

★ Children's Bereavement Centre ★



Someone you  
love has died



For Children aged 6 - 11

# What is a bereavement?

A bereavement means someone close to you has died. This could be a parent, grandparent, brother, sister, friend or anyone that you care about and love.

## Remembering the person I love

Name of the person who has died:

How did they die?

How old were they when they died?

What did they look like?

What did you do together?

What things did they like doing?

Cooking

Reading

Keeping fit

Bikes

Cars

Films

Gardening

Music

Holidays

Camping

Playing

Swimming

Would you like to stick a photo or draw a picture of them here?



## What happens when a person dies?



Their body stops working and there is nothing doctors or anybody can do to fix it.

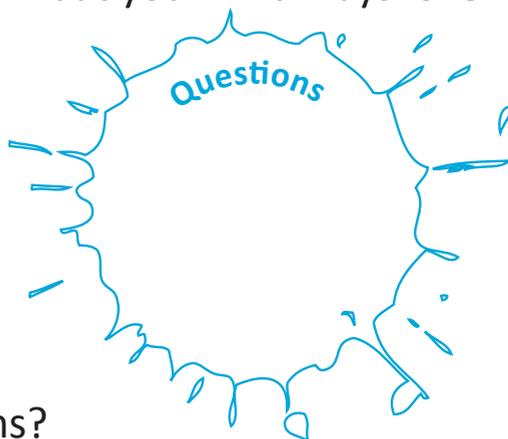
They don't feel things anymore. They don't hurt and they don't get cold or hungry.

You will not see them again but you will always love and remember them.

Many people will feel sad and will miss them.

A funeral will take place.

Do you have any questions?



## What is a funeral?

Family and friends come to a funeral to say goodbye to the person who has died. People often bring flowers and cards. At a funeral people like to remember the person who has died by talking about them, reading something special or singing a favourite song. People will be sad and may cry, this is OK and nothing to worry about.



At the funeral the person who has died may be put in a coffin (a special wooden box), which may be buried in the ground. Sometimes people put special things in the coffin. Ask the person who looks after you if you would like to put something in the coffin such as a toy, a photo, or something you have made.

Sometimes after the funeral the person's body goes to a place where it is turned into a powder called ashes. The ashes are kept in a special pot called an urn. Sometimes people choose to scatter the ashes in a place that was special to the person who died.

Some children choose to go to the funeral but some choose not to. Whatever you decide is fine as long as you understand what a funeral is about and have talked about what is right for you. Funerals can be very different from each other, ask an adult if you have questions.

# Your Feelings

When someone you love dies you may feel lots of different things and this is normal. It is important to talk about how you feel.



It is okay to cry and feel sad sometimes and it is okay to feel fine and want to do fun things sometimes. You still love the person just as much however you are feeling that day.

Below are feelings that lots of other children have when someone they love dies. Perhaps you could circle the ones you have felt and add any others you may have:

Fine

Lonely

Shocked

It's my fault...

Panicked

Frightened

Guilty

Sad

Hurting

Can't believe it

Worried

Angry

Relieved

I wish I had said...

Embarrassed

Feel nothing

What did I do?

## What can I do to remember?

You could make a memory box or book. Here are some examples of things you could put in the box or stick in your book; photographs, poems, drawings, cards, special mementoes, anything that would remind you of your special person.

Would you like to make a list of things you would put into your box or book here?



You may like to write a story or draw a picture to remember your special person and the things that you liked to do with them.

There may be a special place you can go, with an adult, to remember the person you loved. You may go somewhere that you both used to visit together or maybe the graveyard (where the coffin is buried) or where their ashes have been scattered. Some people like to go there with flowers or just to sit and remember them for a while.

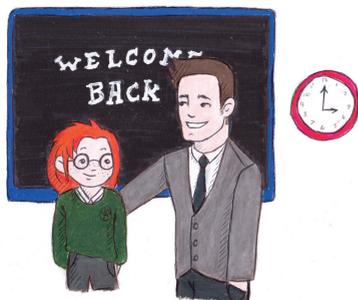
## What will happen now?

Some things will change and some things will stay the same. With an adult you may like to make a list of things that will change, a list of any worries and questions that you may have. You could also make a list of all the people in your life who are there to help you.

## Going back to school

Going back to school after a bereavement can be hard. You may feel too sad but on the other hand getting back to doing some normal things and seeing your friends can be good.

Ask an adult to help you think about how you would like things to happen when you go back to school. Would you like your teacher to tell your class about what has happened before you go in, or would you rather let a few people know at a time?



It's a good idea to talk to your teacher about any worries you have and tell them if there are any things that might help you. Your teachers will understand that you are having a difficult time and will want to help you if you need it.

If you would like any further information,  
advice or would like to make a referral  
please contact us.



Illustrated by Gabby Armstrong aged 16

An age related book list is available on our website

## Children's Bereavement Centre

The charity that supports local children and their families

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