

# RAINBOW CONNECTIONS

## ISSUE 4 | SADNESS IN GRIEF

Life is full of hellos and goodbyes. The goodbyes make us feel sad because we are separated from someone or something we care about. If you have ever moved to a new city or new neighborhood, you probably remember feeling sad at leaving your friends, your old house, everything familiar about that place. The death of a parent or someone else we love is one of the biggest losses any of us can have. Because it's so big, most of us, grown-ups and kids, have times when we can't believe it's really true. We expect the person who died to come walking in the door again, or to be in places we remember him or her being. When we remember he or she won't be back, we feel sad.

"I felt sad and mad and angry and I missed him."  
- Nikki, age 9

"I love him and miss him."  
- Lily, age 9

"I was feeling sad, very, very, very, very sad."  
- Susan, age 8

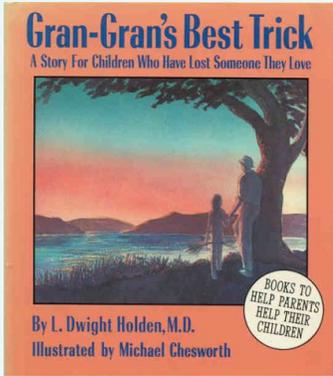
"I felt sad when I went to see her and she was dead. When I went to the viewing I felt very sad but I did not cry."  
- Arleen, age 8

Sometimes children miss the person who died so much that they wish they could join the person. They wish they could be dead or in heaven. This can be a scary thought and kids in our groups are relieved to know that other kids have the same thought. Most children don't really want to die in order to join their loved one, but if you are feeling so sad that you have serious thoughts about dying it is important to talk about them with someone who can listen and help. That someone might be your parent, a teacher or school counselor, someone at your church or synagogue, or a grown-up friend.

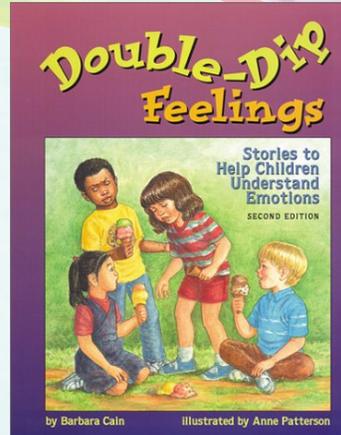


Remember that when you are feeling sad, it's helpful to share your feelings with someone you trust. Crying can help get the sadness out and so can talking or drawing or writing in your journal. Don't forget to ask for hugs when you are having a sad day.

## RECOMMENDED BOOKS



**Gran-Gran's Best Trick** by L. Dwight Holden, M.D. A young girl tells about her special relationship with her grandfather and the difficulty of dealing with his death from cancer.



**Double Dip Feelings** by Barbara S. Cain Discusses how sometimes we feel opposite feelings at the same time. Gives good examples from everyday life. Not directly related to loss but useful in helping children understand their feelings.

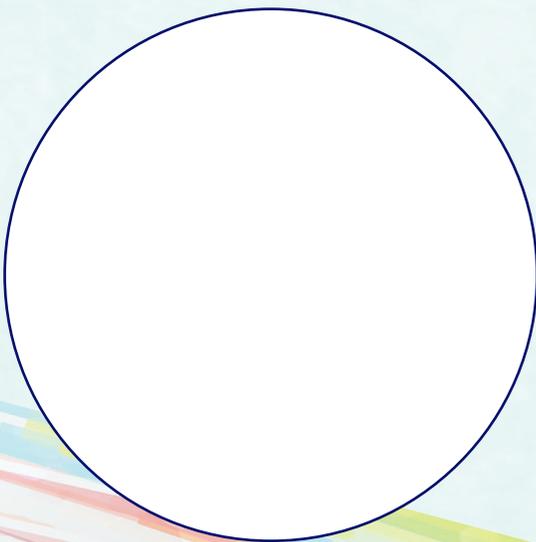
## ACTIVITY IDEA

### Memory Box

Draw a picture and/or write about a time when you felt sad. You may put this in your memory book. Share this picture with someone you trust, if you can. Sharing our feelings makes them less painful.

### Draw how you feel

Use this circle to make a face showing how you feel today.



## SHARE HOW YOU ARE DOING!

Please call us if you would like to share your experiences with the feelings talked about in Rainbow Connections, or any other problems you might have. Kids are always teaching us about their grief and what helps them.



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