

HOW TO HELP: DEALING WITH GRIEF & LOSS

MY QUESTIONS

When someone has died it can leave us with lots of questions. Write down some of yours here. You might then want to talk to a trusted adult about them too.

When someone dies, it can be really difficult. The aim of this sheet is to help you, whilst you are dealing with your loss. Feel free to do as much or little as you feel like. Do it all in one go or come back to it a few times - it's totally up to you. You may also want to do this alongside an adult you trust, to get the most out of it.

PRESSES PAUSES

It's okay to stop and pause. It can be tempting to keep ourselves busy, afraid of what stopping might feel like. Why not take some intentional time to relax?

TAKE A MOMENT TO
THINK
HOW YOU ARE FEELING



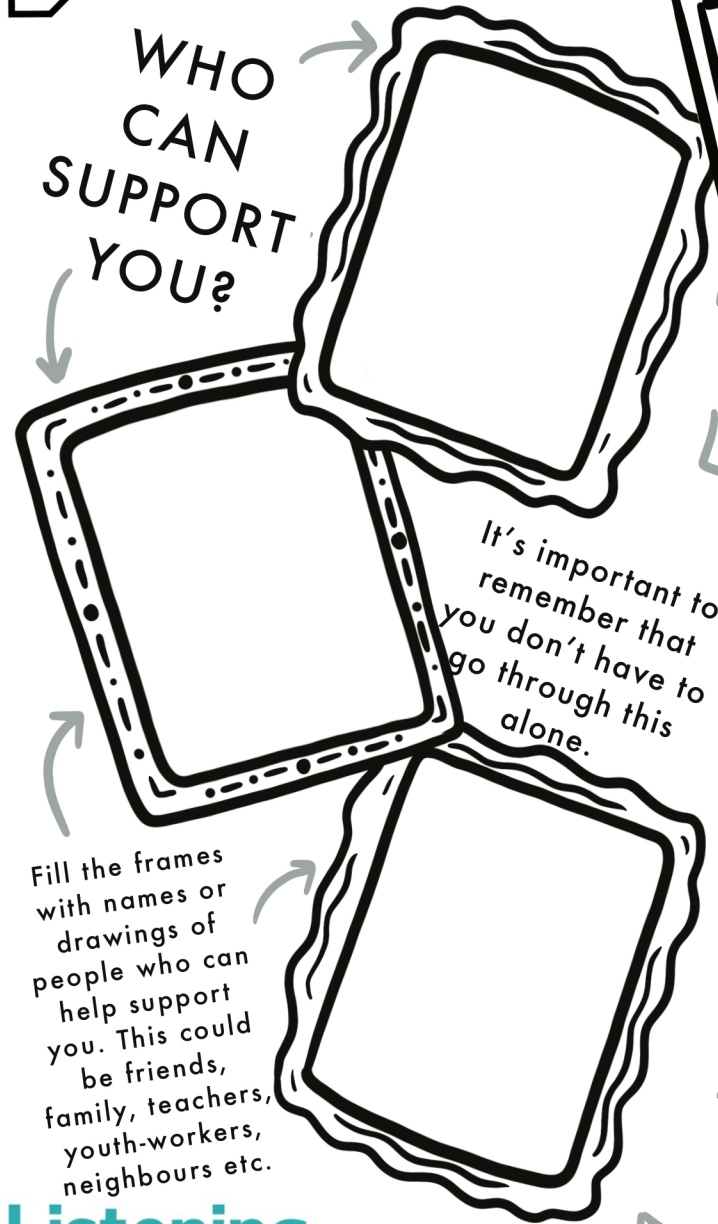
You might be feeling one or many or none. And that's okay. Feelings just are. There are no right or wrong feelings and it's okay to feel whatever you feel...

Write or doodle the thoughts in your head in the bubbles

EVERYONE
GRIEVES
DIFFERENTLY

And it's normal and okay

WHO CAN SUPPORT YOU?



It's important to remember that you don't have to go through this alone.

Fill the frames with names or drawings of people who can help support you. This could be friends, family, teachers, youth-workers, neighbours etc.

TALKING HELPS

The thoughts and feelings you are experiencing right now are normal. Getting them out in the open and talking with trusted friends and adults can really help, even if it seems difficult.

MEMORIES

It can really help to think about memories of the person who has died. Why not take some time to think about your favourite memories together such as funny moments, kind words they said or qualities about them you really admired. You might even want to grab a piece of paper to write them down on.

CREATING A MEMORY BOX

Why not create a box of memories of the person who died. Here are some ideas of what you could include:

- * Photos
- * Favourite memories written down
- * Birthday or Christmas cards from them
- * Small items they might have given you
- * An item such as a toy or tie that belonged to them

! Don't forget to look after yourself. When we don't eat, sleep or rest well it can make us feel worse even on our best days. Grief can be really tough, so make sure you prioritise looking after yourself as it can really help.

! The Bible says that God is close to the broken-hearted (Psalm 34:18). He cares for you and sees what you are going through. Although it may not always feel like it, He is there for you as you journey through this.