

When people die they stop living. People die for different reasons. Some die because they get very ill. Some die because of an accident. Some die because their body has become very old and stops working.

A dead person does not see or hear. They cannot do things. They cannot breathe. Their body has stopped working. The dead person does not feel anything. That person has gone forever.

If someone we like dies, we have different feelings. One of those feelings is loss, knowing we won't be able to see them again.

Later on

After a time, the unhappy feelings start to go away. People learn to live without the dead person. The dead person is not forgotten, but little by little people do not feel so upset.

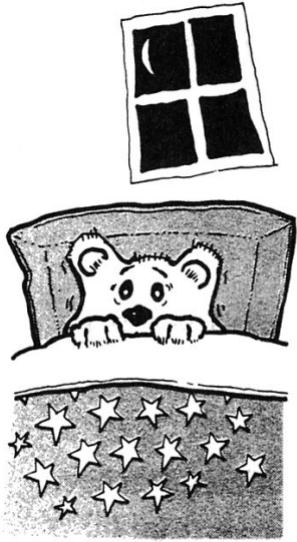
If this is happening to you

Try to talk about how you feel to someone. This could be to a friend, a teacher or someone in your family.

Write or draw your feelings in this box.

A large empty rectangular box with a black border, intended for students to write or draw their feelings.

Tell your teacher if you cannot concentrate or do not understand something in lessons; or if you are having difficulty with your homework.



Feeling frightened

Some people find it difficult getting to sleep. They may be frightened of the dark. They may have nightmares. Some people do not want to go to school.



Feeling hungry

Some people may not want to eat very much and others may eat more than they used to.

Feelings we may have when someone dies

Feeling shocked or not believing it

Sometimes it is hard to believe that someone has died. Some people want to look for the dead person in places where they used to be.

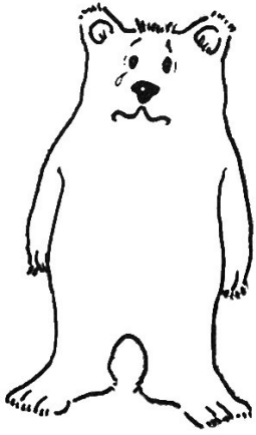
Other people think they see the dead person. Then they realise it was somebody else.

They might dream the dead person is alive and had not really died. Then they wake up and feel sad to know it was not true.



Feeling it isn't true

Some people behave as if nothing has happened, as if the dead person is still around. They may knock on their door to go to school with them.



Feeling sorry

Some people feel sorry after someone has died. They feel they should have said or done something to stop the person from dying. They feel they should have loved the person more.



Feeling sad

Life can seem very lonely and empty. Sometimes seeing other people happy just makes sad people feel more lonely. Some people cry. Some people want to cry when nobody can see them and other people want to cry with a friend.

Feeling angry

Some people think others should have stopped the person from dying. They feel angry.

Sometimes people feel angry with the dead person who has made them feel so sad. They may feel cross because they remember things the person did. These things upset them.



Feeling worried and puzzled

Some people worry they will not be able to do things by themselves. They find it harder to remember things. They cannot think clearly.

Some people worry they will become ill. They fear they will never be happy again. Sometimes they feel it is wrong to be happy or to enjoy things.



How to help a friend who has lost someone

It helps when you are friendly. Listen to the person and offer to stay with them. Some people want to be alone at times, so ask your friend how you can help.

You may be able to help them remember the person who died. These are some things you could try.

1. Talk about the dead person with family and friends and remember what the person was like and the things they used to do.
2. Look at photographs of the dead person.
3. Make up a book about the person.
4. Draw a picture of the person doing something they liked to do.
5. Write a poem about the person.

It is important to remember the person who died. After a time most people find they can think about the person who died without being unhappy.

When someone we know dies

Understanding your feelings (for younger children)

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