



The Dougy Center

If I Was The Chef...

Holidays can be extra tough for grieving kids. Some kids find it helpful to think of holiday memories with their person. Food is sometimes a big part of many holidays. If you were the chef for a day, what meal would you create in honor of your person? If you're not sure what they liked, is there someone you can ask to learn more?

Write or draw the meal you would create...

