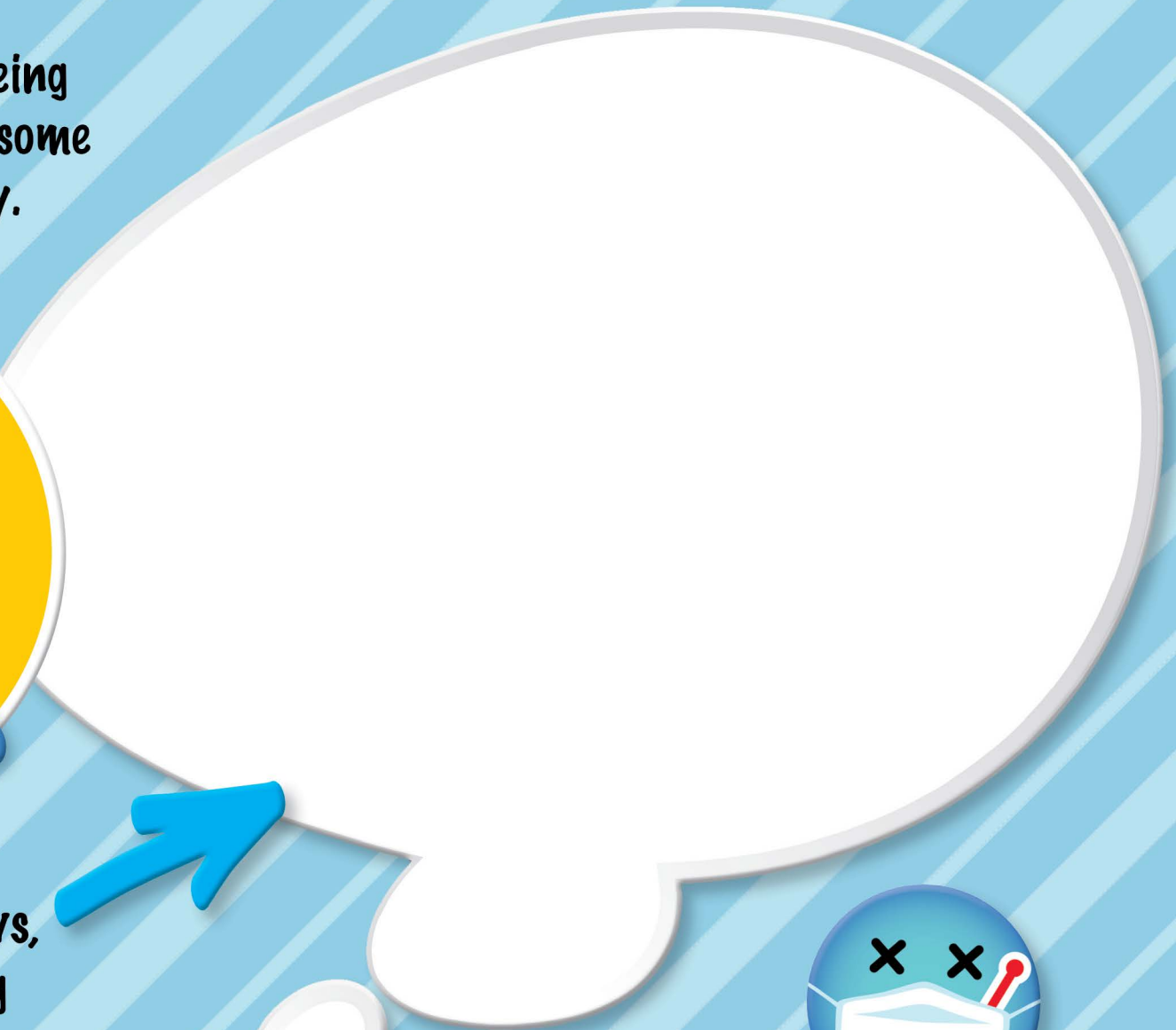


Make an X
on each place
that hurts
when you feel
sad or upset.

Some people die after being sick for a long time and some people die very quickly.

My special person died very quickly.

When I heard the news, this is the first thing I **thought** about.



My special person died from the
CORONAVIRUS.

This is a virus that
people can get and
many people get better,
but some people don't.



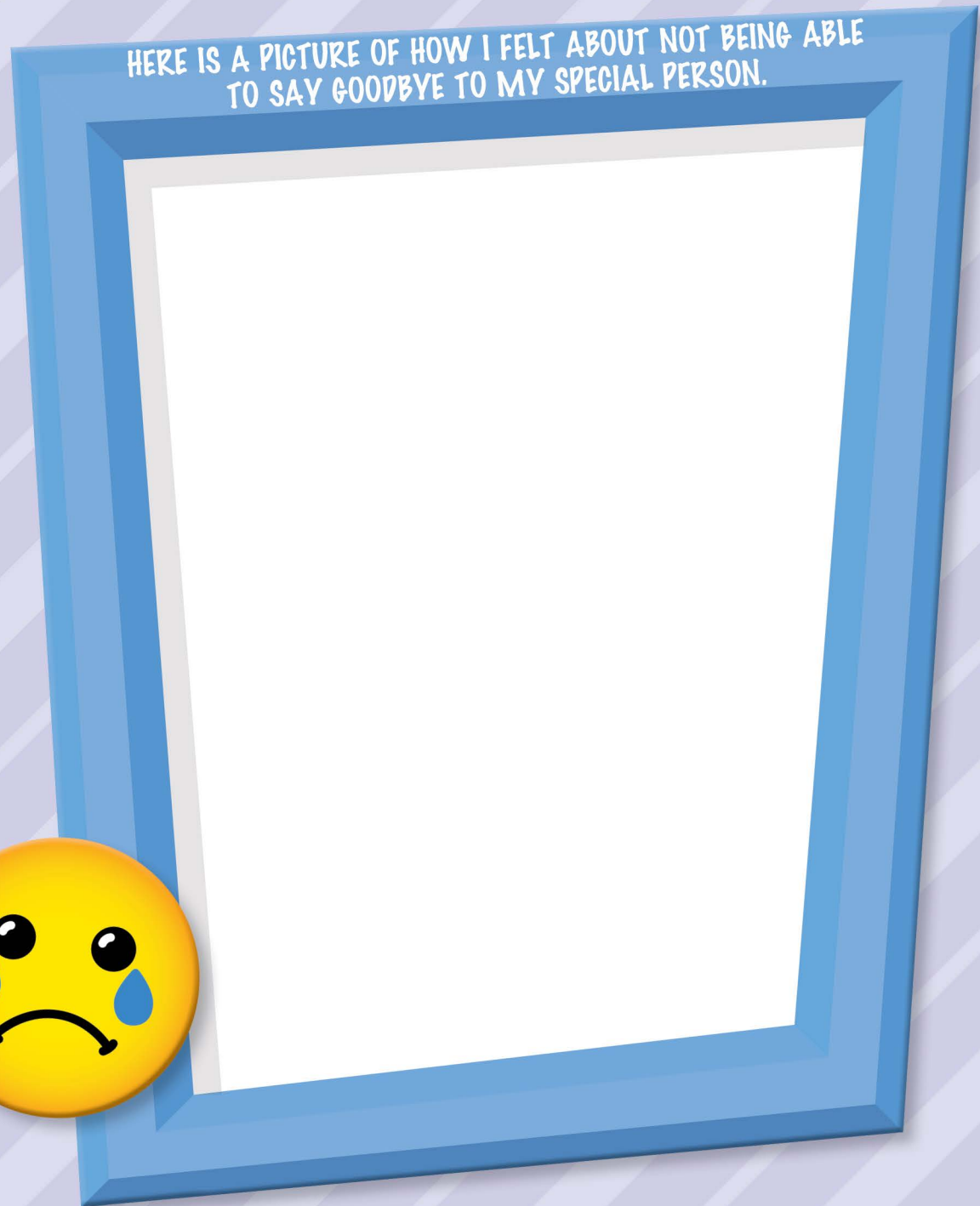
Doctors and nurses do
everything
they can to help people
with the Coronavirus get better.

HERE IS A PICTURE OF A DOCTOR AND A NURSE HELPING SOMEONE.

HERE IS A PICTURE OF HOW I FELT ABOUT NOT BEING ABLE
TO SAY GOODBYE TO MY SPECIAL PERSON.

When someone dies quickly,
people don't get
time to say goodbye.

For some people,
it can hurt their heart
when they can't say ...



I didn't get to say
to my special person.

GOOD
BYE



I would have told my
special person **lots** of things.

WRITE WHAT YOU WOULD HAVE SAID IF YOU COULD HAVE SAID GOODBYE.



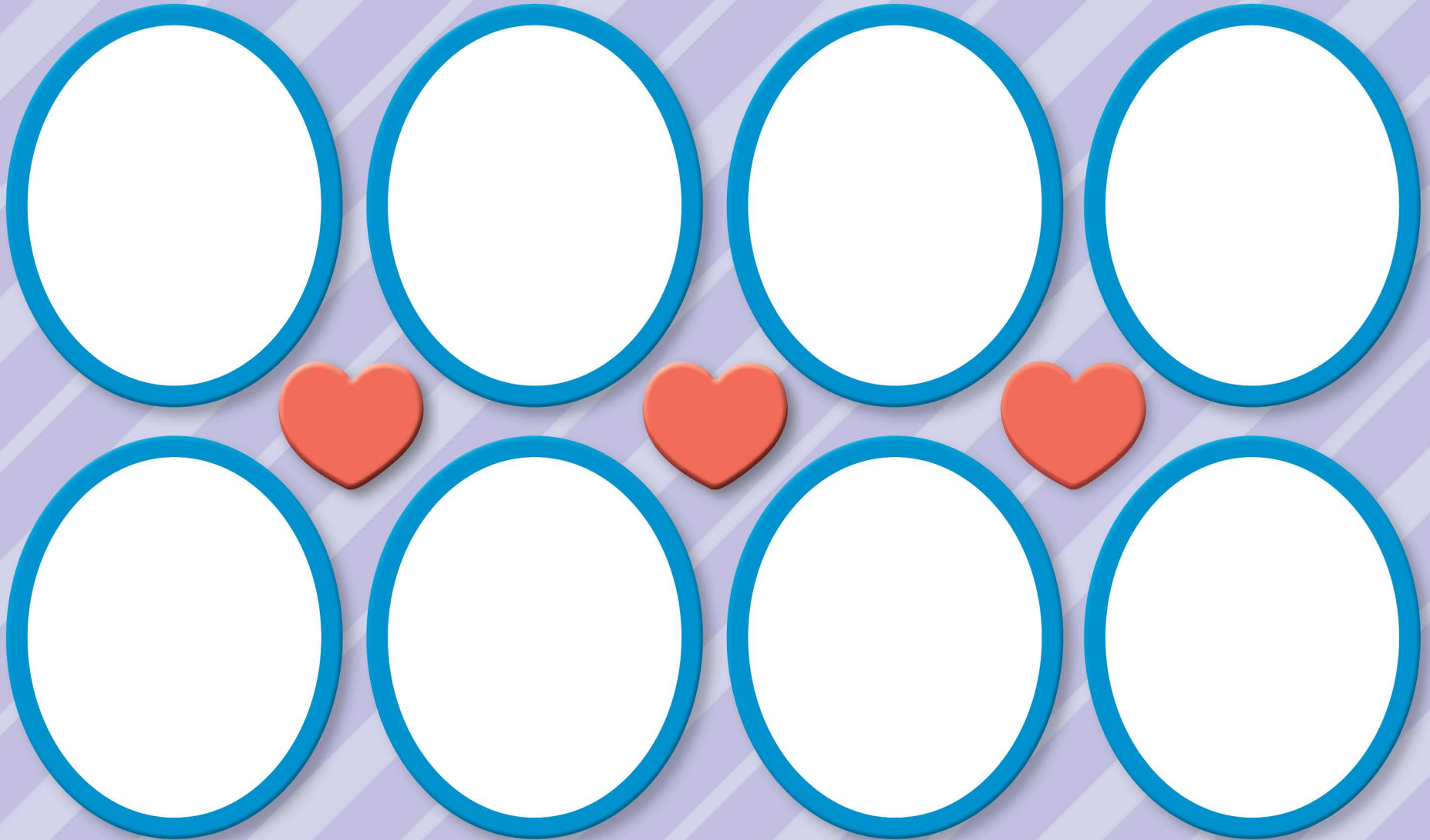
DECORATE THE OUTSIDE OF YOUR CARD

Here is a
goodbye card
to my
special person.

WHAT WOULD YOU WRITE ON THE INSIDE?

There are so many people who love me very much just like my special person **loved** me.

I can do some of the fun things my special person and I used to do with other loved ones.
Here are pictures of some of the people who love me the most ... at home ... at school ... and everywhere else!



My special person was so ... wonderful!

HERE IS A LIST OF ALL THE WONDERFUL THINGS I LOVED ABOUT MY SPECIAL PERSON ...

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____



I can share this special list with:

Even though I didn't get to say goodbye,
I know how much my special person **loved** me.

HERE IS A LIST OF WHAT MY SPECIAL PERSON LOVED ABOUT ME ...

1 _____

2 _____

3 _____

4 _____

5 _____

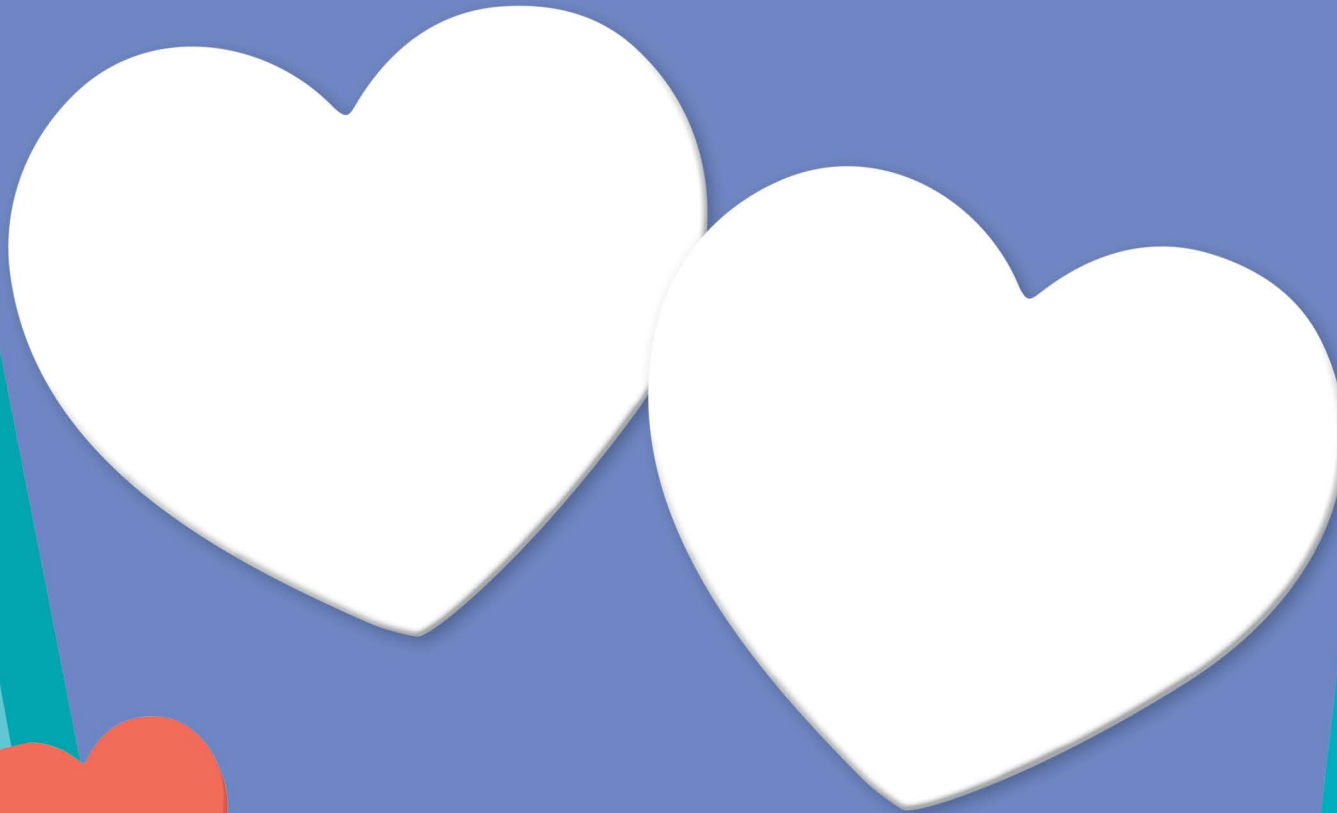
6 _____



I can share this special list with:

I will **ALWAYS** remember my special person.

HERE IS A PICTURE OF US.



About the Author

Rebecca Schmidt has been an elementary school counselor for 29 years. She has published 12 books to help children, therapists and teachers. Currently, she works in Mayfield City Schools and lives in Mayfield Heights, OH with her husband, Craig, and her daughters Hannah and Lauren.

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