



LOSS OF A LOVED ONE I



When someone I love dies, it means I will not see them again. It can be hard when I do not get to see people I love. There are things I can do to help me remember them.

I can think about them and the happy things we did together. I can talk to them in my head, or I can talk to other people about them.

When someone I love dies, I may have strong feelings. It is OK to feel sad, mad, or scared. When I have big feelings, it is OK to cry.

When I have big feelings, there are things I can do to help me feel better. I can take deep breaths. I can think about things that make me happy, and I can be with people I love.

It is OK to feel confused when someone dies. I can ask questions to help me understand. I can talk to others about how I feel.

Even though I lost someone I love, there are other people here who still love me. The people here who love me will help me feel better.

