



Implementing & Supporting Children's Grief Awareness Day/Month in Schools

What is Children's Grief Awareness Day (CGAD)?

A day to help others understand the impact of death on children and their need for support, and to let grieving children know they are not alone.

When is CGAD?

November 20, 2025 - the third Thursday of November every year. November is Children's Grief Awareness Month.

Why observe CGAD?

Grieving kids don't just "get over it." They need support – more support and for a longer time than most people assume.



IMPORTANT CONSIDERATIONS

- The purpose of Children's Grief Awareness Day/Month is to bring attention to the topic of childhood grief – not to highlight any specific child or children who have suffered a loss.
- Some children will want their grief to be recognized while others will prefer to keep it private. Always be sure to check with any child before sharing or calling attention to their circumstances.
- The activities of Children's Grief Awareness Day/Month may prompt strong emotions in those who have had someone close to them die, regardless of how much time has passed since the death. Be alert for signs of grief reactions and be prepared to provide support as needed.
- All personnel should be aware of any Children's Grief Awareness Day/Month activities whether or not they are directly involved.
- If able, parents and guardians should be made aware of any planned activities as well.
- Remember that all messages used in conjunction with any activity should be appropriate to the developmental age of the children involved.

Adapted from Highmark Caring Place and Children's Grief Awareness Day

www.goodgriefnwo.org / www.childgriefday.com

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ACTIVITY IDEAS

- Encourage faculty and students to **wear BLUE** on November 21st! Publicity about the reason for wearing blue - to show awareness of support for grieving children - allows the entire community to know what Children's Grief Awareness Day is all about.
- Decorate a space or door as a **Wall of Support** by displaying messages to those who are grieving.
- Create a **Hope Chain** using various shades of blue strips of paper. Ask participants to write messages of support or names of loved ones they would like to remember.
- Make a **Memory Wall** to display names of loved ones written on blue butterflies or hearts.
- Showcase grief-related books in your school library during the month of November.
- Display a resource table with materials from Good Grief of NW Ohio and Children's Grief Awareness Day.
- Schedule Good Grief of NW Ohio to provide staff training on ways to support grieving students.
- Meet with Good Grief of NW Ohio to discuss setting up school-based grief support groups.



Please reach out to Good Grief of NW Ohio with any concerns, questions, or to chat about what you are planning!

We'd love to see how you observe Children's Grief Awareness Day!

Feel free to e-mail photos to us at info@goodgriefnwo.org or tag us on social media!

For even more ideas, visit: <https://goodgriefnwo.org/news/cgad2025>

Download templates here: <https://bit.ly/cgadtemplates>

CGAD Facts & Stats: <https://goodgriefnwo.org/assets/site/CGAD-Facts-Stats.pdf>

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