



## KID'S SCRIPT

Hi, my name is \_\_\_\_\_ and my \_\_\_\_\_ died.

I go to a place called Good Grief where I can be with other kids like me—kids whose mom, dad, sister or brother have died.

Maybe you're wondering, "What is grief?" Grief is really hard to describe. There are lots of feelings I have because my \_\_\_\_\_ died. Some kids say grief is like a roller coaster. Sometimes I feel happy; other times I feel lonely and sad. You may not actually see this, because I don't always show how I am feeling on the outside.

Being with my friends at Good Grief helps me because we can talk about what it's like when someone dies who is important to us. And sometimes we just play together. Just being around other grieving kids helps me feel not alone.

Thursday, November 15<sup>th</sup> is Children's Grief Awareness Day. We want to raise awareness and support kids just like me who are grieving. We are doing this special thing on November 15<sup>th</sup>—everyone who wants to support grieving kids like me are going to wear blue on that day! If you want to help raise awareness and show your support for grieving kids, please wear blue on that day. Thank you.

