A YOUNG PERSON’S GUIDE TO GRIEF
Do you know someone that died?
You are not alone!

What is Grief?
When someone close to us dies, we experience something called grief.

Grief can be feelings: mad, sad, worry, relief, numbness, scared

Or it may be thoughts, such as “Who will take care of me now that my mom died?” or “Why do people get cancer?” or “What will happen next?”

Sometimes, grief affects our bodies
We feel sleepy, or have trouble falling asleep.
We may not feel like eating. We may have headaches or stomachaches or all of a sudden don’t feel like doing things we usually like to do, such as playing or going to school.
All of these are normal for grieving kids

You might have wondered
Will I ever get over this? A lot of people say grief is like a journey. Although it never ends, things do get better, and there are things you can do to smooth over the rough and rocky places along the way.

Every kid grieves differently
There are no right or wrong ways to grieve. There are, however, some helpful things and not-so-helpful things you can do while you’re grieving. This booklet has some activities that can help you express your feelings.

There are many feelings that we have when someone dies
It’s different for everybody
There is no right or wrong way to feel
It’s okay if you cry and it’s okay if you don’t cry
You may feel sad or angry or shocked or confused or nothing at all
You may hurt in your body or feel dizzy or tired
All feelings are normal

Johnny’s story
After his Dad died, 8-year-old Johnny said he had “lots of feelings all mixed up inside.” Some days, he felt angry and wanted to throw his Legos all over his room. Other times, he felt lonely and quiet and could sit by the window watching the rain fall for an hour. There were days he felt guilty and wished he could have done something to help his Dad. At times, he forgot about his Dad for a little bit and felt happy about something, like winning at video game or getting his allowance money.
Feelings are something you feel in your body

Color the places you feel your feelings

   Anger color red
   Sad color blue
   Scared or worried color orange
   Happy color yellow
Circle the safe ways you show your feelings

Talking to someone

Wrap yourself in a blanket

Squeeze a pillow

Take deep breath

Scribble or color on paper

Listen to music or hum a song

Running or exercising

What are some other ways you can show your feelings? Draw or write

1. 

2. 

3. 
About me:

My name is _________________________________

My age ___________________________________

_________________________________________

The people in my family are
_________________________________________

_________________________________________

My favorite thing to do is ____________________

_________________________________________

_________________________________________

My favorite color is _________________________

_________________________________________

_________________________________________

My favorite food is _________________________

_________________________________________

_________________________________________

Things I don’t like ___________________________

_________________________________________

_________________________________________
All about my special person who died

The name of the person who died is ____________________________________________

This person was my__________________________________________________________

My special person died from_________________________________________________

My favorite thing to do with them was________________________________________

My favorite memory of my special person is____________________________________

My special person really liked________________________________________________

The thing I will miss most about my special person is____________________________

When I want to share stories about the person who died, Someone I talk to is___________

Write or draw worries or questions in the balloon.
Johnny’s story continued
The counselor suggested that Johnny and his family think of a way to honor their father’s birthday that summer. Johnny decided to have a pizza party and to make one of their father’s super-duper pizzas with everything on it. Johnny invited a friend to the party and he shared pictures of his father and funny stories about his father. It felt good to laugh and remember his father.

Here are some other things you can do to remember your loved one who has died

![Balloons](image)

Write a message on balloons and send them up into the sky

![Cemetery](image)

Visit the cemetery

![Memory Box](image)

Make a memory box and put special items that remind you of your special person in it
Make a memory journal about your loved one

Write a letter or draw a picture about a favorite memory or how much you miss your loved one
YOUNG PERSON’S GRIEF SUPPORT PROGRAM
For young people grieving the death of a family member or friend
- Fall Program starts in October
- Winter Program starts in January
- Spring Program starts in April
Ages 14-18, 9-13, 5-8

Pre-registration by parent or guardian required. Please call 786-4402 for more information

Essentia Health St. Mary’s Grief Support Services 218 786-4402
Essentia Health 24-Hour Crisis Line 218 723-0099 or 1 888 826-0099

Website Resources
SMMC Grief Support website for printable materials & listings of free grief support groups for youth & adults.
www.essentialhealth.org/griefsupportduluth

http://www.nctsn.org

www.Mandalacoloringmeditation.com
www.stressfreekids.com
www.stressfreekids.com
www.kidsrelaxation.com

GRIEF SUPPORT SERVICES LIBRARY BOOKS FOR CHILDREN:

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