

Children's Grief Awareness Day



ACTIVITY IDEAS

WAYS TO SUPPORT STUDENTS WHO ARE GRIEVING IN YOUR SCHOOL

- WEAR BLUE on Children's Grief Awareness Day!
- Have a door decorating contest.
- Create a memory wall, a paper chain, or a Tree of Hope in honor of those who have died or as a place to write a message of support to a friend who is grieving.
- Participate in our Illuminating HOPE virtual memory display at hope.highmarkcaringplace.com.
- Use morning announcements to bring awareness to Children's Grief Awareness Day.
- Encourage student leaders to create a video highlighting Children's Grief Awareness Day and the importance of supporting their peers who are grieving.
- Participate in the Children's Grief Awareness Day poster contest and display provided posters in your school.
- Showcase grief related books in your school library during the month of November.
- Highlight Children's Grief Awareness Day on your school's website and school calendar.
- Follow our social media channels and use #childgriefday on to encourage discussion.
- Use Holding On To HOPE to show your support for grieving kids:
 - VISIT childgriefday.com/hope;
 - PRINT the Holding On To HOPE placard;
 - WRITE who you're Holding On To HOPE for or how you're Holding On To HOPE;
 - SNAP a photo in your school, home, or community with your Holding On To HOPE placard;
 - SHARE a photo on social media using #childgriefday
- Create a fun Holding On To HOPE photo booth for students and staff.
- Invite a Highmark Caring Place staff member to provide a presentation to students, staff or at a PTO/PTA meeting (any time of the year).
- Have an awareness-raising or fundraising event to support students who are grieving:
 - Have a Themed Dress Week;
 - Jeans Day;
 - Bake sale or "blue" candy sale.
- Incorporate a moment of reflection during your school day.
- Display a resource table with Highmark Caring Place and Children's Grief Awareness Day materials.
- Request the school community to highlight Children's Grief Awareness Day.
- Most importantly, be CREATIVE! Have FUN!

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

