something small
a story about remembering

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Dear Parent or Caregiver,

Finding ways to celebrate and remember someone who has died can provide both comfort and a feeling of connection. For children, and even grown-ups, it can be hard to know where to begin. In this story, you and your child will join Elmo’s cousin Jesse as she discovers simple everyday ways to remember her father through familiar routines, favorite songs, stories, and special comfort items. Talk together about the different things that she does. Some might be just right for you and your child to try, too. For more ideas, please visit sesamestreet.org/grief.
Sometimes Jesse tries to think of her dad
And the way that he looked and the fun times they had
Or the jokes that he knew or the songs he could sing
And she finds that she just can’t remember some things.
And she feels so sad
It just aches in her heart
So she asks Mom and Elmo
If they’ll help her start.
And because it’s too much
To remember it all
She begins with one thing
That is special and small.
She goes to her dresser and opens her drawer
And takes out a hat that her daddy once wore
And sometimes she laughs and sometimes she cries  
As just for one moment she thinks of his eyes.
Then she walks just like Daddy
Straight down the hall
And goes to the yard to try
Something else small.
She lays in the grass
And looks up at the sky
And with eyes just like Daddy's
She watches birds fly.
Then she tosses a ball, and she draws with some chalk
And pretends she’s a bear, and skips a small rock
And she follows an ant, and she sits and she swings
Even though all of these seem like small things...
Somehow they help her to think of her dad
And the way that he was and the fun times they had.
She remembers his hands and his face and his hair
And in some small, small way it feels like he’s there.
Then Jesse heads in as she hums a small song
And pretends that her daddy is singing along
And then Jesse snuggles because that's the small way
That Daddy and she ended each single day.