



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 moms, dads, sisters or brothers 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 21st 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 21st—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 please wear blue too! Thank you.