

Name: _____

COMPLETE THE SENTENCE

WHEN MY PARENT DOESN'T FEEL WELL EDITION

Complete the following sentences. There are no right or wrong answers.



1 When my parent is not feeling well, I...

2 The hardest part about my parent's illness is...

3 I wish other people knew that..

4 When people ask about my parent, I usually say...

5 If I could change one thing about our situation, it would be..

6 Something I've learned from this experience is...

Instructions for Parents



1. Choose a calm, comfortable time to work on this worksheet with your child.
2. Explain that this activity is to help them express their thoughts and feelings about the health situation.
3. Read each sentence starter aloud and give your child time to think. Encourage them to complete the sentence in their own words.
4. If your child struggles, offer gentle prompts or examples, but avoid leading their responses.
5. Listen without judgment. This is an opportunity for your child to express themselves freely.
6. Acknowledge their feelings and experiences. Avoid dismissing or minimizing their responses.
7. If a particular prompt brings up strong emotions, take a break if needed.
8. After completing the worksheet, discuss any themes or concerns that emerged.
9. Use this as a starting point for ongoing conversations about parental health and its impact on the family.
10. Consider repeating this activity periodically, as your child's understanding and feelings may evolve over time.

Remember, children at this age are developing abstract thinking and emotional awareness. They may express complex thoughts and feelings, but might also need help articulating them. Be patient and supportive throughout the process.