
Tips for grieving children and parents

Here are some new words we might be hearing;

Grieving

This means we are feeling sad when someone dies.

Sympathy

This means showing someone who is sad that we care about them.

When we hear sad news sometimes we cry and sometimes we don't. And that's ok.

Sometimes we are sad and sometimes we are happy and that's ok. It is ok to still find joy in things we like.

We might be feeling sad for 10 minutes and then we might go and play and laugh and that's ok.

Sometimes it is helpful to do something physical like go for a walk, ride a bike, kick a ball, shoot some hoops, dance, sing or do some gardening. You might be able to think of something else to do.

Other things you might like to do are watch a favourite movie or video, snuggle on the couch with a family member, spend some time with a pet, teach your dog a new trick, do some colouring in, listen to some music, do some craft, make some play dough. Maybe you can think of some other things you might be able to do.