

Goodbye Letter



30 Minutes



Losing a loved one can be difficult. Use these prompts as a tool to help you express your feelings and say goodbye.

Dear _____

Writing this letter makes me feel ...

It's important for me to say goodbye because ...

One of my happiest memories with you is ...

You showed me that ...

Goodbye Letter



I wish I could tell you ...

Four horizontal lines for writing.

I love this picture of you/us, because ...

A large empty rectangular box on the left for a picture, and four horizontal lines on the right for writing.

Something I will hold on to ...

Four horizontal lines for writing.

Lastly,

Four horizontal lines for writing.

From _____