

# Healing Your Grieving Heart

## FOR KIDS

(Information provided by: *Healing Your Grieving Heart for Kids: 100 Practical Ideas*  
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A note to parents or other loving grown-ups: These practical ideas are simple advice and activities for children age 6-12 who are grieving the death of someone they love. The basic message is that children need to mourn—that is, to express their grief outside themselves—if they are to heal. They also need the compassionate support of adults like you. Thank you for being a grown-up who helps children mourn well so they can go on to live well and love well.

Here are a few practical ideas to help your child through this process:

1. Learn the grief and mourning is different: **Grief** is what you think and feel after someone dies. **Mourning** means letting those thoughts and feelings out.
2. Understand the 6 Needs of Mourning: Accepting the death, let yourself feel sad, remember the person who died, accept that your life is different now, think about why this happened, let other people help you now and always.
3. Let yourself feel numb
4. Let yourself feel whatever you feel
5. Talk to a grown-up you trust
6. Talk about the person who died, what do you remember about him/her?
7. Cry
8. Get lots of sleep and eat healthy food
9. Play outside and don't spend too much time alone
10. Let yourself feel happy
11. Play with your pet
12. Keep a journal
13. Draw pictures of how you feel
14. Do something you like: dance, play sports, watch a movie, play a game
15. Write a letter to the person who died
16. Remember to tell your family you love them
17. Never do anything that will hurt yourself or someone else
18. Talk to other kids who knew the person who died
19. Don't be scared if you have "grief bursts"- crying out of nowhere
20. Don't think you have to be strong
21. Hug, be silly and laugh, enjoy your life

