

“T.E.A.R.S.”

The “High Five Code” for Help

The most universal symbol of sadness is tears. Now, each letter of that word can help you remember how to help a friend and how to help yourself when someone you love has died.

1. T —TELL. Tell your teacher and your parents.

Telling a trusted grown-up that you or a friend are sad, helps them understand why you are feeling bad or just acting differently. When grown-ups know how you feel, they can be more helpful.

2. E —EARS. Use your *ears* to listen to your friend.

When you are sad, it helps to have friends who *really listen* to you. Sometimes talking makes you cry; sometimes it makes you laugh. Both are natural ways to release pressure when you are sad. Listening and talking go together. It takes both to make things better.

3. A —ASK. Ask questions.

Ask your parents, your teachers or, ask us. We talk to hundreds of children every year and we're always glad to talk to you too! There is no such thing as a “dumb” question. We may not have all the answers, but we *will always* help you and your parents, search for them. “Two heads think better than one”. “Two hearts are stronger than none”. **Call us at 1-800-8-CONLEY or e-mail us at info@conleycare.com.**

4. R —RESPECT. Respect your friend’s feelings.

Everyone reacts to death and sadness differently. The way we think, act, dress and feel when we are sad is as unique as the way we think, act and feel and dress when we are happy. Friends don't “make fun” of others because they show their sadness in different ways.

5. S —SHARE. ”Sharing means Caring”.

One of the ways people share a friend’s sorrow is by attending visitations, funerals or memorial services. Now, you will know what to do if your parents take you with them. You can also show you care by making something to give your friend. Grown ups send flowers, cards and favorite foods. So can you. You can also give your friend a “High Five” to show you care and that you know the code. T.E.A.R.S. tell you how to share sorrow.

