

# Grief and Loss: Helping Young Children Cope

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## Questions to Facilitate Healing During Play

What happens next?

I wonder what the baby hopes will happen next ?

I wonder what Teddy wishes would happen differently?

I wonder what the dolly means by that?

I wonder what it means to be . . . (*feeling word-mad, sad, scared, angry*)?

What do you think Teddy wishes would change?

And then what happens?

Do you think it could have been worse?

I wonder if the doll likes to feel like that?

What's the baby going to say now?

And then how will he/she feel?

I wonder what the dolly might do instead of . . . ?

What does Teddy want to say?

What's the best thing that could happen?

How does the baby want to feel?

Why do you think the doll would do that?

Is the baby afraid something will happen?

What is it the dolly doesn't like?

Why do you think the baby does that?

Is the doll scared or mad now?

It's okay for Teddy to be . . . (*feeling word-mad, angry, scared*). What do you think he/she could do about it?