



# GRIEF AWARENESS DAY 2020

## What is Grief Awareness Day about?

- Grief Awareness Day is observed the Thursday before Thanksgiving every year.
- Grief Awareness Day is a day focused on bringing to mind all around us who have experienced the death of a loved one — especially children and teenagers, who typically feel very alone in the journey of grief they travel.
- Grief Awareness Day is an opportunity to let the grieving know that they're not forgotten in the midst of their grief.

## What can you do to help?

- Join us by wearing blue on November 19 to show your support for grieving children all around us.
- Spread the word on social media - photograph your class wearing blue and post on Facebook or Instagram with the hashtag **#childgriefday**
- Create something artistic with students, whether it is a memory wall decorated with art paper, or Hope chains or thumb print tree.
- Engage in conversations with your students about grief so that you can learn more about their own experiences.

# THURSDAY, NOVEMBER 19, 2020

## 10 things to know about grief

1. Grief is a natural and normal response to death.
2. Every person's grief is unique.
3. Grief is not a disease.
4. Grief is a lifelong process that changes with time.
5. Children grieve differently than adults.
6. Children of different ages grieve differently.
7. Many adults who had lost a parent when they were young describe the death as the defining moment of their lives.
8. Grieving children and adults need support.
9. We grieve because we love.
10. Grieving children and adults don't "just get over it" but they can learn to integrate the death (the absence of the one they love) into their lives.



To receive one of our  
**Limited Edition Grief Awareness T-Shirts**  
and **Special Teacher Packet**,  
email us at [info@solacetree.org](mailto:info@solacetree.org)  
or call **775.324.7723** today!

