

Children's Grief Awareness Day



INFO SHEET

WHAT IS CHILDREN'S GRIEF AWARENESS DAY?

- A day to keep in mind other kids having a very hard time after someone special died.
- A day to reach out and show you care to someone who needs it.
- A day to remember those special people who have died—someone you know or someone who a friend knows.

WHEN IS CHILDREN'S GRIEF AWARENESS DAY?

The third Thursday of November every year (the Thursday before Thanksgiving).

WHY OBSERVE CHILDREN'S GRIEF AWARENESS DAY?

Grieving kids don't just "get over it." They need support—more support and for a longer time than most people assume.

HOW DO I OBSERVE CHILDREN'S GRIEF AWARENESS DAY?

- FOLLOW or LIKE @childgriefday on Facebook, Instagram, and Twitter.
- Wear BLUE, the color of Children's Grief Awareness Day—add a butterfly, the symbol of HOPE.
- Organize an event at your school, business, or organization.
- For more ideas and activities, visit bit.ly/cgadparticipate

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



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



Children's Grief Awareness Day



KEEP IN MIND

INVOLVED IN CHILDREN'S GRIEF AWARENESS DAY ACTIVITIES?

The purpose of Children's Grief Awareness Day is to bring attention to how common children's grief is, and to how important support is for those children around us who have had someone close to them die.

As an important person within a school, daycare, after school program, community organization, or in the life of any child, there are a few things that are important for you to keep in mind when you take part in Children's Grief Awareness Day activities:

- Children's Grief Awareness Day is here to call attention to the ISSUE of children's grief, not to any particular child or children who have suffered a loss.
- Some children will want their grief to be recognized while others will want to keep it private. Always be sure to check with any child before calling attention to their circumstances.
- The activities of Children's Grief Awareness Day can cause a possible "trigger" reaction in those who have had someone close to them die, regardless of how much time has passed since the death. Be alert for signs of grief reactions and be prepared to provide support as needed.
- If you're in a school setting, make sure that all school personnel are aware of any Children's Grief Awareness Day activities, whether or not they are directly involved.
- If possible, parents and guardians should also be made aware of any planned activities.
- Remember that all messages you use with any activity need to be appropriate to the developmental age of the children involved.

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



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

