

RAINBOW CONNECTIONS

ISSUE 7 | PROBLEMS IN GRIEF

This month we will look at some of the problems kids have because of their grief. Often kids and their parents and teachers do not realize these problems are connected to the grief being felt.

One of the most common problems children have after the death of someone they love is being able to pay attention and get their work done at school. While a few kids may start doing better in school than before the death, the grades of many kids get worse in the year after the death.



"I got bad grades in school."
- Sarah, age 12

It is hard to pay attention to school work when we find ourselves daydreaming or thinking about the loss. This can be made worse when parents or teachers get worried and put more pressure on you. It has helped when parents, teachers, and children realize that the dip in grades will be temporary and that grades will get better.

In our month five mailing we talked about good ways to handle anger. One way that works really well is to time yourself out when you are angry. This means going to a safe place where you can be away from whatever is upsetting you until you are feeling calmer. Timing yourself out lets you be the boss of your life. For example, if you decide to go to your room to cool off, you are going to feel much better about yourself than if someone else tells you to do it. Try it and see!

"I hit someone in the face."
- Matt, age 7

A lot of adults and children do not sleep well after a death. It is very common for children to be more afraid at night and want to sleep in bed with a parent or family member.

Grief can also affect our appetite. Some people may feel more hungry, others feel less hungry. Also sometimes we do not feel much like talking or being around other people and at other times we want to be around people

more. Everybody grieves in his or her own way. We are all different. It helps if we can let each other grieve the way that works best for each of us and support and comfort each other.

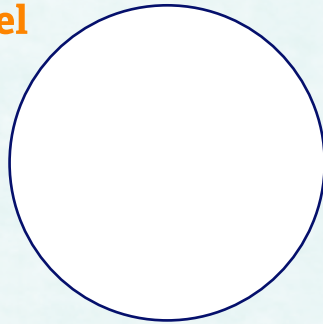
ACTIVITY IDEA

Journal Ideas

Draw a picture or write in your journal about a problem you are having in school, at home or with friends since the death. Who can help you with this: a teacher, parent, adult friend, or counselor?

Draw How You Feel

Use a 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.



HopeWest

(970) 241-2212 | HopeWestCO.org

RECOMMENDED BOOKS

It Must Hurt A lot

by Doris Sanford

A little boy's dog is hit by a car and killed. The boy is angry and sad. He learns how to deal with the way others treat him after this death.



The Accident

by Carol Carrick

A realistic and moving story of a boy and his dog and how the boy deals with a wide range of emotions after his dog is killed in an accident.

