

# G R I E F N O T E S

## **What Kids Need to Know About Grief**

### **What does dead mean?**

When someone dies, his or her body stops working. They can't see, hear, feel, breath, talk, move or sleep.

### **What is grief?**

Grief is what you feel when someone you care about dies. It is okay to feel sad, angry, helpless, scared, confused, and lonely after someone dies.

### **How does your body respond to grief?**

It is normal to have an upset stomach, headache, feel very tired, cry and find it hard to pay attention in school after someone special dies.

### **How can you help yourself after someone special dies?**

Some kids find it helpful to talk about the person who died, play, write in a journal, listen to music, ride a bike or watch a funny movie.

### **How can you remember the person who died?**

The best way to remember this special person is to celebrate his or her life. Plant their favorite flowers or trees in your yard, make a donation to a favorite charity, or create a scrapbook of special pictures of the person who died.

### **Remember:**

Everyone deals with grief differently. You won't stop missing this special person who died but you can learn to live without them.

For more information for grieving children contact Hospice Bereavement Services at 315-265-3105 or by e-mail [mjones@hospiceslv.org](mailto:mjones@hospiceslv.org)

# *40 Ideas for Coping with Grief*

by the Norwood/Norfolk School 2004 Good Grief Club

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| <ol style="list-style-type: none"><li>1. Go fishing.</li><li>2. Punch a pillow.</li><li>3. Ride a bike.</li><li>4. Take a walk.</li><li>5. Squeeze stress balls.</li><li>6. Run</li><li>7. Walk or play with the dogs.</li><li>8. Pop balloons.</li><li>9. Walk the cats.</li><li>10. Make paper airplanes</li><li>11. Listen to music.</li><li>12. Blow up a bag and pop it.</li><li>13. Dig for worms</li><li>14. Draw a picture</li><li>15. Crush up paper</li><li>16. Watch a funny movie.</li><li>17. Make up a story and write it down.</li><li>18. Talk to parents.</li><li>19. Throw water balloons outside.</li></ol> | <ol style="list-style-type: none"><li>20. Chew bubble gum.</li><li>21. Play video games.</li><li>22. Eat ice cream.</li><li>23. Plant flowers.</li><li>24. Climb Trees.</li><li>25. Tackle a pillow.</li><li>26. Watch Looney Toons.</li><li>27. Dance.</li><li>28. Make a poster</li><li>29. Sew.</li><li>30. Play football.</li><li>31. Play paintball.</li><li>32. Play a game.</li><li>33. Catch frogs.</li><li>34. Play tag.</li><li>35. Play cards..</li><li>36. Play with friends.</li><li>37. Write in a journal.</li><li>38. Write down your feelings.</li><li>39. YELL</li><li>40. Laugh.</li></ol> |
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What are your ideas for coping with grief?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

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