

1. **Get support from loving and caring adults in your life.** Often grief feels isolating. It is important for you to have loving and supporting adults around you when you can. A safe and caring family member or school guidance counselor, teacher or social worker can be helpful when you are having a difficult time after someone important in your life has died.
2. **Ask questions.** You may need to ask questions of loving, responsible adults. If you are still confused, then ask more questions. You may have lots of questions about the death and how things have changed since the death. It's okay to ask questions.
3. **Remember that sometimes adults don't have all of the answers.** Grieving can be challenging for them too. They might not have the answer or may not have it right away. You can let them know that it is okay for them to get back to you about the answer to your question.
4. **Express how you are feeling when you are ready and in a way that is right for you.** You may have lots of different feelings: sadness, anger, confusion, guilt, aloneness, helplessness, hopelessness, relief, happiness, shame, insecurity, uncertainty. There may be lots of others too, and your feelings may change ... and sometimes they change quickly! This can be a common thing for kids who are grieving. Expressing your feelings can mean talking to someone you trust; but it can also mean writing your feelings down; drawing or coloring your feelings; playing or listening to music; or exercising or playing sports. All of these are ways to express ourselves and can help us to feel better.
5. **Understand that – for a while - you may not feel like doing things that you normally like to do.** Again, this is not unusual for grieving kids. It is okay to say that you are not interested in something if you really aren't. It takes some time to heal after someone important in your life has died.
6. **Remember that your friends may not fully understand what you are going through.** Your friends may feel strange or awkward or not know what to say to you after someone close to you has died. It can make them uncomfortable. Or they may be afraid that they will make you sad or uncomfortable. This does not always mean that your friends do not care; they may just need some time to adjust to your new situation. You can let your friends know that you are still their friend and hope to continue your friendship.
7. **Realize that sometimes we may never fully understand why things happened the way they did.** Sometime there just aren't any certain answers to our questions. Even if we do understand why the death happened, it may be difficult to accept that things are the way they are. Give yourself lots of time to gradually understand things.
8. **Be patient with yourself.** It may take some time for things to start making sense again. That is normal for lots of kids who have experienced the death of someone important to them.
9. **You may need to talk about things over and over again.** Sometimes we have to "tell our story" again and again. That can be helpful. Give yourself permission to do that and let trusted adults in your life know that that may be something that you need to do.
10. **It's okay not to talk if you don't want to.** If someone asks you to talk about things but you do not wish to, it is okay to let them politely know that you don't wish to talk right then, but that you might want to talk another time.

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11. **It may be hard to concentrate or to remember things.** This is also very normal for kids who have had someone close to them die. Grief affects us mentally. Give yourself some time for your brain to heal too!
12. **If you have physical problems make sure you let a parent or other trusted adult know.** Sometimes kids who are grieving can have different aches and pains like stomach aches or headaches. If this happens to you, be sure to tell a responsible adult how you are feeling physically.
13. **If you find that you are yelling, fighting or arguing more with people, make sure that you let a parent or other responsible adult know how you are feeling.** It might be helpful to write down how you are feeling or to do some type of physical activity to help get your feelings out in a safer, healthier way.
14. **If you feel like you might harm yourself or someone else, make sure you tell a parent or other trusted adult like an adult relative, an adult friend of your family, a teacher, principal or guidance counselor.**
15. **Remember that it is okay to have fun!** Grieving can be challenging, but it is important to be able to have fun too, even after someone important to us has died. Having fun, wanting to be with friends, or enjoying ourselves does not mean that we do not still love, care about, and respect the person who died. We can be grieving and still sometimes be happy and have fun.