

# Children's Grief Awareness Day



## ACTIVITY IDEAS

### WAYS TO SUPPORT STUDENTS WHO ARE GRIEVING IN YOUR SCHOOL

- WEAR BLUE on Children's Grief Awareness Day!
- Have a door decorating contest with messages of support for anyone who is having a difficult time.
- Create a memory wall, a paper chain, or a Tree of Hope in honor of those who have died or as a place to write a message of support to a friend who is grieving.
- Use our Wall of Support materials as part of your school's awareness raising.
- Participate in our Illuminating HOPE virtual memory display at [hope.highmarkcaringplace.com](http://hope.highmarkcaringplace.com).
- Use morning announcements to bring awareness to Children's Grief Awareness Day.
- Encourage student leaders to create a video highlighting Children's Grief Awareness Day and the importance of supporting their peers who have lost a loved one.
- Participate in the Children's Grief Awareness Day poster contest, and display in your school the previous year's contest-winning posters (provided by the Caring Place).
- Showcase grief-related books in your school library during the month of November.
- Highlight Children's Grief Awareness Day on your school's website and school calendar.
- Have an awareness-raising or fundraising event to support students who are grieving:
  - Have a Themed Dress Week;
  - Jeans Day;
  - Bake sale or "blue" candy sale.

**Join children, teens and adults across the nation and the world in helping grieving kids know they're not alone!**



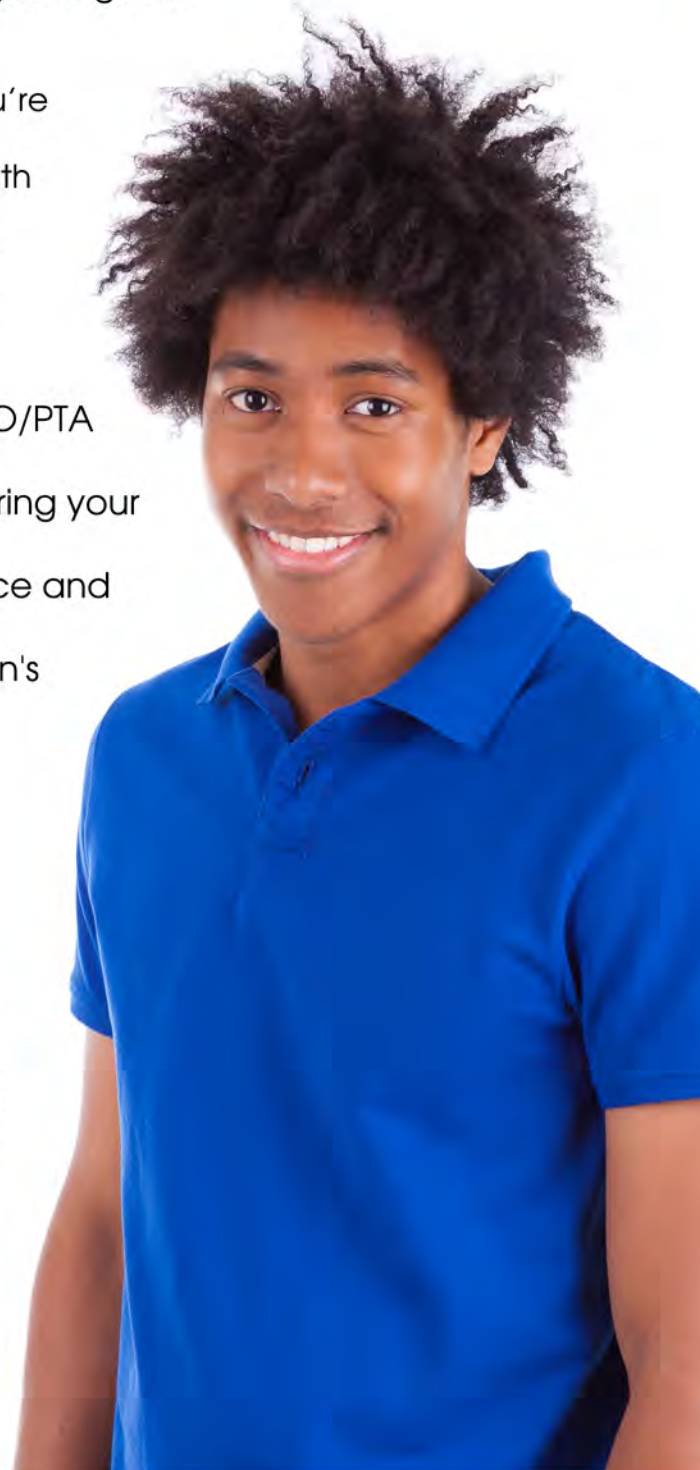
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## ACTIVITY IDEAS

### WAYS TO SUPPORT STUDENTS WHO ARE GRIEVING IN YOUR SCHOOL (CONTINUED)

- Use Holding On To HOPE to show your support for grieving kids:
  - VISIT [childgriefday.com/hope](http://childgriefday.com/hope);
  - PRINT the Holding On To HOPE placard;
  - WRITE who you're Holding On To HOPE for or how you're Holding On To HOPE;
  - SNAP a photo in your school, home, or community with your Holding On To HOPE placard;
  - SHARE a photo on social media using #childgriefday
- Create a fun Holding On To HOPE photo booth for students and staff.
- Invite a Highmark Caring Place staff member to provide a presentation to students, staff or at a PTO/PTA meeting (any time of the year).
- Incorporate a moment of reflection or memory during your school day.
- Display a resource table with Highmark Caring Place and Children's Grief Awareness Day materials.
- Request the school community to highlight Children's Grief Awareness Day.
- Be CREATIVE! Have FUN!



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**Children's Grief**  
**AWARENESS DAY**  
EDUCATE. EQUIP. HONOR.