

# NOVEMBER 2020 CHILDREN'S GRIEF AWARENESS MONTH

1 in 14 children in the U.S. will experience the death of a parent or sibling by age 18. Join us this month to raise awareness for those grieving, honor special people we have lost, and take care of each other and ourselves.



## SUNDAY

1 Kickoff November by [sharing this calendar](#) with family and friends!

8 Focus on your breathing and body. Do some [yoga on your own or as a family!](#)

15 [Be mindful in the moment!](#) Savor that coffee, relish your hot shower, and so on.

22 [Self-care Sunday!](#) Give yourself permission to do nothing!

29 Go on a [Gratitude Walk](#) and think about what you are grateful for.

## MONDAY

2 [Learn about the prevalence of childhood bereavement in the U.S.](#)

9 Read about Kai in [The Golden Sweater](#), a story of grief, strength, and love.

16 [Update your Facebook Frame](#) in support of grieving children!

23 Find out how many children will be [grieving a loss in your state](#).

30 Cyber Monday - give back by [donating items on our wish list](#).

## TUESDAY

3 Think of fun family time ideas and [write them on popsicle sticks](#).

10 [Share memories](#) with your family using M&Ms. *Yum!*

17 Collect rocks and stones to [turn into gratitude rocks](#).

24 Kai's journey continues in [The Girl with the Locket](#), a story of friendship.

## WEDNESDAY

4 [NAGC GriefTalk](#): Support conversations with youth about death and grief.

11 How can you offer support to those grieving? [Create coupons!](#)

18 Our grief experts share [nine caregiving skills](#) we practice at Judi's House.

25 [5 Ways Giving is Good for You](#). Support organizations meaningful to you.

## THURSDAY

5 Let's get better at grief. [Watch this documentary](#) to learn how to talk about grief.

12 Learn about the [history of Children's Grief Awareness Day](#).

19 Check out [FREE virtual events](#) for Children's Grief Awareness Day!

26 [Practice gratitude](#) if you feel a grief wave coming on.

## FRIDAY

6 What do you want for next year? [Create a vision board](#) to see!

13 Caring for grieving kids? Register for our [free virtual workshops](#).

20 Explore parenting while grieving with a [blog written by our CEO](#).

27 [Just listen](#). How to teach kids to be supportive to those grieving.

## SATURDAY

7 Stay up-to-date on everything Judi's House by [signing up for our newsletter](#).

14 [Make a recipe book](#) with your special person's favorite food.

21 Take part in curated activities for families to [focus on healing at home](#).

28 Honor the memory of your special person by [making a gift](#) in their name.

