

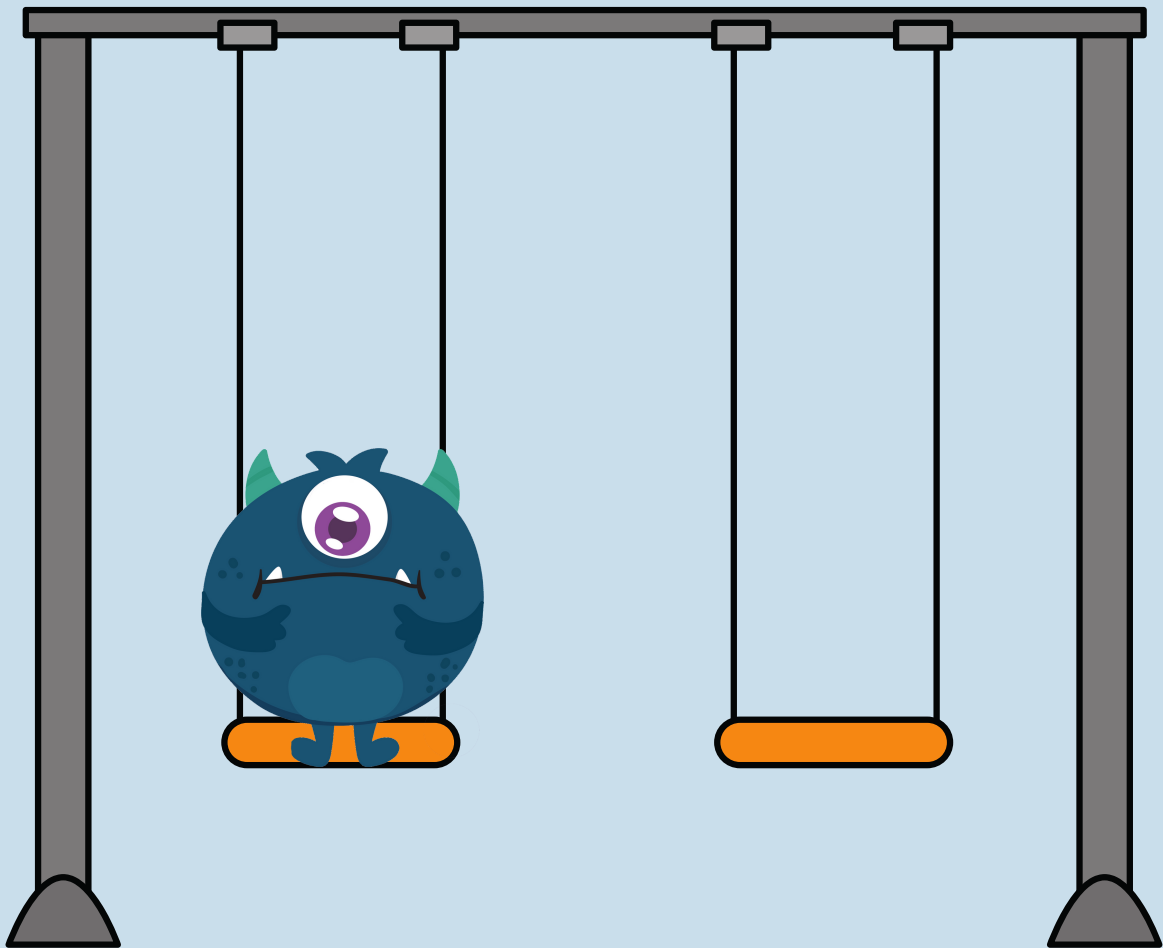


# GRIEF AND LOSS



When we lose someone or something we love, it can be very upsetting.

This is called **grief**.



When we feel grief, we are said to be **grieving**.

We can grieve when:

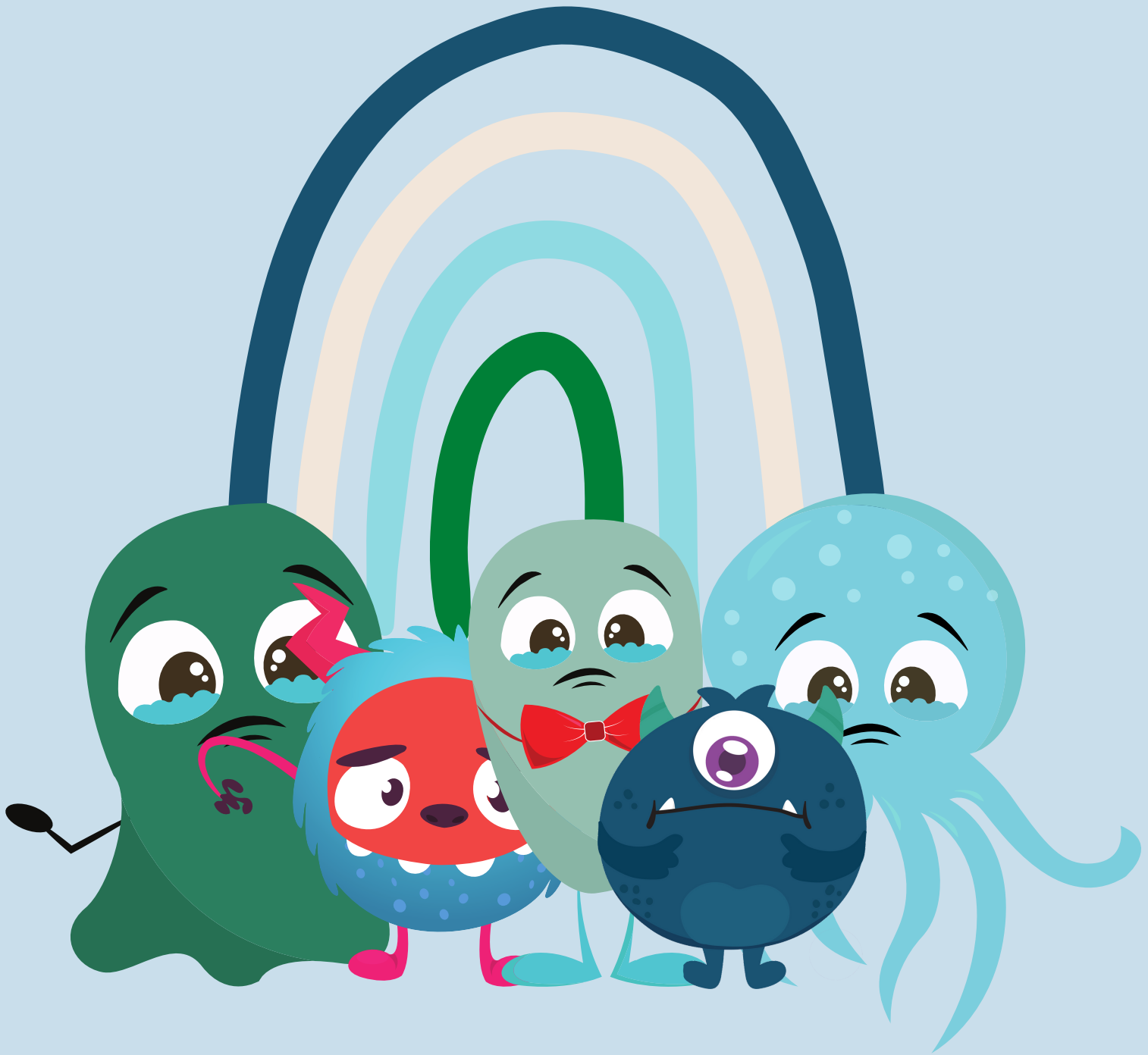
- A loved one dies
- A friend dies
- A pet dies
- We lose a friendship or relationship, for example, if a friend moves away.

Grief can be very hard to  
talk about.



And everyone grieves **differently.**

We can grieve whenever we lose someone or something.



**Everyone** feels grief.



We can grieve when  
someone we love dies.



When someone dies, their  
body stops working.

This means they can no longer  
come back to life, even though  
we may want them to.

It may feel hard to live  
without them.

This is **why** we grieve.





But we don't just  
grieve when  
someone dies.

We can grieve  
any **loss** or  
**change** in our  
lives.



For example, if a friend moves far away. Or if a parent has to work away for a while.



**Grief is normal.**

Even though it feels  
horrible.

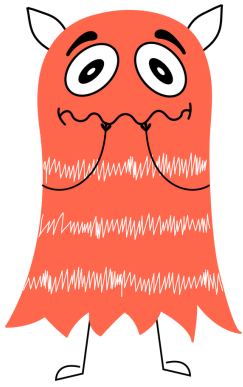




You may feel lots of different emotions, even **all at once**.

It's ok to feel **all** these emotions.

# You may feel:



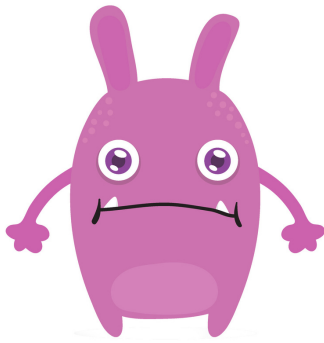
Worried



Scared



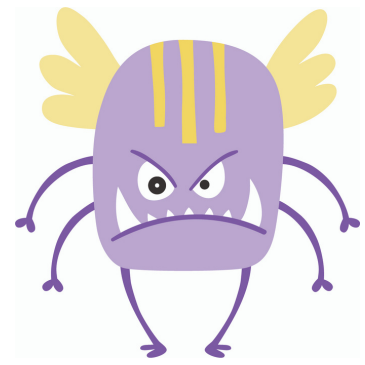
Sad



Lonely



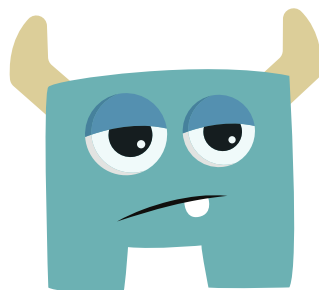
Guilty



Angry



Tired



Unable to  
sleep



Confused

It's important to think about all the feelings, thoughts and emotions you have when you are grieving.

And try to talk about them with someone you trust.



It's ok to ask questions or be  
confused about your feelings.



**It's ok to cry. But it's ok to be  
happy sometimes too.**

The page is decorated with numerous yellow, five-pointed stars of varying sizes scattered across the white background. A faint, light gray arrow is visible in the upper right quadrant, pointing towards the right. The text is centered horizontally and vertically on the page.


Grief is very strange like that.



Over time, grief gets easier.



And we feel those awful feelings less and less.



**Some things we can do to help  
us when we are grieving are:**

Talk about and share  
your emotions

Draw a picture or do  
something creative

Create a memory box

Practise Mindfulness

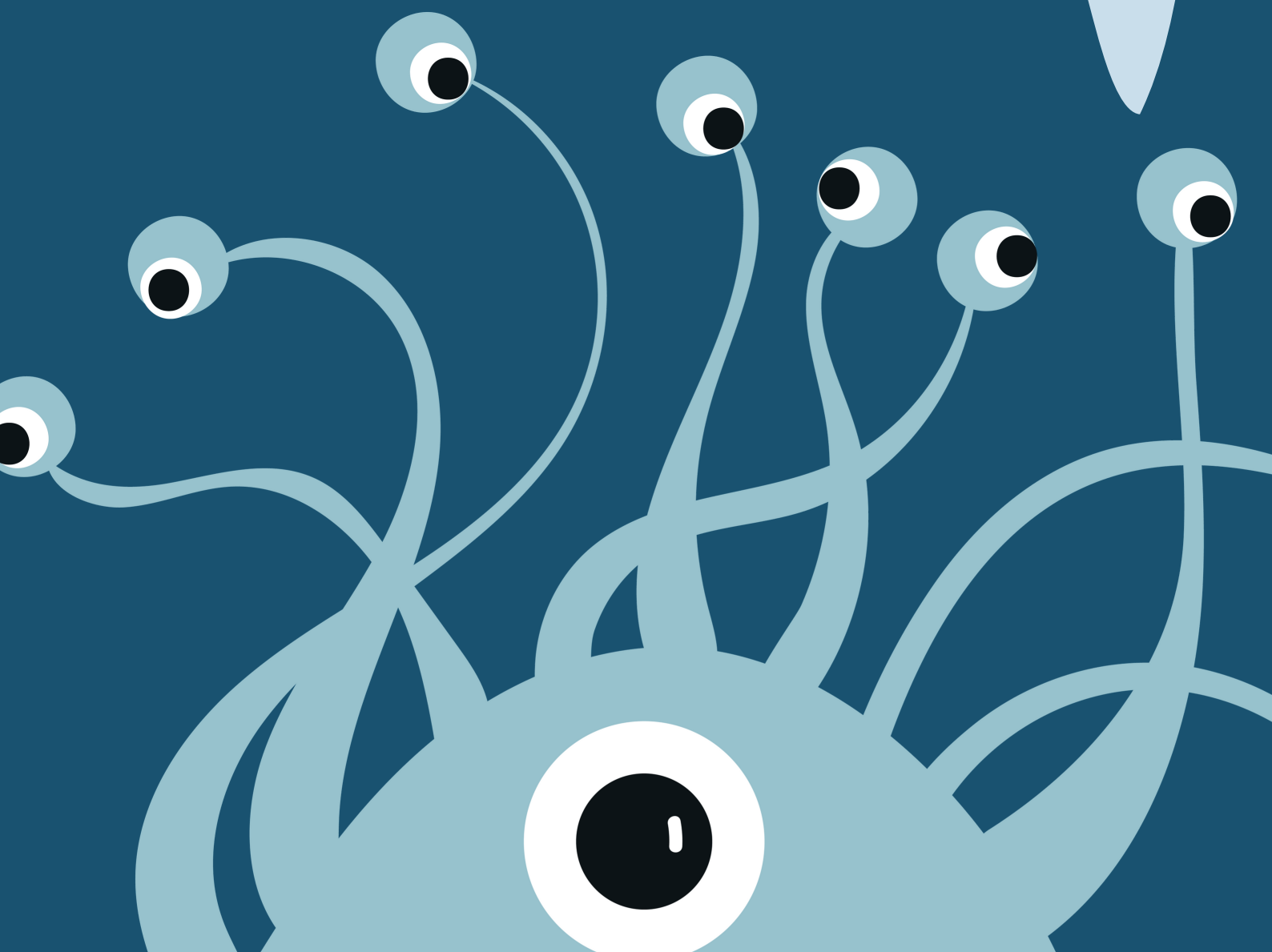
Try to be aware of your  
feelings

Get some fresh air

Don't be afraid to feel your emotions or express yourself - cry, kick and scream or feel sad - these are natural feelings.



**Do you have any  
questions about  
grief that you  
would like to ask?**



For grown ups

## **QUESTIONS TO ASK:**

### **?** Has this helped you?

Ask if this book has helped them understand grief, and explore anything they don't understand further.

### **?** How can grief make you feel?

Talk about the mental effects but also the physical ones too - it can make you feel sick, tired, achy etc.

### **?** How do you feel after this booklet?

It's important to assess emotions after talking about something upsetting, ask the child how they feel and what you can do to help them feel calm if they are distressed.

### **?** What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

### **?** What should you do if you are upset?

Talk to a grown up they trust.

For grown ups

## **TIPS FOR TALKING ABOUT DEATH**

### Use simple, clear words

Don't be afraid to use words like 'death' or 'died,' don't opt for softer words like 'passed on' as this can be confusing. Research shows that using realistic words helps the grieving process.

### Be comfortable saying 'I don't know.'

You don't have to have all the answers. Being honest is better than making something up.

### Avoid the phrase 'gone to sleep.'

Avoid saying that someone 'has gone to sleep,' as this can make children fear going to sleep at night.

### Be honest with your own feelings

We don't like our children to see us upset, but if you are grieving too, let your child know what you are feeling and share discussions about your emotions regularly. It will help them to become more aware of their own feelings.

### Let them know there's help available

Let them know there is always an avenue for help if they are struggling - whether it's with you or a professional.