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 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**.

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

**Whatever I feel is perfectly OK.**
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.
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 ...

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

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

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

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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