

Talk With A Friend

Consider talking with a friend or family member. Share your thoughts and feelings about your decedent's death as well as memories of this special person. Choose someone you can trust to respect your feelings and confidentiality.

Carry or Wear a Linking Object

Carry something special that reminds you of your decedent. It could be jewelry or another small object. Choose something that will fit in your pocket or school bag.

Create A Memory Book

Gather pictures of your decedent and other keepsakes, such as a card or event program. Glue these to pieces of paper to make a scrapbook. Be creative with the paper you use and the way you bind the pages together. Look through this treasure by yourself or with others.

Remember Your Dreams

After someone important to you has died, you might dream about that person. Some dreams may be weird or scary; others may be happy and fun. No matter what type of dream you have, it can be helpful to talk about it with someone you trust.

Tell Others What Helps You and What Does Not

It may be hard to tell others what you need, but it is important. After all, others cannot read your mind. So tell friends and family what makes you sad and what makes you feel better. Also, find out what helps them because it is different for each person.

Plant Something as a Memorial

Consider planting a tree or flowers in memory of your decedent - something special that you take care of and enjoy. You may want to plant it near your home, so that you can watch it grow and change.

Spend Time in Your Decedent's Space

You may find it comforting to sit in your decedent's favorite chair or to stand in his or her room for a short time. Only do this if and when it feels OK. Remember, feeling OK can include letting out healing tears!

Sleep With Something Soft

No one is ever too old to cuddle with a soft toy or pillow. You might find one that reminds you of your decedent. You may even have something that belonged to him or her. Another idea is to sleep with one of your decedent's shirts.

Write a Letter

Write a letter or other messages to your decedent. Include your thoughts and feelings. You can also write about activities that you used to do together. Write it on special paper. Keep it in a special place or throw it away. You get to decide what you want to do with it - or them, if you want to write more than one.

Light a Candle

Light a battery candle in memory of your loved one. This can be especially meaningful with a group of people. As you light the candle, say your decedent's name or something special about him or her. With a battery candle you can leave the "love light" burning!

Use Your Hands

Actively using your hands can help you feel better. This may include putting together puzzles, painting, working with clay, or even helping others with chores.

Listen to Music

Sometimes music can remind you of your decedent. You may feel sad, especially when you hear a certain song. Music can help you cry when you need to cry. You also can choose music that makes you feel good. You may want to start your day by listening to a favorite song.

Remember: It's OK to laugh!

Funny things can happen to you, just like they did before your decedent died. Take time to listen to or tell a funny joke. It's OK to laugh! It can make you feel better, just like crying does.

Remember: It's OK to Cry!

Sometimes when you miss your loved one a lot you might start to cry. During this time, you may want to be alone or you may want to be with others. Do what is best for you.

Help Someone Else

You may meet others who have also had someone die. You can reach out and be a good friend to them by listening. You may be able to help them with a chore. You could raise funds for a cause important to them.

Take A Walk

A walk with a friend or family member means that you can exercise and talk at the same time! Both are helpful griefwork! (A bike ride is good, too, but you don't get to talk the same way.)

Cuddle, Talk, Play With Your Pet

Pets are good listeners! They keep your secrets, too. They usually like your attention and can be a great comfort when you are sad. They can also be a fun pal when you are happy.

Read a Book About Grief

There are books about how kids grieve. There are story books that may help you understand your grief better and help you feel "normal." There are also workbooks that can help you process your grief and help you heal.

Attend a Grief Support Group

There are grief support groups for kids and teens. Ask your school counselor, pastor, or local hospice bereavement coordinator about locations in your area.

Read the Bible Every Day

God loves you and talks to you through the Bible. Read and think about the verses you have learned in Kid Talk. Read the book of John in the New Testament so you can get to know Jesus, your best friend. He is your healer, comforter, source of strength, love, hope, and peace.

Talk to God Every Day

Because God is always with you, you can talk to Him any time - day or night! You can tell Him everything and ask Him anything. He knows your pain, your needs and your desires. God loves you and promises to care for you as you trust Him and spend time with Him in prayer and reading His word to you, the Bible.

