

# 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.

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## WHAT IS GRIEF?

ALL THE THINGS YOU THINK AND ALL THE THINGS YOU FEEL AFTER SOMEONE DIES.



## FEELINGS & OTHER STRANGE THINGS

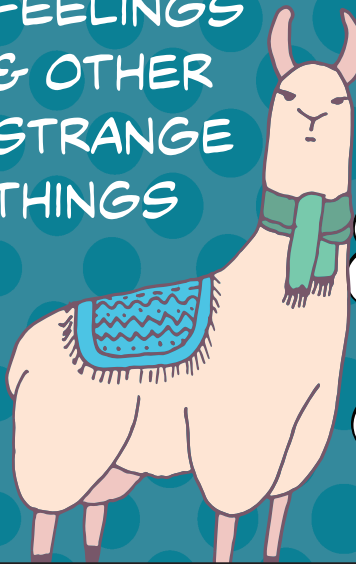
ANGRY

CONFUSED

SAD

HAPPY

TIRED



## GRIEF FEELS LIKE...

A ROTTEN APPLE



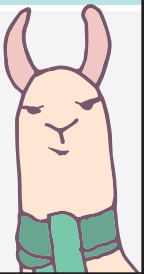
A WHOLE WAVE COMES OUT OF YOUR EYES



A SLUCKER PUNCH TO THE GUT



WHAT DOES GRIEF FEEL LIKE TO YOU?



## 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...**

...MY SIBLING COULD BE AT MY DANCE RECITAL.

...I COULD HAVE STOPPED THEM FROM DYING.

...I COULD HAVE SAID GOODBYE.

WHAT DO YOU WISH?

NOT EVEN CLOSE.

I KNOW HOW YOU FEEL, MY HAMSTER DIED.

**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?

**IS IT WEIRD THAT...**

...I GET SO MAD WHEN I FORGET THINGS ABOUT MY DAD?

...I KIND OF THINK IT'S HER EVERY TIME I SEE A BUTTERFLY?

...I DON'T WANT TO TELL PEOPLE WHAT HAPPENED?

...I SLEEP WITH HIS FAVORITE SHIRT? IT KINDA STILL SMELLS LIKE HIM.

**NOPE, NOT WEIRD.**

**WHAT HELPS?**

PETTING MY DOG

PLAYING SPORTS

COLORING A PICTURE

ASKING MY FAMILY TO TELL STORIES ABOUT MY PERSON WHO DIED

DANCING IT OUT

SOMETIMES I YELL, SOMETIMES I CRY, SOMETIMES I DO THEM AT THE SAME TIME. WHAT HELPS 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.

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