



# Someone Has Died

- \_\_\_\_\_ has died. They are no longer alive and I won't be able to see them again.
- Because \_\_\_\_\_ has died I may feel different for a while. I might feel:
  - Sad and upset
  - Angry that this has happened
  - Numb because it is too painful to think about it
- Other people may also be feeling sad or angry that \_\_\_\_\_ has died. They may act different too. It is OK to feel confused by this.
- If I feel sad or angry I can do things that may help:
  - I can talk to someone
  - I can ask to go to somewhere quiet so that I can be alone
  - I can do a quiet activity like reading or drawing
  - I can think of other things that may help me feel better
- It is OK if I feel sad or angry that \_\_\_\_\_ has died. I know that others may also be upset. They may seem different to normal and it is OK if I find this confusing. I can always try to do an activity that helps me feel better.

