

Story Card



Episode 12

It's Written in the Stars

Dealing with the death of a loved one

When someone you love dies, your world changes. We each deal with loss – and the changes - differently, but it's important to know what is on the path ahead for nearly all of us who grieve. It's even more important to know that friends, family, and professional help are there when you need it – and as often as you need it.

Our three friends, Quinn, Cameron, and Olivia, are dealing with their own grief, but they soon discover they have more in common with one another than they knew.

Quinn

Quinn may be covered in quills, but she is all heart. She is always looking out for her friends, even when she is in need of a friend herself.



Cameron

Cameron is the jokester – always a little silly and usually a little too loud. Turns out, however, Cameron is going through more than meets the eye.

Olivia

Olivia shows us that loss comes in different forms, and all loss hurts. Being a good friend and having good friends are key ingredients to healing. Olivia already knows this, and that will help her as she grieves.



Cartoonversation™ Card

12

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Wheeler
creative studios

Five Cartoonversation™ Starters:

1. Name one of the big feelings you had when your person died.
2. What are some healthy ways to share your feelings?
3. Name three people you can talk to about your feelings.
4. In the cartoon, they release a balloon to remember their special person -- what do you do to remember?
5. What/when are the times you miss your person the most?

Five Factoids:

1. All of your grief feelings are normal. It's ok to feel sad, lonely, scared, angry and even happy or relieved.
2. It's important to develop healthy ways to express your emotions.
3. It's important to have people in your life that you trust to share your feelings and story.
4. Remembrance rituals help you stay connected to the person who died.
5. Unexpected bursts of grief are normal.



Five Websites:

For more helpful information, please visit these websites:

1. lorysplace.org
2. whatsyourgrief.com
3. childrengrieve.org
4. griefftoolbox.com
5. sesamestreet.org