

Bereavement support for young people



You may have many different feelings when someone dies. It's different for everyone and your feelings might change a lot from one day to another. There is no right or wrong way to feel. Sometimes you might cry, and at other times you might feel ok. You might feel shocked, angry, upset or feel nothing at all. You may feel tired, or have pains in your body. However you feel, it's normal.

Completing the boxes below can help you process how you are feeling:

**You can colour
me in if you like**

What is the thing that makes you feel the saddest?

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If you could talk to the person who died, what would you say?

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What feels different in your life and family since this person died?

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What is your worst memory?



What do you wish you could change?



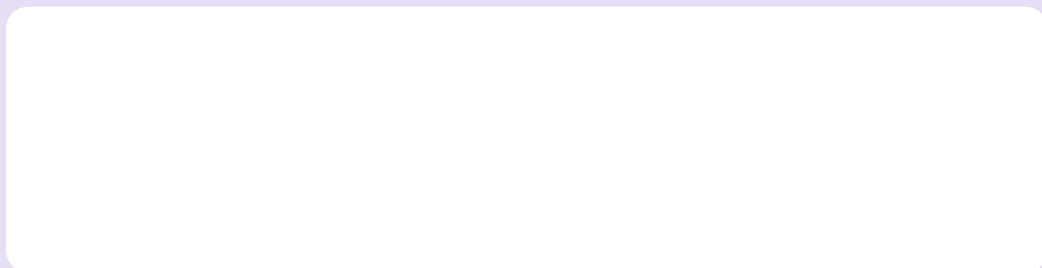
What did you like to do with the person who died?



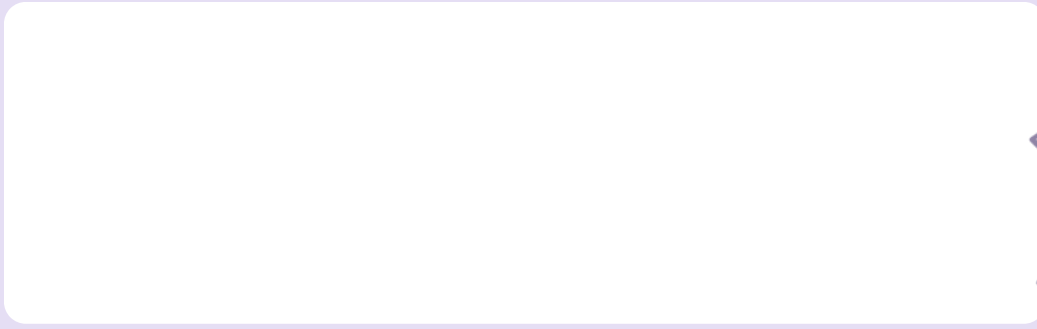
What did you like or love about them?



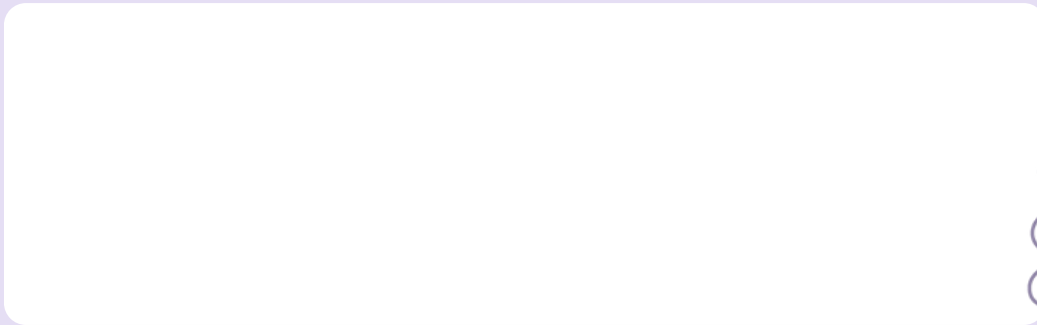
How did you feel when they died?



How has it felt to be around your friends?



How has school been?



How do you feel when you are alone?



When you've completed this, you might want to show it to someone so they know and understand how you feel. Who could you share it with?

