

What Might Help?

Talking

- ◇ You may find it helps to talk about what happened and how you feel. You might need to tell the story of what happened lots of times to people you trust.
- ◇ You might find other ways to show how you feel, such as drawing, writing a letter to the person, or singing.

Remembering

- ◇ You might like to look at photos of the person and the good times you had together. Some children put together a memory box with special things that remind them of the person. Other children make a book about them.

Looking after yourself

Be Active - riding your bike, running around, going for a swim dancing or keeping active in other ways can be very helpful.

Be with people - children usually find it helpful to spend time with friends and family.

Take your mind off your sadness by doing things that you enjoy such as reading, playing computer games or listening to music.

Finding More Help

If you are worried or feeling very upset you should tell an adult you trust, such as your parent, carer or an adult in school.

Some children find it helpful to talk to
Childline

Freephone- 0800 1111



When Someone Special Dies

An Leaflet for Children at Key Stage 2



We hope this leaflet will help you to understand how you might be feeling and how you could take care of yourself.

You might like to read it with someone you trust.

Staffordshire Educational Psychology
Service 2020



Remember...

- ◇ There is no right way to feel or behave when someone dies.
- ◇ Everyone feels and behaves differently.
- ◇ You might feel sad but you don't have to be sad all the time.
- ◇ Some people cry, others don't, but it doesn't mean they care about the special person any less.
- ◇ Try to take one day at a time.
- ◇ Things change when people die, but life can be good again.



How you might feel

- ◇ **You might feel nothing at first**
Things may not seem real: it may seem like a dream.
- ◇ **You might feel that it can't be true**
It can be hard to believe that the person has really died.
- ◇ **You will probably feel sad**
This feeling may come and go and might come when you're not expecting it. It might be when you're playing with friends, or it might be at special times, such as birthdays.
- ◇ **You may feel that it's your fault**
Some people might feel that they could have done something to stop it happening (even if they couldn't).
- ◇ **You might feel angry**
Perhaps with the person who has died or with someone else.
- ◇ **You might feel worried**
Some people feel that bad things might happen to them or the people that they care about.
- ◇ **You might feel confused**
You might find that you can't think clearly or understand what is happening.

You might also:

- ◇ Find it difficult to listen when other people are talking.
- ◇ Find school work more difficult than usual.
- ◇ Find it hard to get to sleep or have bad dreams and wake up worried.
- ◇ Be very tired, even if you've had lots of sleep.
- ◇ Think that you have seen the person that has died- perhaps in a crowd or in the distance.
- ◇ Behave as you did when you were younger. Some children might wet the bed, suck their thumb or need more hugs than usual.

