



Coping with Death



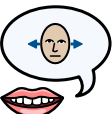







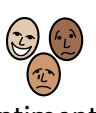
When someone close to us dies, we experience grief.

Grief is like the shadow of love. Grief is what is left when someone we love is

no longer here. We still love the person, but we also experience other emotions when

someone dies.

We may feel:


 shock	 numb	 denial	 pain	 guilt	 sad
 anger	 depression	 acceptance	 hope	 sentimental	something else?



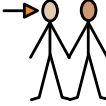

It is okay to feel these emotions. This is called the grief

process.






  
When someone dies that we love

   
When someone we love dies it is okay to feel sad. It is

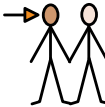

okay to cry. It is also okay to do normal things. Most of the time



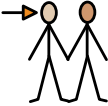



   
people die when they are sick. Sometimes




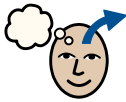
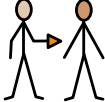
 
younger people die.

    
There are times when people die suddenly. This is a shock.

 
It might be because of an accident or an illness no one knew







they had.


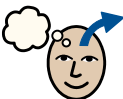



When a  person  dies,  they  do not  come back.  You can

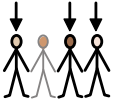



 look at  photos and think about all the  good  memories  you










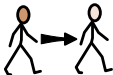

have.

 After  somebody  dies, there is usually a  funeral. A lot of  people

 come together to  remember the  person  who has  died.

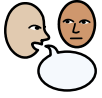


 Many people  cry at  funerals and there are lots of  hugs. When

 I am  missing my  loved  one  who has  died,  I can do



 the things on the  following page




At home:






 Talk to my family

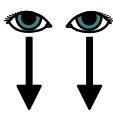

 Ask for help or a





 hug



 My hobbies


 Look at photos

 Read or watch TV

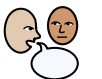


 Ask to go for a




 walk





At School:


 Talk to my teacher or





 teaching assistant


 Ask for help or a




 hug




 Ask to colour, read or






 use the computer.




 Ask for some space







 Sit in a quiet area
















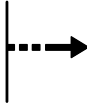
 Ask to go for a walk



 or to the sensory room

 It is very sad when  someone we  love  dies. I  may  feel

 very sad for a  while. I  may  feel  confused. I  may

 not  know how I  feel. But  slowly, I  will  start to

 feel  better.