

What is grief?

Grief is all the feelings you have when someone you love dies. It can feel big, small, or confusing. Every feeling is okay, and you are not alone.

Grief can feel like:

A wave

Calm one minute, big feelings the next.

A heavy backpack

Like carrying something all day long.

A tummy ache

Grief can show up in your body, too.

A storm

Feeling grumpy or mad and not sure why.

When feelings get big:

- **Squeeze a pillow.** Or stomp your feet to let the mad out.
- **Draw it.** Use colors to show how you feel inside.
- **Take big breaths.** Smell the flower, blow out the candle. Do it 5 times.
- **Tell someone.** Pick a safe grown-up you can talk to.

Ways to remember:

- **Make a memory box.** Fill it with photos and special things.
- **Tell a story.** Share a favorite memory with your family.
- **Do what they loved.** Eat their favorite food or play their favorite game.
- **Write a letter.** Tell them about your day. You can draw a picture too.

Things to remember:

IF YOU THINK
"It was my fault."

REMEMBER
Nothing you did or thought made this happen.

IF YOU THINK
"I shouldn't laugh."

REMEMBER
You can have fun and still miss them.

IF YOU THINK
"No one gets it."

REMEMBER
Lots of kids are grieving too. You're not alone.

Kids supporting kids.

At Cason's Place, kids meet other kids who know what it's like when someone dies. We play, make art, and talk if we want to. Ask your grown-up about coming to a group.