

מְקוֹם לֵילֵב

*A coloring and remembering book
for children and their grown-ups*



Shomer Collective
Educator 
Fellowship



This resource was created as part of the Educator Fellowship, which was generously supported by The Covenant Foundation.

Welcome

This book is for children and their grown-ups to use together,
or for children to work through quietly and independently.

There is no right way to use this book.

You can skip pages, come back later, or color without talking.

I invite you to begin by tracing your hand below. If you'd like, you can also trace the hand of anyone you are working with. You may choose to color the hand in, or to leave it blank. It's completely up to you.



Someone I Love Died.

In Jewish tradition, remembering someone's name is very important. When we say their name and tell stories about them, we keep their memory alive.

We remember the things they loved, the ways they made us laugh, and the special moments we shared with them. Even though the person has died, the memories and love we carry for them can still be part of our lives.

Their name was: _____

Their Hebrew name was: _____

They were my: _____

In Judaism, when we tell someone that our loved one has died, they might respond with:

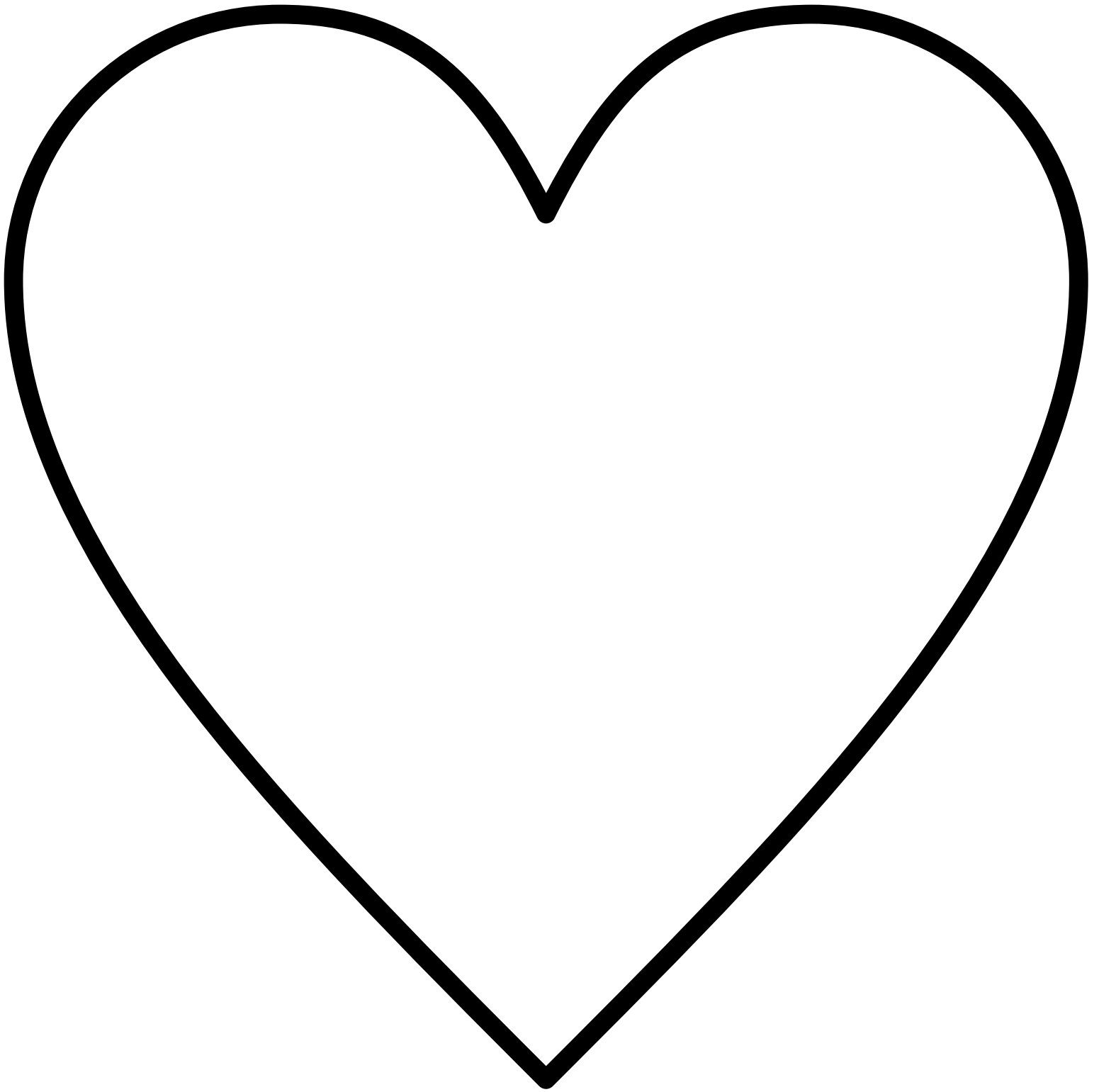
זְכוֹרָנוּם לְבִרְכָה, *may their memory be a blessing (in the US) or we wish you a long life (UK/Common Wealth Countries).*

On the next page you might color what your heart feels like right now.

What color is your heart?

Or, maybe you want to color a memory your heart is holding, something you and the person who died used to do together.

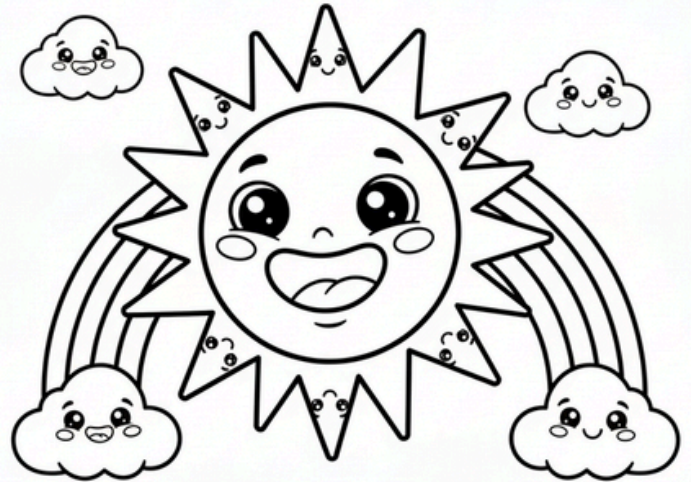
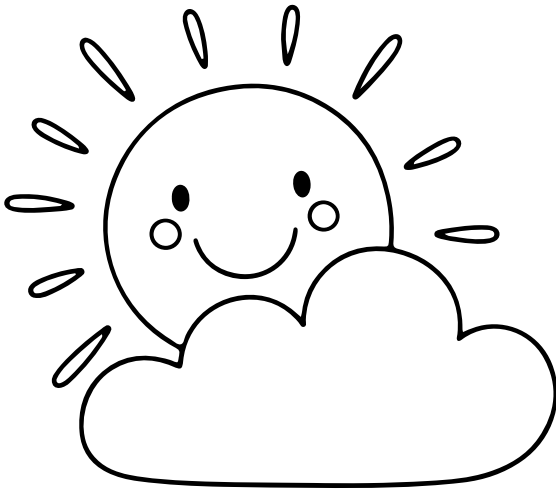




Feelings Change Like The Weather

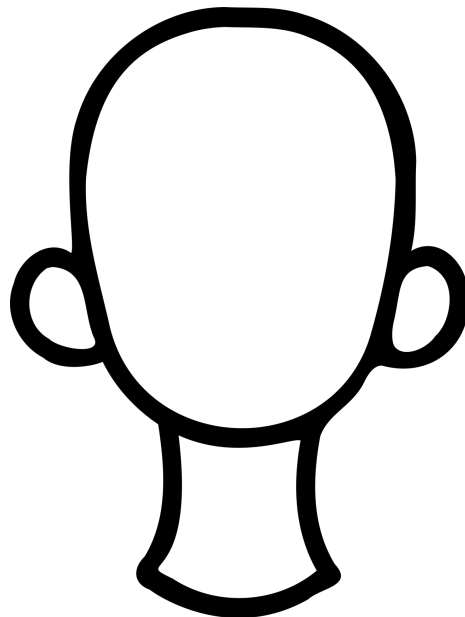
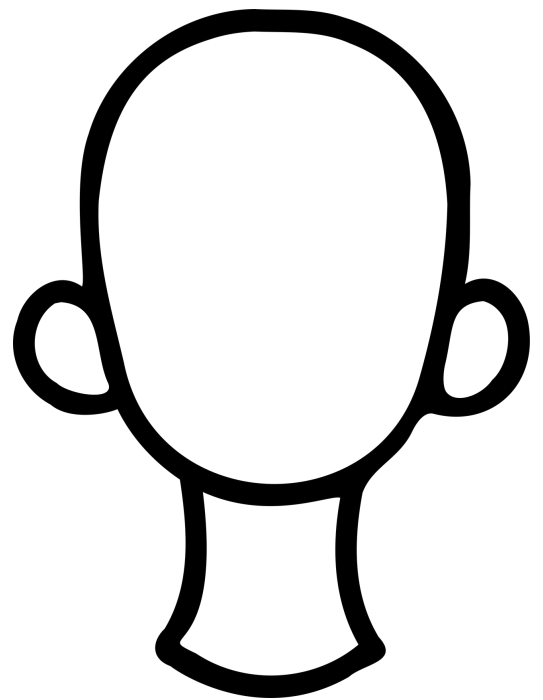
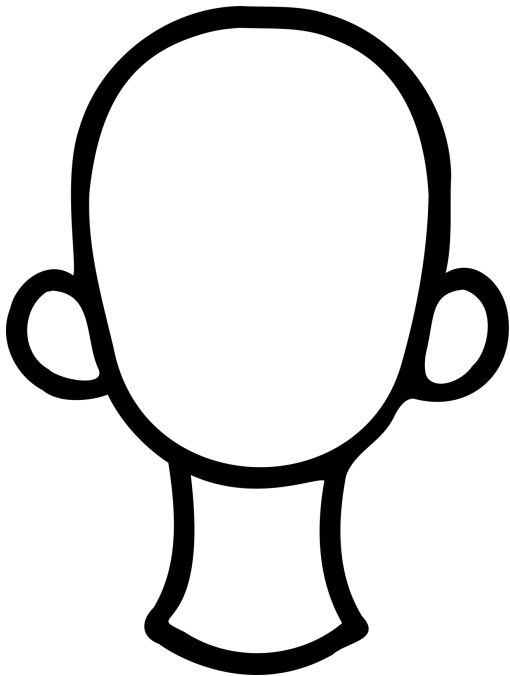
Some days we feel sad, like a rainy cloud.
Other days we might feel bright and sunny. That's okay.
Our feelings can change, just like the weather.
There is no right or wrong way to feel.

Below, you can color how your feelings feel today, or how they have felt at different times. Take your time. Your feelings belong to you.



When someone dies, Jewish families sit shiva. Traditionally shiva is seven days long. Shiva is a special time when family and friends come together to remember the person who died and support one another. During shiva, you might see adults feeling and showing many different emotions.

Sometimes people cry, sometimes they laugh while telling stories, and sometimes they sit quietly and think. All of these feelings are normal. Below, draw the emotions you saw adults expressing. You may have even seen the mourner sitting on a low chair, a classic element of shiva.



After someone dies, Jewish families light a special yahrzeit candle. The candle burns during the seven days of shiva, when family and friends gather to remember the person who died and support one another.

The flame burns day and night as a quiet reminder of the love that is still here. When we see the candle, we might think of things we wish we could say, like: "I love you. I miss you."

You can also write or draw something you wish you could say to the person you miss.



When visitors leave shiva, they often say a traditional Jewish phrase of comfort:

הַמָּקוֹם יְנַחֵם אֶתְכֶם

בְּתוֹךְ שְׂאֵר אֲבֵי צִיּוֹן וִירוּשָׁלַיִם

HaMakom yenachem etchem

betoch she'ar avelei Tzion v'Yerushalayim

This means

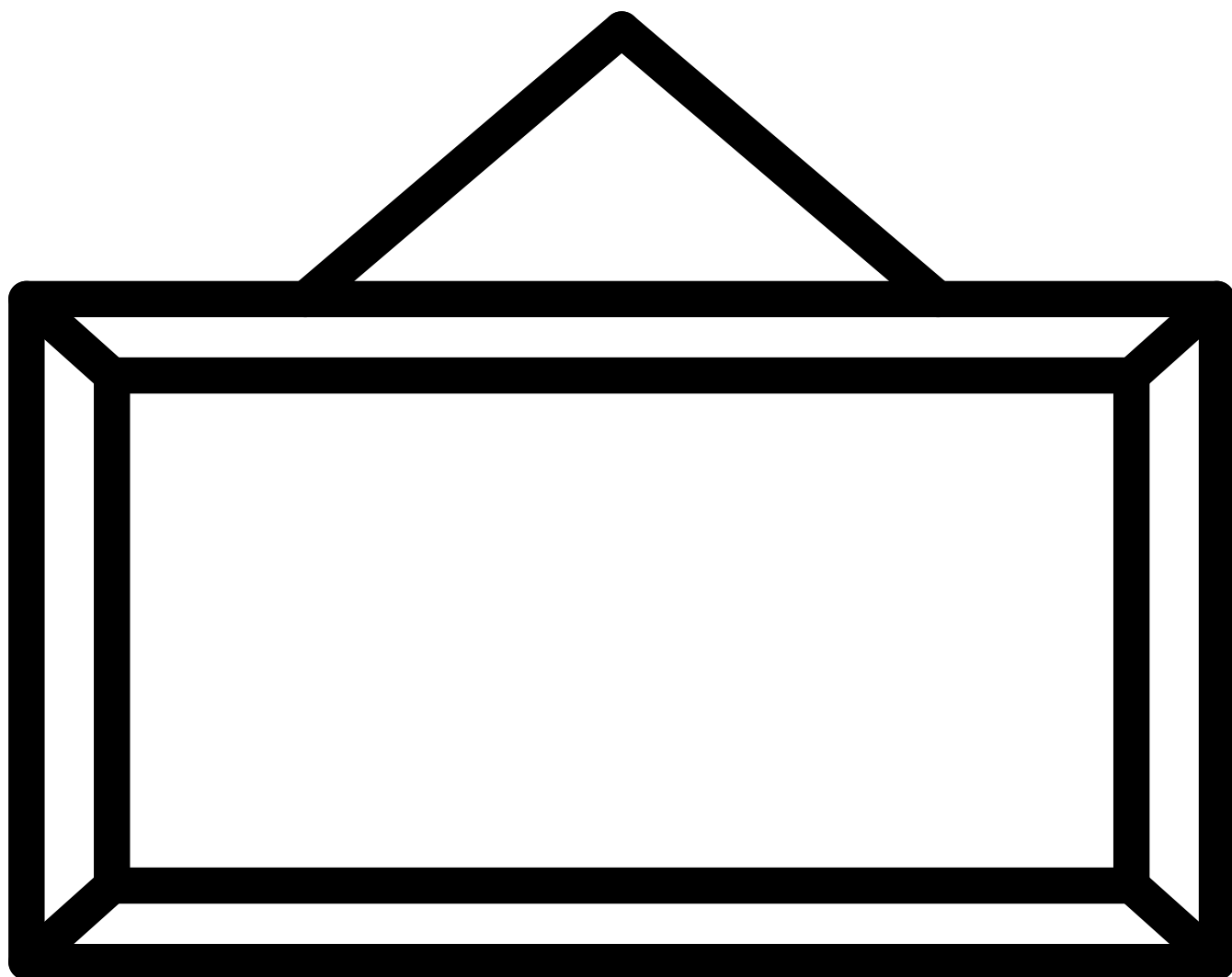
May God comfort you among the other mourners of Zion and Jerusalem

In this sentence, "HaMakom" (הַמָּקוֹם) is one of the Jewish names for God.

It means "The Place."

It reminds us that God is with us everywhere, even in sad moments.

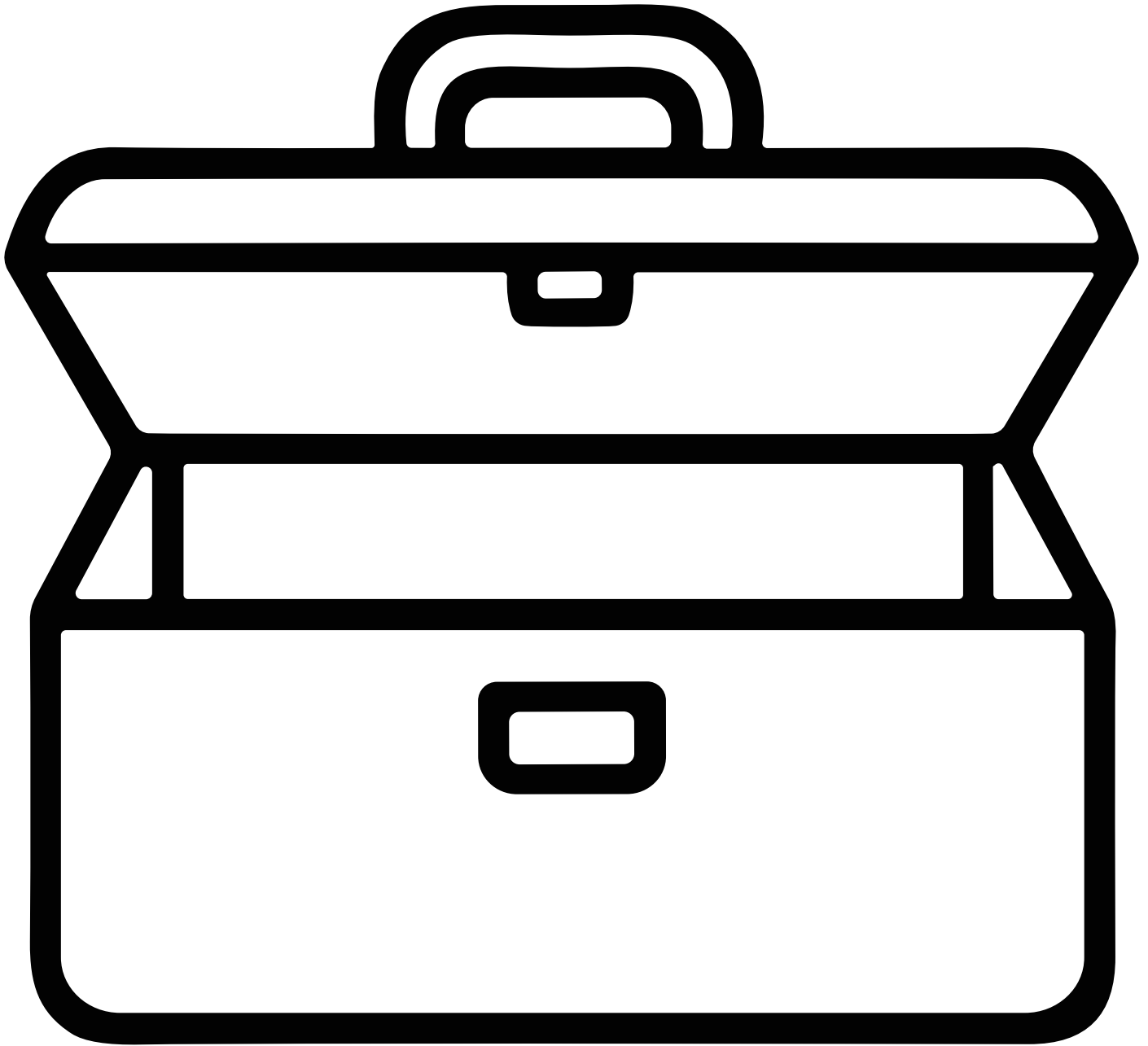
Draw people or things that help bring you comfort when you are sad.



On hard days, it can help to have a toolbox of things that support us.

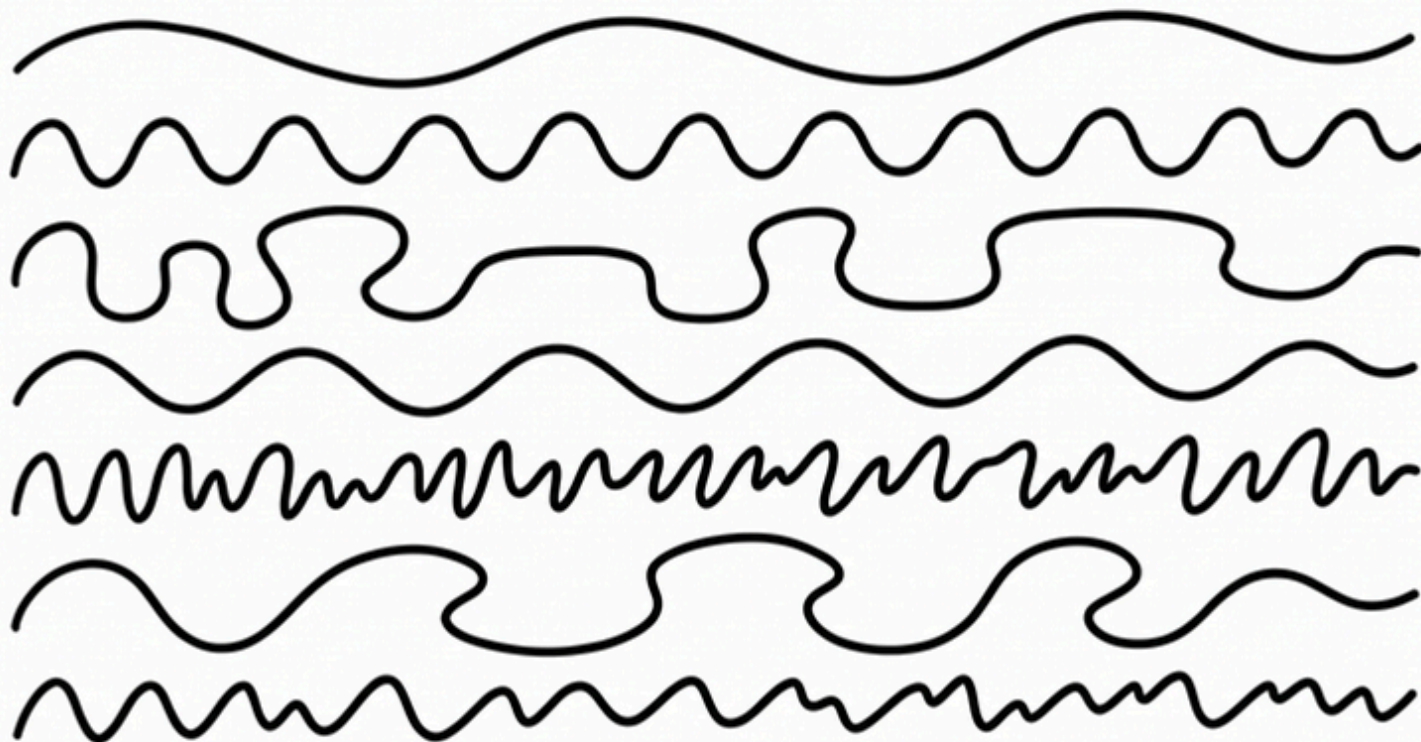
These might be people we can talk to, like a parent or teacher, or comforting things like a stuffed animal, a squishy toy, drawing tools, music or even a special photograph of the person.

Below, draw or write some things that belong in your toolbox.



Grief does not move in a straight line. Some days you might feel okay, and other days you might feel very sad or confused. Feelings can change again and again.

Grief can look more like a wiggly line than a straight path. Color in the wiggly rainbow below to show how feelings can move and change over time.



Sometimes worries stay in our minds and make our bodies feel tight or uncomfortable. It can help to put those worries somewhere outside of ourselves. This creature is here to hold the worries for you.



When someone we love dies, it does not mean they disappear from our lives. The memories we have, the love we shared, and the things they taught us can stay with us wherever we go.

Sometimes we carry them with us in the stories we tell, the kind things we do, or the ways we remember them.

In Jewish tradition, we sometimes say, “May their memory be a blessing” זְכוֹרוֹנָם לְבִרְכָה. This means the memories of the person can still bring goodness into the world.

Draw or write ways you will carry this person with you. Maybe it is a memory, something they taught you, a place you went together, or a way you want to live because of them.





For more Jewish wisdom and
resources on death and dying, visit
www.shomercollective.org.