Aldo’s Adventures in Grief

Maybe you’re on one too? Aldo’s parent died when he was 8.

If you want, write in who died in your life and how old you were.

What is grief?

All the things you think and all the things you feel after someone dies.

Feelings & Other Strange Things

Angry
Confused
Sad
Happy
Tired

Grief Feels Like...

A rotten apple
A whole wave comes out of your eyes
A sucker punch to the gut

Is this normal??

I think so many things. It feels like a hurricane in my brain.

Is it okay to still have fun?

Some days I think about them all the time. Other days I barely think about them. It’s weird.

Yup, it’s normal.

Everyone’s grief is different

How do you grieve?
I wish...
...I could have stopped them from dying.
...My sibling could be at my dance recital.
...I could have said goodbye.

What do you wish?

Does anyone out there get it?

Awkward things people say

Are you still sad?
I'm sorry for your loss.
At least you got to know your dad.

What have people said to you?

What helps?

Petting my dog
Playing sports
Coloring a picture
Asking my family to tell stories about my person who died
Dancing it out

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.