

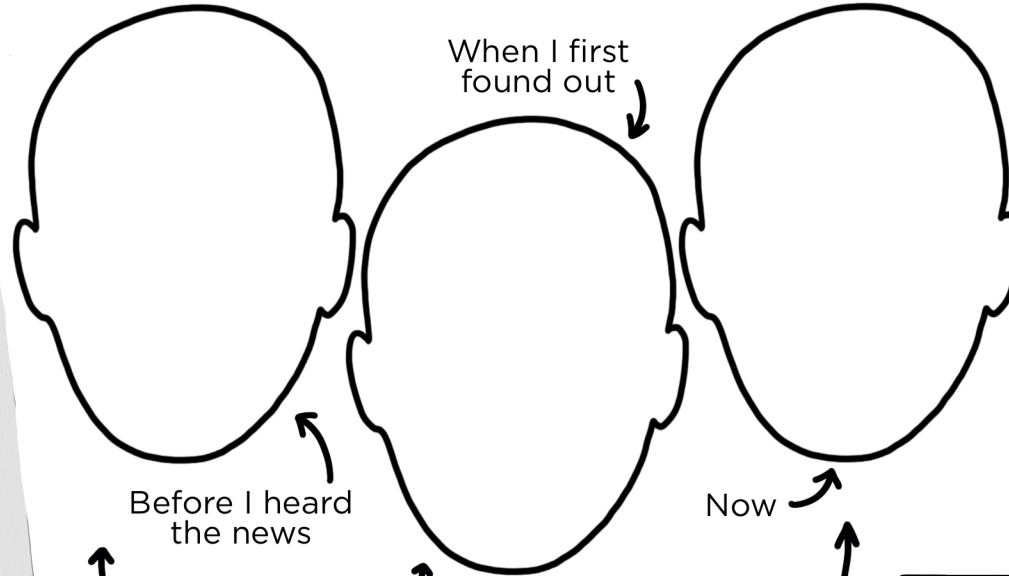
How To Help: Grief and Loss

Who
am I:

Who
died:

Make a list here of the people who
you trust and can talk to if things
get hard.

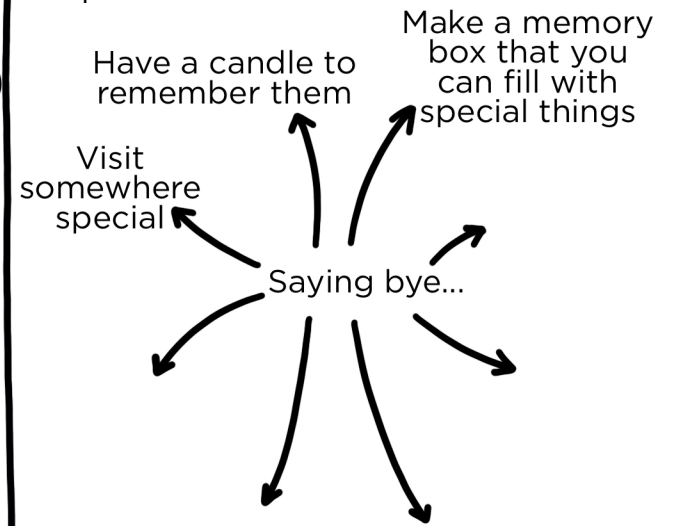
Things I wish I'd said or done:



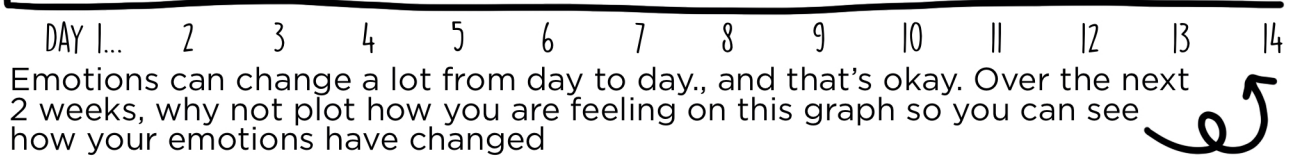
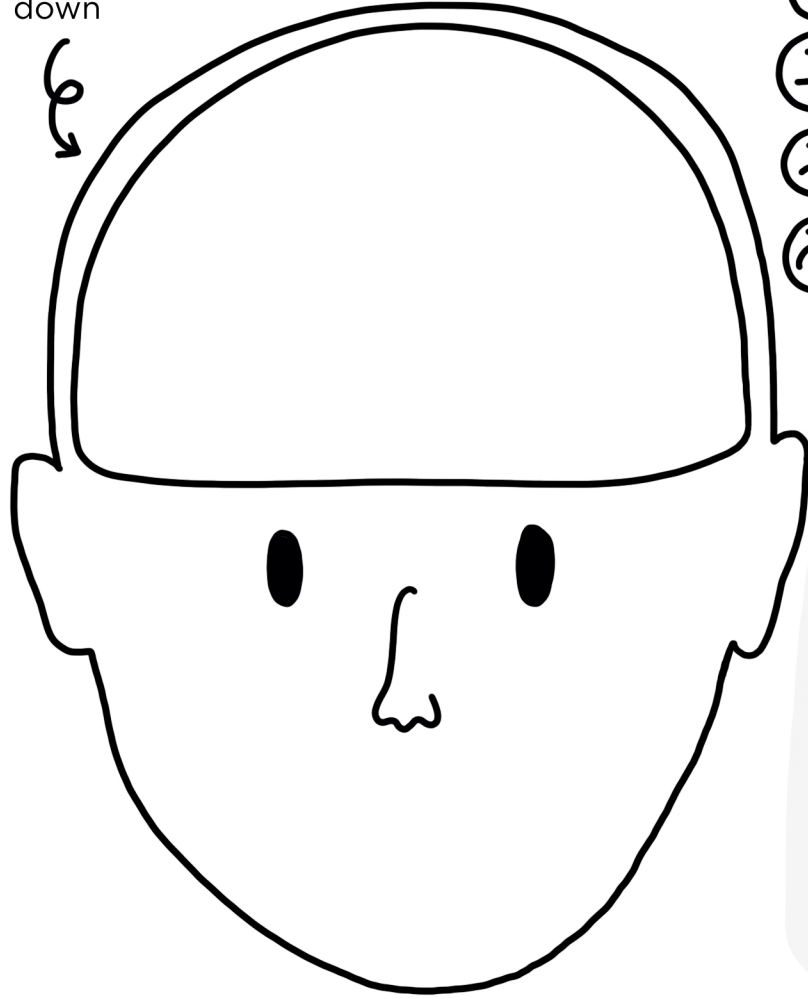
Using these heads, think about how you were
feeling at different times and draw your
emotions in here

In this box write about or draw a treasured memory

Write some things in this box that you
could do to help you be able to say
goodbye. We've started you off with
a couple of ideas...



At the moment, there's a probably a lot of things going on inside your head. Why not use this space to write or draw some of them down



PAUSE

You might feel angry at the moment. That's okay. If you need to be angry, find some way that you can get that anger out in a way where nobody gets hurt.

There will be times when you see or hear things that the person who has died would've loved. Why not write them down here to remember the things that they would've loved to hear about.

You can't avoid what's going on at the moment, and sometimes you have to talk about things that no-one really wants to talk about. Sometimes this is called the 'elephant in the room'. Something that everyone knows they should be talking about, but no-one really knows what to say. What is one thing that you really want to say, but don't know how to say it. Write it here and then if you want to scribble it out again.

