

ALDO'S ADVENTURE TO #UNDERSTANDGRIEF

MAYBE YOU'RE ON ONE TOO? ALDO WAS 7 WHEN HIS PARENT DIED OF COVID. IF YOU WANT, WRITE IN WHO DIED IN YOUR LIFE AND HOW OLD YOU WERE.



GRIEF IS EVERYTHING WE THINK, FEEL, AND WONDER ABOUT WHEN SOMEONE DIES. THERE'S NOTHING WRONG WITH YOU BECAUSE SOMEONE IN YOUR FAMILY DIED OF COVID.



ROCKY TRAIL AHEAD

YOUR GRIEF CAN BE WEIRD AND MESSY AND COMPLICATED. AND THAT'S OK.

I LOVE MY MOM, BUT SOMETIMES SHE WAS MEAN.

DAD WAS WORKING AT THE HOSPITAL ALL THE TIME, I NEVER GOT TO SEE HIM.

WHAT'S MESSY ABOUT YOUR GRIEF?

EVEN THOUGH GRIEF CAN BE LONELY, IT'S NOT A SOLO HIKE.

MY MOM IS ALWAYS CRYING, DOES THAT MEAN I SHOULD TOO?

GRANDMA IS ANGRY BECAUSE DAD HAD TO GO TO WORK. THAT'S HOW HE GOT COVID.

WHAT HAVE YOU LEARNED ABOUT GRIEF FROM OTHER PEOPLE?

GRIEF CAN CHANGE EVERYTHING. INCLUDING WHAT WE THINK, FEEL, LIKE, AND WHAT WE WANT TO DO IN THE FUTURE.



HOW HAVE YOU CHANGED?

IT'S BETTER WHEN PEOPLE DO AND SAY THINGS THAT FEEL HELPFUL.



I LIKE WHEN MY MOM MAKES MY FAVORITE SNACK AND MY FRIENDS INVITE ME TO PLAY. I DON'T LIKE IT WHEN MY UNCLE TRIES TO CHEER ME UP WITH BAD JOKES.

WHAT'S HELPFUL FOR YOU?

I WANT TO _____

WHEN SOMEONE DIES OF COVID,
LIFE CAN FEEL OUT OF CONTROL.
IT HELPS TO HAVE CHOICES.

MOM LET ME
DECIDE IF I WANTED
TO GO TO THE
FUNERAL.

I DECIDED
I WANTED TO
SWITCH FROM
BASEBALL TO
SOCCER.

I PICK OUT
WHAT I WEAR
TO SCHOOL.

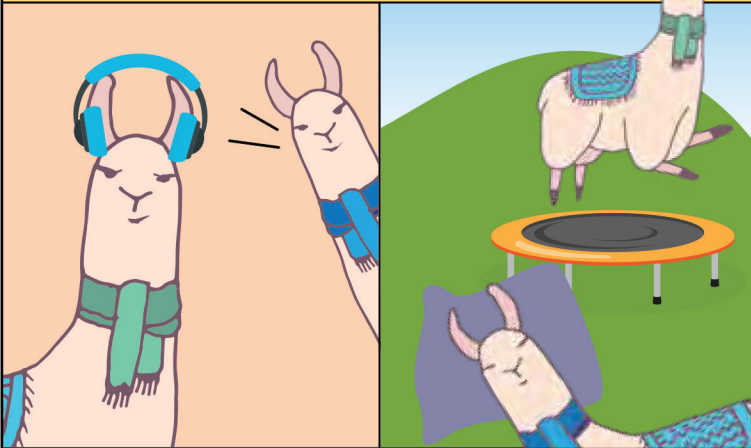


SAFETY ZONE

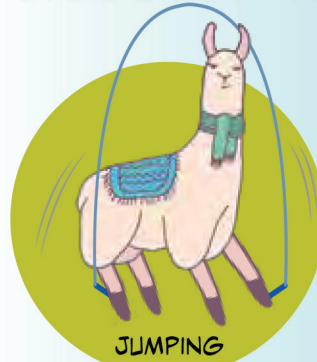


WHO AND WHAT HELPS YOU FEEL SAFE?

GRIEF IS AS UNIQUE AS YOU ARE. HOW YOU FEEL
AND WHAT YOU DO MIGHT BE DIFFERENT THAN
OTHER PEOPLE.



UNMARKED TRAIL



THERE'S NO RIGHT OR
WRONG WAY TO MOVE ON
THE GRIEF TRAIL. HOW DO
YOU LIKE TO MOVE?

THERE'S NO SPECIFIC END TO GRIEF.
IT CHANGES OVER TIME, JUST LIKE YOU.



GET EXTRA HELP



GRIEF CAN BE REALLY HARD —
IT CAN MAKE OTHER THINGS
THAT WERE ALREADY HARD SEEM
IMPOSSIBLE. IT'S OKAY TO ASK
FOR HELP. TALK WITH A TRUSTED
FAMILY MEMBER, NEIGHBOR,
TEACHER, FRIEND, OR OTHER ADULT.



DOUGY
CENTER

THE BRAVE OF
HEART FUND