

Who can I talk to?

Your feelings may be so sad that it may be difficult to talk to someone but sometimes it can be helpful to talk to somebody about how you are feeling.

People you might want to talk to:

- Parents/carers
- Brothers or sisters
- Grandparents, aunts or uncles
- Friends



Useful Information

You can find some useful information on bereavement from:

Winston's Wish
the charity for bereaved children

www.winstonswish.org.uk
Helpline: 08452 03 04 05

Cruse Bereavement Care

www.rd4u.org.uk
Helpline: 0844 477 9400

Coping with a sudden and upsetting event



Help for primary school pupils

Gloucestershire
Educational
Psychology Service



What might help?

Everyone reacts to upsetting events in a slightly different way and each person finds that there are different things that can help. Some of these suggestions may help you.



Talk to someone



Do a fun activity



Think of a safe way to let out your feeling e.g. thumping a pillow or running really fast



Write or draw

If someone has died, everyone reacts in a different way, and that's O.K.

Remember that you can still laugh and have fun.

It may be helpful to think of a special way to remember the person who has died.



Frame special photos



Make a special book



Write a letter, story or poem



Plant a tree or flowers



Paint or draw a picture