



The Golden Sweater

New York Life Foundation

Please download the free e-book of The Golden Sweater

For each download of The Golden Sweater, New York Life foundation will donate \$1 to offer grief resources that will to their partnered nonprofit organizations to promote grief support and education in their communities.

Printed questions to read and answer as you follow along with the discussion video.

“Kai had felt sad before but it was something different this time.”

Why is Kai’s sadness different? Please write or draw how Kai’s sadness is different than other times that Kia has felt upset or sad.

Both Kai and his mom are sad, but show it differently? Please describe the difference between how Kai and his mom’s sadness appears differently to you?

“Kai found himself a new kind of down/ blue and noticed mom was sad too.”

Please choose a marker color that best describe the feelings you have felt after the death of your loved one and write down the words that describes how you feel about the death of your loved one.

“Kai didn’t let sadness take over him. Kai found a place where he could feel strong again, ‘a golden sweater,’ Kai was down, discouraged, sometimes frightened... But now it changed.”

Kai found his dad’s golden sweater and found it to be a way to recall and show respect to his father by wearing it. Kai found comfort, strength and courage when he wore it or had it near to move on, as when he enjoyed time with his friends playing video games and laughing. The golden sweater was a symbol to Kai of his dad’s love, he remembered special times spent with his dad and even recalled things his dad told him. Kai felt brave when wearing the sweater and it gave him courage to start doing things he enjoyed again.

Can you think of something special or even someone special similar to Kai’s golden sweater that helps you recall or show love and respect for your loved one that died?

If you have a special something or someone special that helps your recall or show love and respect to your loved one that died, what or who is it? Please write down what or who on your paper. Please write down and describe how the something or someone special makes you feel?

Kai shared the golden sweater with his mom when she didn’t feel nice. But he realized that the brave he felt with the stitches of the golden sweater he found also in his own heart. The golden sweater helped him to heal, grow, and feel brave. It allowed Kai to laugh with friends. It even helped his mom feel better. The golden sweater was like a friend, a role model, and even reliable advisor because he felt the love of his dad stitched into it.

You may have memories or something special that will remind you of your special loved one that died, maybe a photo, a blanket or a shirt or special memories. When shared with other loved ones, sometimes we find that what helps us may also help someone else. Kai and his mother express similar yet different moods, emotions and memories.

Please write or draw how your special item or memory helps remind you of your loved one that died.

It is healthy to maintain a healthy connection to your loved one that died. Kai finds his father's sweater and draws comfort and courage from it. Touching and smelling the golden sweater reminds Kai of important life lessons his father shared with him. The golden sweater helps keep these important moments present in Kai's life. This, too, is part of grieving: lasting memories endure and guide you as you grow.

If you would like to receive Children's Bereavement information and to be notified of events or would like to talk with one of our bereavement staff please contact us at Hospice & Home Care of Reno County, 2020 N. Waldron, Suite 100, Hutchinson, KS 67020. 620-665-2473