



THE
GRIEF
CENTRE

When someone you love dies



A booklet for children

When someone you love dies, it can be very, very hard and very, very sad.

It could be a family member, such as one of your grandparents.

It could be one of your pets.

Perhaps it is a friend.

Or maybe it is one of your parents.

Mostly, people die because they have lived for a long time and their bodies get old and it is their time.

Sometimes people die and nobody expected it, such as after a bad car accident when they have been injured and their bodies just cannot get better.

And sometimes, people become ill and their bodies are so sick that the doctors cannot help them get better and they die.

Whatever the reason and whoever it is, it can be very hard to know what to do after someone you love dies.



This booklet has been especially written for these times. It will help you to understand what is happening to you and also give you some ideas about what you can do, how you might be feeling, and who can help you.

Here are some of the feelings that you may be feeling. You may want to tick the ones that you have felt or maybe that you are feeling right now.

sad		empty	
angry		frightened	
mad		alone	
bad		guilty	
worried		shocked	
scared		confused	
tired		lonely	

(You can add your own feelings as well)

You may also want to draw a picture of yourself and then talk to someone about your picture.



You may be having a whole lot of thoughts that are just sitting in your head and you'd like to tell someone about them. This can be very helpful for you.



What is going to happen now?

Can someone tell me what happened?

Is any of this my fault?

What can I do?

Who can I talk to?

Is it okay to cry?

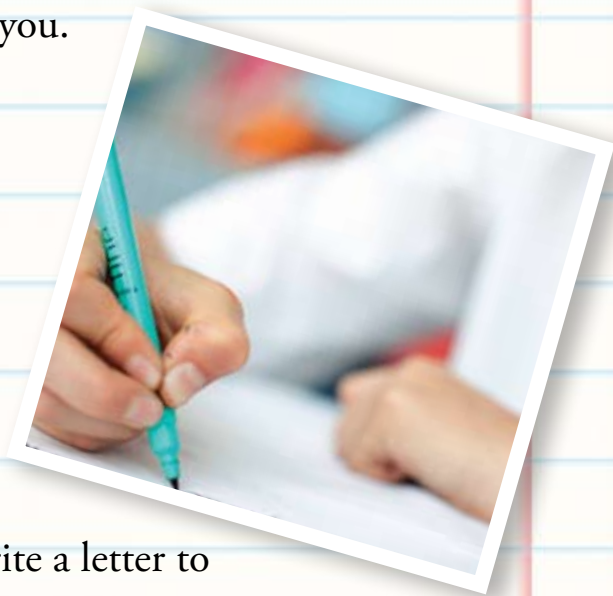
People in my family are so sad.

Will it ever be normal again?

What thoughts have you been having?

It can be helpful to DO something when someone you love dies.

Drawing, or any art you like, can be a helpful thing to do. You can draw what you are thinking and feeling or perhaps what has happened to you.



You could write a letter to the person or pet who has died. Even though they can't read it, writing it gives you a chance to say what you want to say and may also help you to feel better.

You could make a memory box and fill it with things that remind you of the person or pet who has died. This may help you remember them.



What else would you like to do?

Don't forget...having a good cry can be helpful too, either with someone, or on your own. It can also be helpful to speak to someone about what has happened and how you are feeling and what you are thinking.

Who could you talk to?

Family member

Teacher

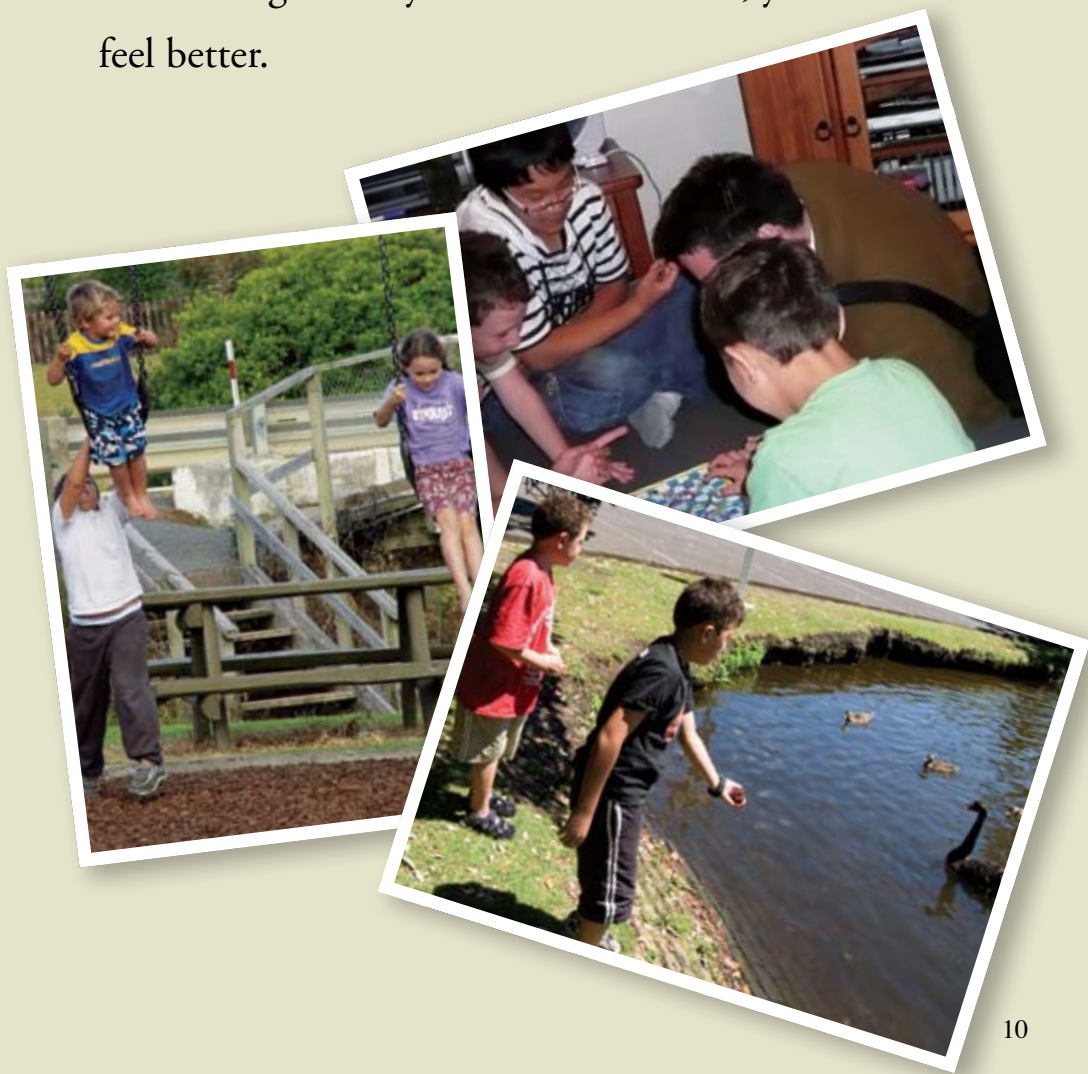
Friend

Counsellor



It's ok to feel as if you want to forget about what has happened. Get out your games, go outside and play. Phone a friend. Have some fun. Laughing and playing is very helpful at these times.

Even though it may not feel like it now, you will feel better.



Grief is a natural response to loss and grieving takes time, patience and support.



The Grief Centre would like to recognise and thank Dr Fiona Pienaar, who has written the material for this booklet. Please acknowledge the source if you are quoting from this material in presentations or publications. For more information or assistance contact us at:

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