

## When someone dies – Guide for children

Sometimes someone we know dies, this means that they are not alive.

This might be a member of our family, a friend, or someone from school.

If this happens it is normal to feel sad.

People sometimes feel other emotions like disbelief, anger or guilt.



These feelings might be uncomfortable, and it could take a long time for them to go away, but they will.

Adults will also be feeling sad and angry, but it is still important to tell them how you are feeling.

Even when your feelings are smaller there might be times when they become uncomfortable again.

This is ok, and if you tell an adult they will try and help.

## Things that might help

- ✓ Tell someone if you're not feeling ok
- ✓ Asking questions about what happened
- ✓ Try and do things that make you happy
- ✓ Tell your teachers if you need help in school
- ✓ Keep something that belonged to the person who died
- ✓ Make something special for the person who has died