

TIPS TO HELP A FRIEND:

REMEMBER

With your family, write your friend a note to let them know you are thinking about them.

COMFORT

With your family, bake cookies or make a meal for your friend.

PLAY

Invite your friend to play or hang out.



National Alliance for
Grieving Children
www.childrengrieve.org

TIPS TO TAKE CARE OF YOURSELF:

MOVE YOUR BODY

Exercise is good for the body and for your mood.

BE GOOD TO YOURSELF

Remember: All feelings are ok. It is ok to cry if that's how you feel when you think of your special person.

CONNECT WITH PEOPLE AND THINGS

Look for people you can talk to when you are feeling down. Choose an object or make something to remind you of your special person. Keep it with you to feel connected whenever you need it.



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