


The Girl with the Locket

A STORY BY THE NEW YORK LIFE FOUNDATION







Dedicated to the children and families who have lost a loved one.

May this book help you keep them forever in your hearts.

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*It was Kai's first day
at a camp that was new,*

← CAMP

KAI



...Mom felt it too.

He was nervous,
had butterflies...

*One girl was sad as her parents
hugged and kissed her,*





*She was clutching a locket
and missing her sister.*



*Though Kai missed his dad,
camp helped him feel better.*



*It made him feel brave,
like his golden sweater.*



*But the girl with the locket
just couldn't feel good,*

*This was a feeling
that Kai understood.*



Next morning, Kai sat by
the girl with the locket,



And pulled out a memory
he drew from his pocket.



*"It isn't so bad that you're
feeling so blue,*



*You lost someone special,
I lost someone, too."*





*"I know you feel down
but you don't have to hide,*

*With me, you can share
how you're feeling inside."*

As Kai opened up, she felt safe
to show a picture.

One that was taken of her
and her sister.





So next time your heart feels
too broken to mend,



Remember, the one thing
a heart wants most...

...is to be opened to a
trusted friend.



Strength comes in many forms,
you can be one of them.

The New York Life Foundation partners with nonprofit organizations that offer peer support programs and bereavement camps to support grieving children by fostering hope, understanding, love, and resilience.

The Foundation also supports the New York Life Award through the Scholastic Art & Writing Awards, which promotes creative expression as young people explore personal grief.

New York Life has been an active partner in funding tools and addressing "grief in schools." To that end, New York Life created the Grief-Sensitive School Initiative (GSSI) to help educators build a more robust culture of grief support and resiliency in their classrooms.

More at www.newyorklife.foundation.org



from Kai's Mom

- ♥ Grieving doesn't disappear. It is a lifelong journey that changes over time. While some kids express their grief verbally, others convey their feelings through play or in artistic or creative ways. It is important to let kids know that you will be there, to listen and talk, when they are ready.
- ♥ Reach out to your child's teachers, counselors, and other adults in your child's life. Let them know how your child is doing at home, and build a support network with them. You don't have to do this alone. This is a team effort.
- ♥ It's helpful for children to know there are other kids who have had similar experiences. Consider finding a bereavement support program in your area or sending your child to a bereavement camp. Peer support is invaluable to grieving children and their families.

from Kai

- ♥ When Elle was down, opening her heart helped her feel better. Talking about your loss with friends from school or camp can help you feel less lonely. Find a trusted friend who you can talk to when you are ready.
- ♥ I shared my experience with my new friend, Elle. Perhaps, over time, you will meet others who have also had someone die, and you can be a support to one another because of your own experiences. It is very helpful – not just for them, but also for you, too!
- ♥ There are many ways to express yourself and show how you feel. I love to draw; it helps me remember my dad. You can choose anything: art, writing, listening to music, or even playing a game. Doing something you love helps you express what's in your heart.





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