

Write down the name of the person who died

How to help: Dealing with grief and loss

For families who are processing grief together

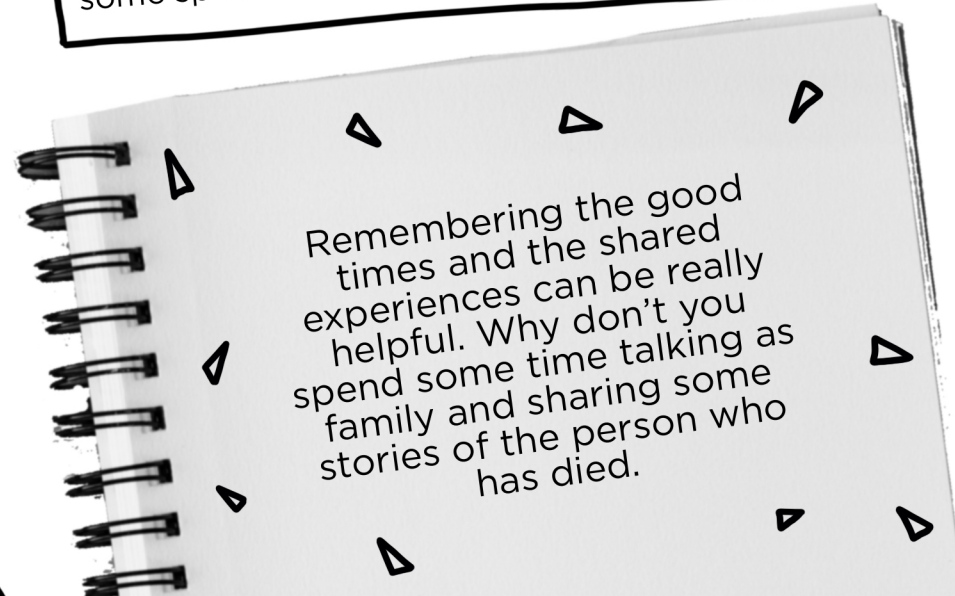
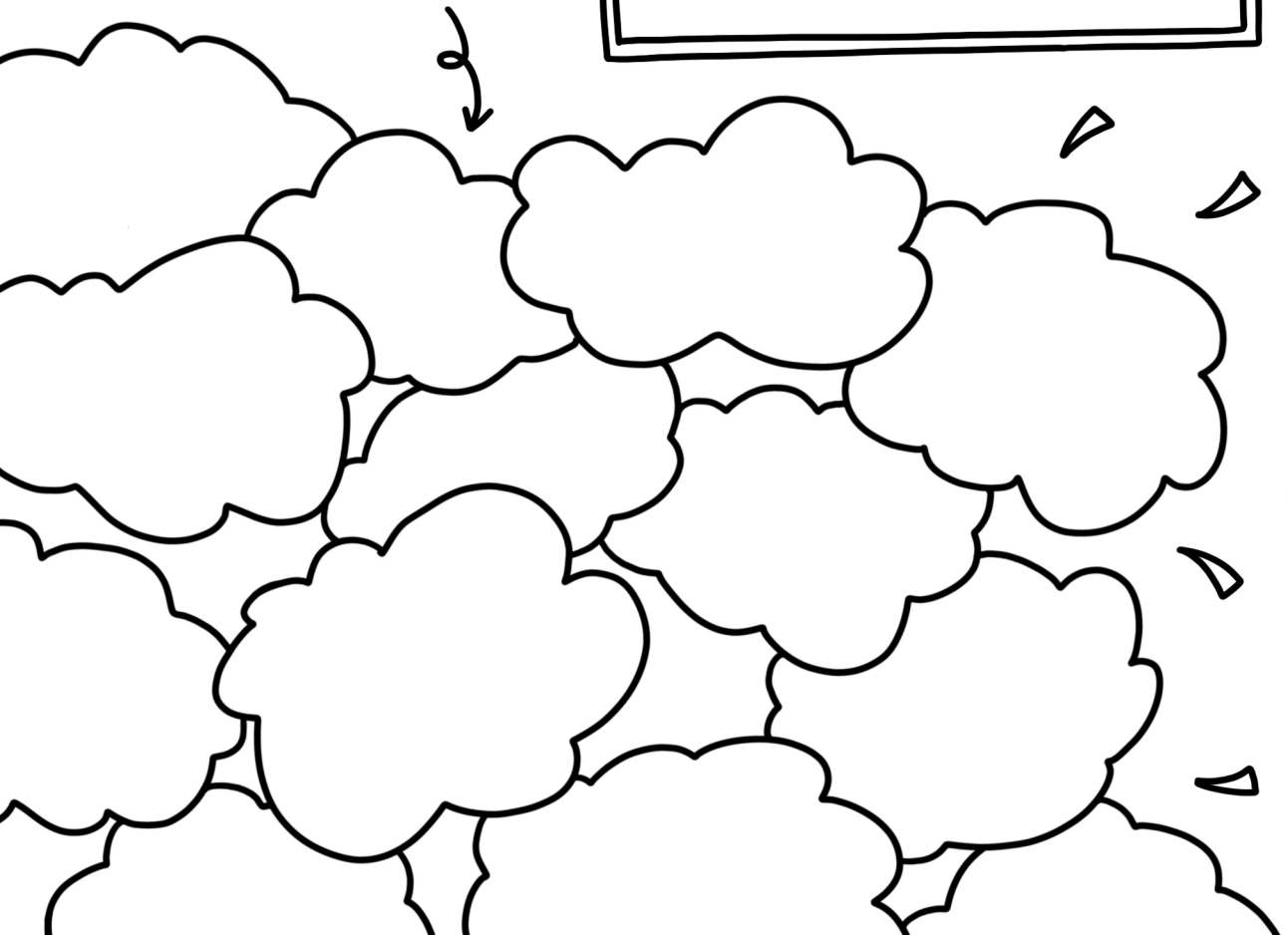
When someone dies it can be really tough. Use this sheet together as a family as you think about the different emotions you're feeling and what it all means

Everyone grieves and processes loss differently, and that's okay. It might be that everyone in the family is feeling a bit different. Write down some of the emotions that you're feeling here.

Use this box to write down something that you're struggling to say out loud.

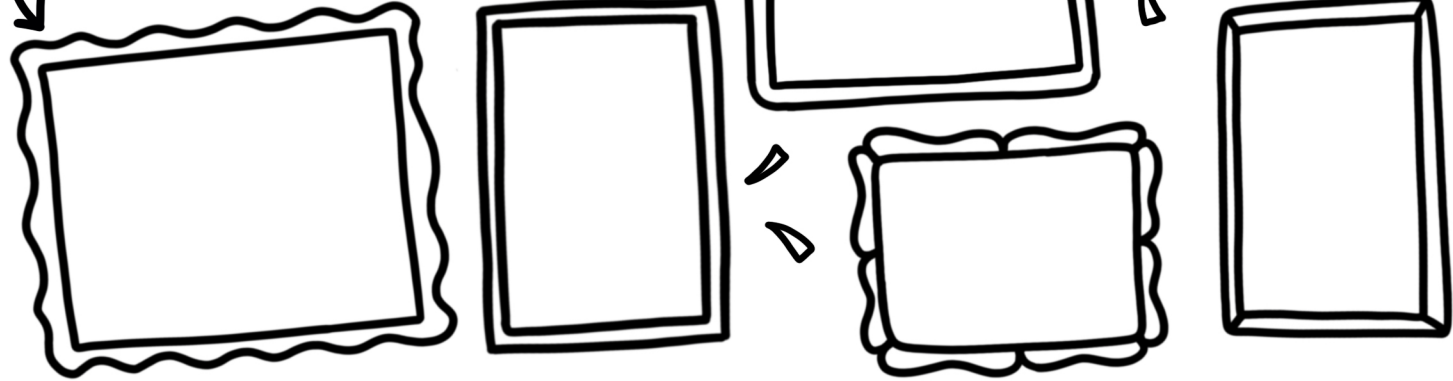
Memories

What are some of your memories of the person who died. Write them down in this memory box. You could even create a real memory box to collect some special things in.



In all of this, it's important that you remember to look after yourself. Eating well, exercising and resting can make you feel better and make it easier to cope with the tough days.

It's helpful to talk about how you are feeling and what you are thinking. This helps the people around you to know how to help. Who are some of the people who are there for your family and how can they help when things get tough?



What are some things that you enjoy doing as a family or as individuals that can help at this time.

- Cook their favourite meal
- Watch a film they loved
- Visit somewhere special to them
- Have a think about ways that you can remember and say goodbye to the person who has died

It may not feel like it, however, there is hope and a future in front. Have a think together about some of the things that will be different in the coming weeks and months and write them down here. Then have a think about what things are coming up that you can look forward to and write them down here.