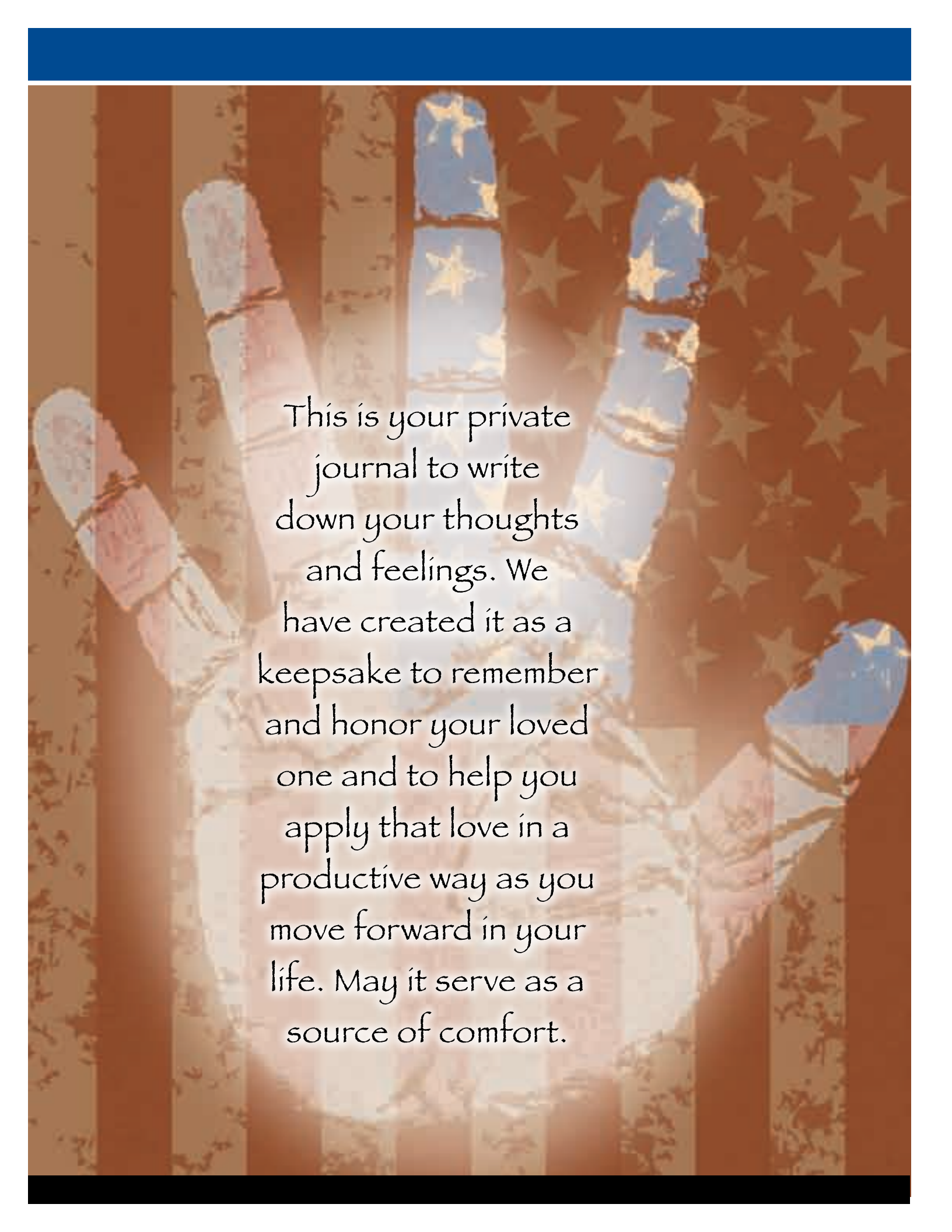




A journal for
our military youth

A large, stylized handprint graphic is centered on the page. The handprint is filled with a pattern of stars and stripes, reminiscent of the American flag. The background of the entire page is a warm, brownish-orange color with a subtle pattern of stars and stripes. The text is overlaid on the handprint, centered within it.

This is your private journal to write down your thoughts and feelings. We have created it as a keepsake to remember and honor your loved one and to help you apply that love in a productive way as you move forward in your life. May it serve as a source of comfort.

My _____ was laid to rest at _____.

This is what it is like for me when I visit.

Lined writing area for student response.



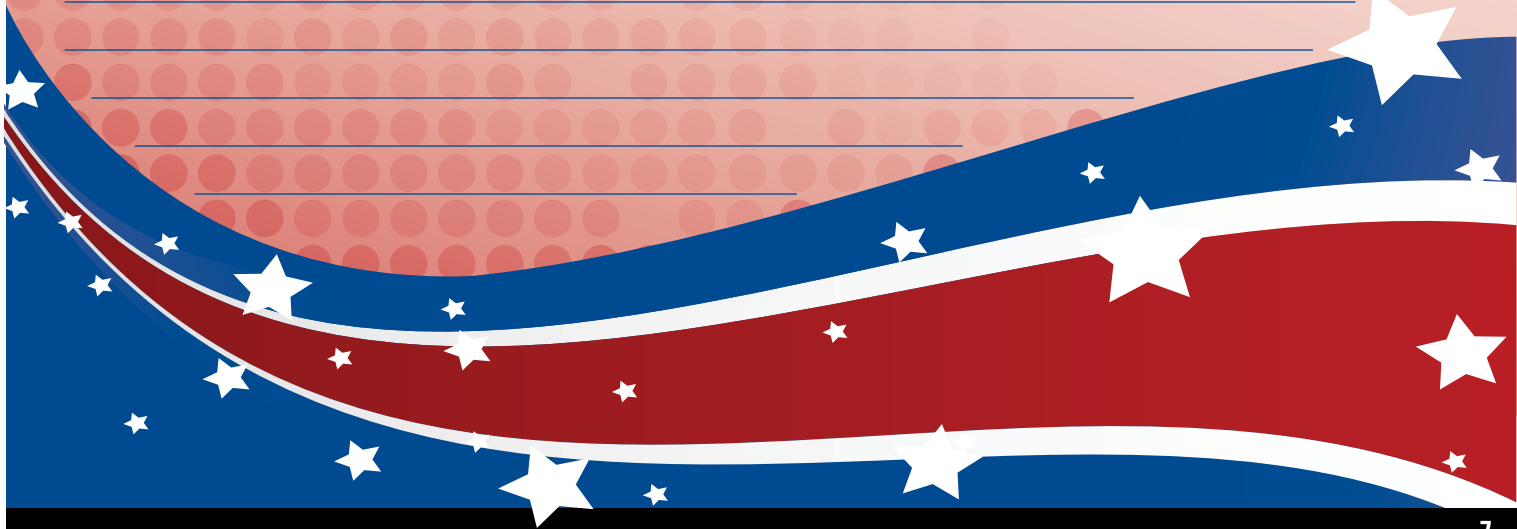
Being a military family is a way of life. Since my _____'s
death, there have been many changes in my life.

Lined writing area consisting of 22 horizontal blue lines.

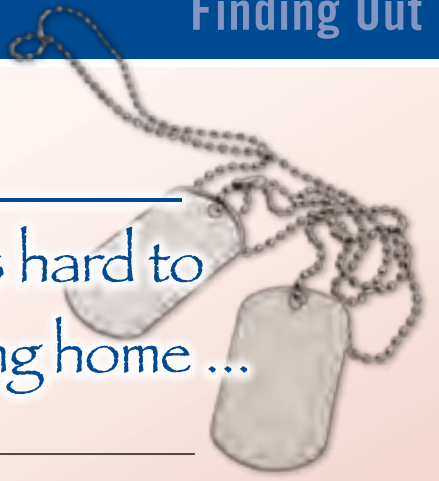


Sometimes my relationships with my friends don't feel the same either. Here's how they've changed since my _____'s death ...

Handwriting practice lines consisting of multiple horizontal blue lines on a light red background with a dotted pattern.



Sometimes it seems like my _____
is deployed or on a mission and it's hard to
accept that _____ isn't coming home ...



Handwriting practice lines consisting of horizontal lines on a light background.

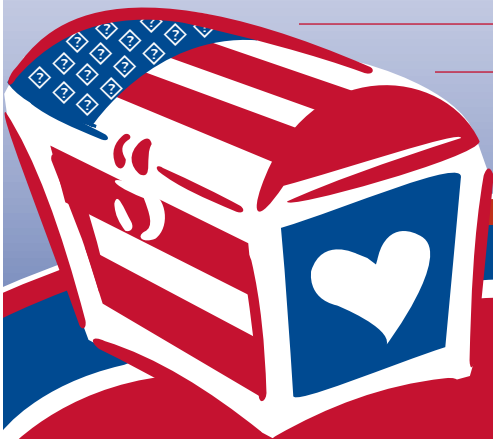


I know it's not my fault, but sometimes I feel guilty that my _____ died, because ...



People respond differently when they are sad.
When I am feeling sad I tend to respond like this ...

A series of horizontal red lines for writing, set against a background of blue and white wavy lines.



My tears are OK. I cry most when ...

Lined writing area for the user to write their response.



Sometimes it seems like the world doesn't stop for anything. It keeps moving, no matter how I'm feeling, and at times I feel left behind.

Lined writing area with 20 horizontal lines for notes.

Here are some ways I can reduce my worries and fears ...

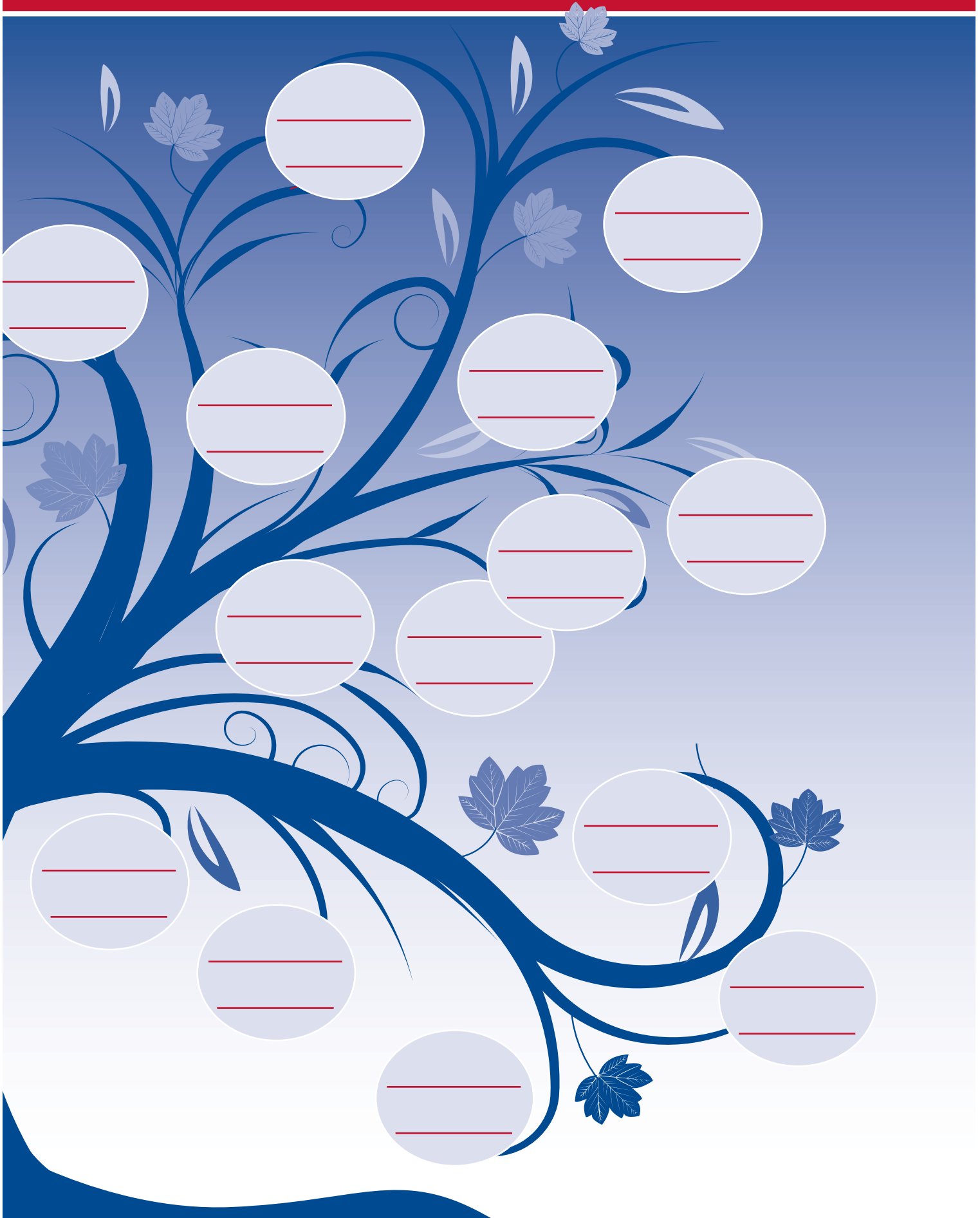
A series of horizontal blue lines provided for handwriting practice and notes.



Not everyone will understand what I am going through,
but there are those who do.

A stylized tree with dark blue branches and leaves. The leaves are replaced by circular callout boxes, each containing two horizontal red lines for writing. There are 12 such boxes scattered across the tree's canopy.

These are the friends and family members I can
talk to and reach out to when I need them.



There are things I didn't get to say to my _____.

I would want to tell _____ ...

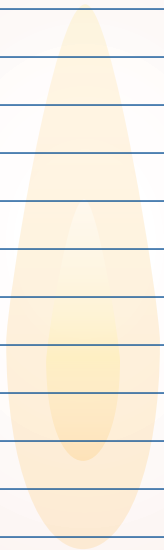
Lined writing area for text input.



If there is one way I would like to follow in
my _____'s footsteps, it would be ...

A series of horizontal blue lines for writing, overlaid on a background image of a beach with footprints in the sand and waves in the distance.

Here are ways I can keep
my _____ alive in my heart ...



...rituals...traditions...something special we do as a family...

I am so proud of my _____ because ...

Lined writing area with horizontal blue lines on a red-to-white gradient background.



Thoughts ...

Lined writing area with horizontal lines for text entry.



My Spirit Lives On

See through the window,
Look at the light,
Smell the sweet flowers,
See the sky bright,
Shed not the tears,
As you feel I have gone,
Love never leaves,
And my spirit lives on.

Talk of me often,
Your words will be heard,
I'll be by your side,
As swift as a bird,
Love life and laugh,
Together we'll be,
On the right path,
As our spirits fly free.

– Anonymous



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