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Grief Is Love

**A GUIDE TO HELPING
KIDS COPE WITH GRIEF**

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WHAT IS GRIEF?

EXPLORE YOUR OWN THOUGHTS ON GRIEF BEFORE BEGINNING.

**NEXT, ASK YOUR CHILD WHAT THEY
THINK GRIEF IS OR WHAT THE
FEELING GRIEF MEANS TO THEM.**

SOME ANSWERS MIGHT INCLUDE:

When we miss someone. I don't know what grief is.
To be really sad. Happens when someone dies.

Grief is a **feeling.**

Grief shows up during
times of change.

When there is **change,** there
is always **something lost.**

When we lose something,
or someone, we can
experience grief.