

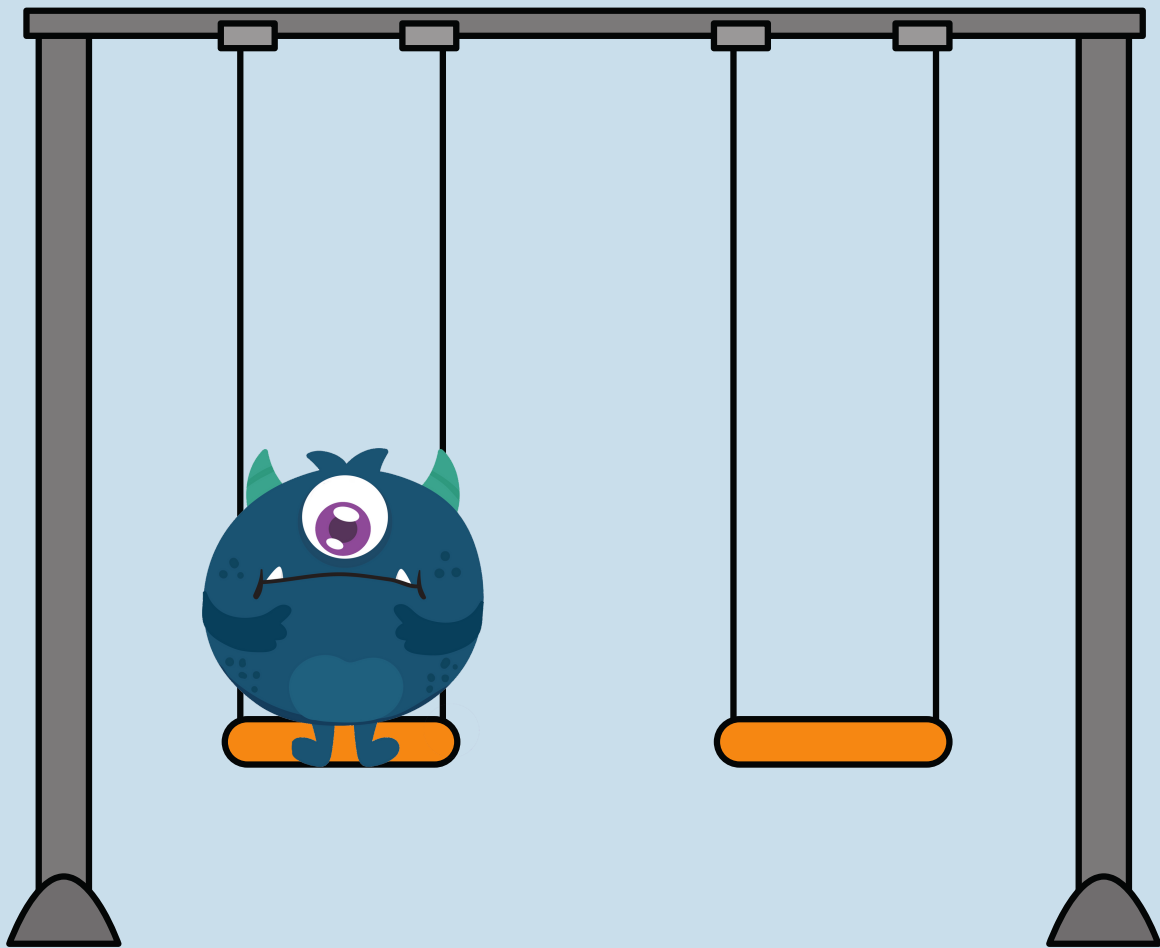


GRIEF AND LOSS



When we lose someone or something we love, it can be very upsetting.

This is called **grief**.



When we feel grief, we are said to be **grieving**.

We can grieve when:

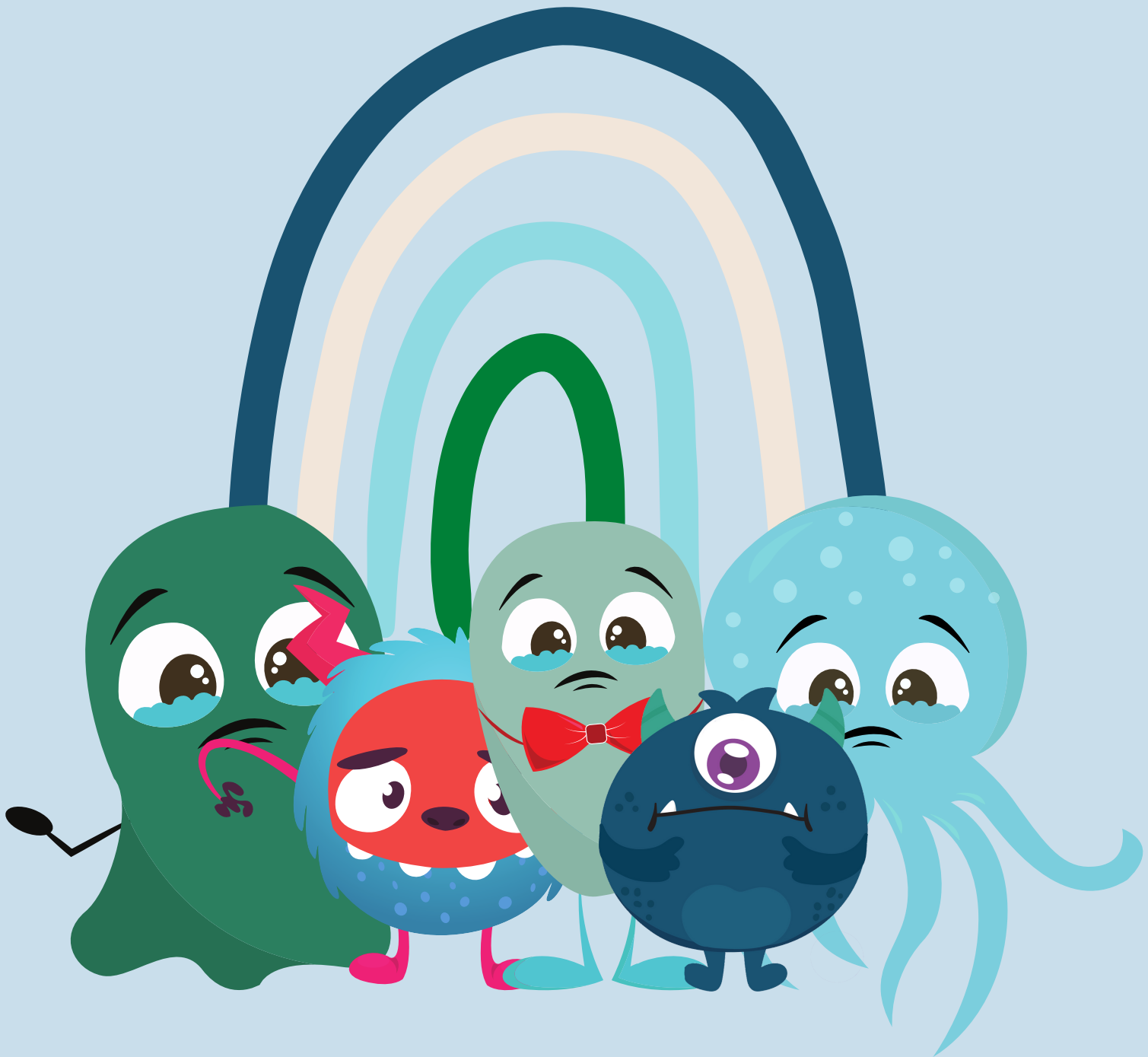
- A loved one dies
- A friend dies
- A pet dies
- We lose a friendship or relationship, for example, if a friend moves away.

Grief can be very hard to
talk about.



And everyone grieves **differently.**

We can grieve whenever we lose someone or something.



And it's important to remember, that grief is **normal**.



We can grieve when
someone we love dies.



When someone dies, their
body stops working.

This means they can no longer
come back to life, even though
we may want them to.

It may feel hard to live
without them.

This is **why** we grieve.



But we don't just
grieve when
someone dies.

We can grieve
any **loss** or
change in our
lives.



For example, if a friend moves far away. Or if a parent has to work away for a while.



**Remember, grief
is normal and
most people will
feel grief in their
lives.**

Even though it feels
horrible.

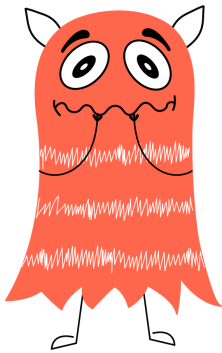




You may feel lots of different emotions, even **all at once**.

It's ok to feel **all** these emotions.

You may feel:



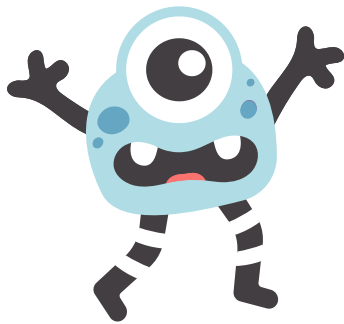
Worried



Scared



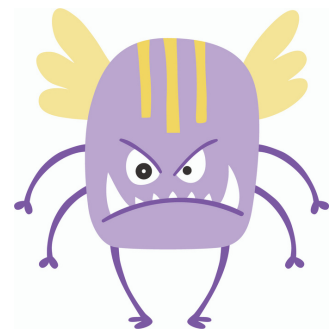
Sad



Shock



Guilty

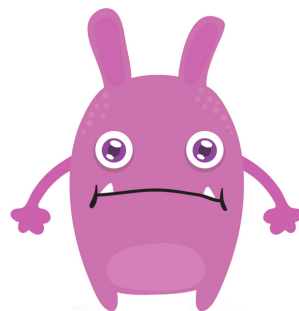


Angry

You may experience:



Tiredness



Loneliness



Confusion

It's important to think about all the feelings and thoughts you have when you are grieving.

And try to talk about them with someone you trust.



It's ok to ask questions or be
confused about your feelings.



**It's ok to cry. But it's ok to be
happy sometimes too.**


The page is decorated with numerous yellow, five-pointed stars of varying sizes scattered across the white background. The stars are positioned in the top-left, top-right, and bottom-right corners, as well as along the left and bottom edges. A faint, light blue watermark of a stylized bird or wing is visible in the center-right area of the page.

Grief is very strange like that.

Over time, grief can get easier.



And for lots of people, those big feelings can become weaker.



Some things we can do to help us when we are grieving are:

Talk about and share your emotions

Draw a picture or do something creative

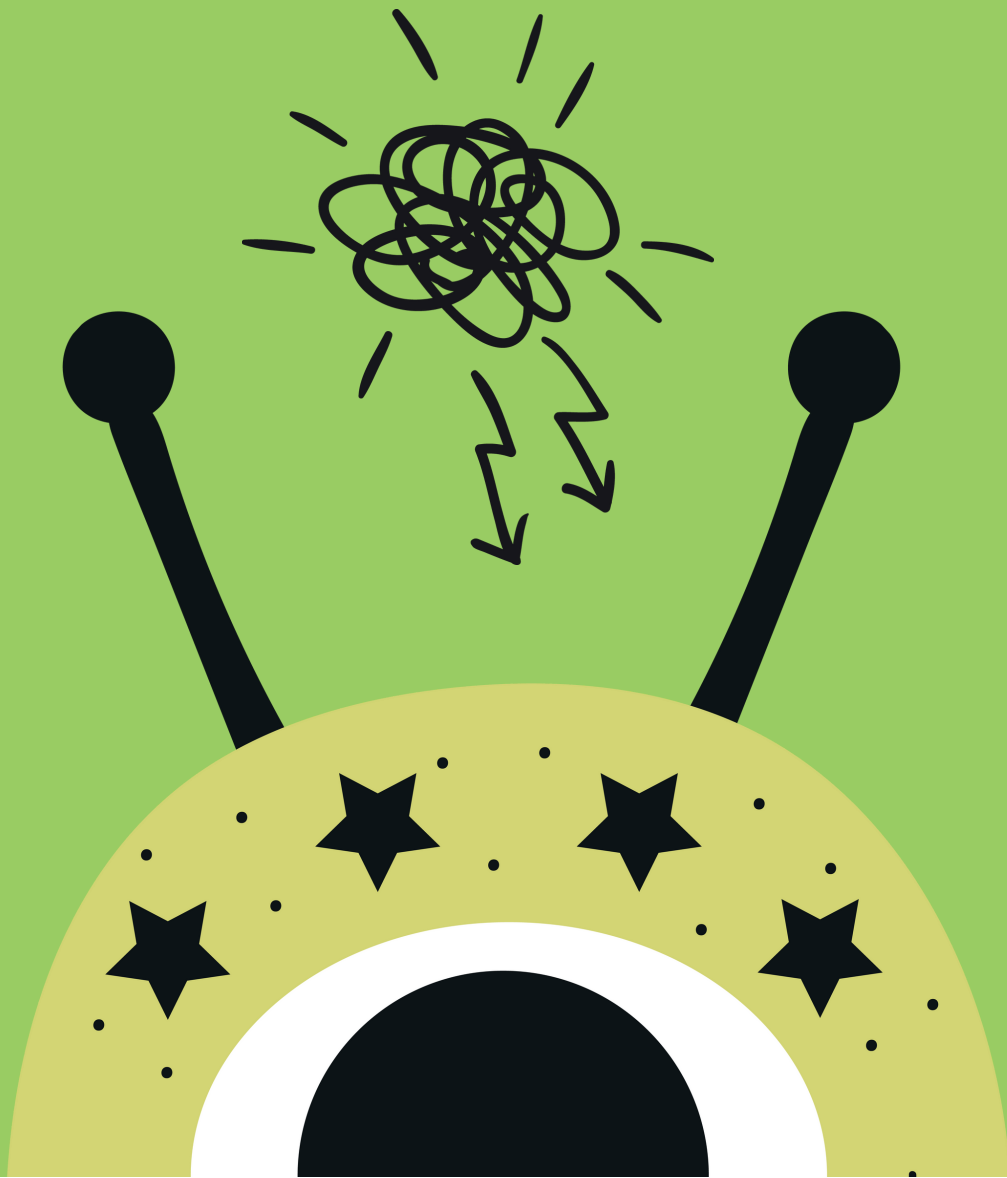
Create a memory box

Practise Mindfulness

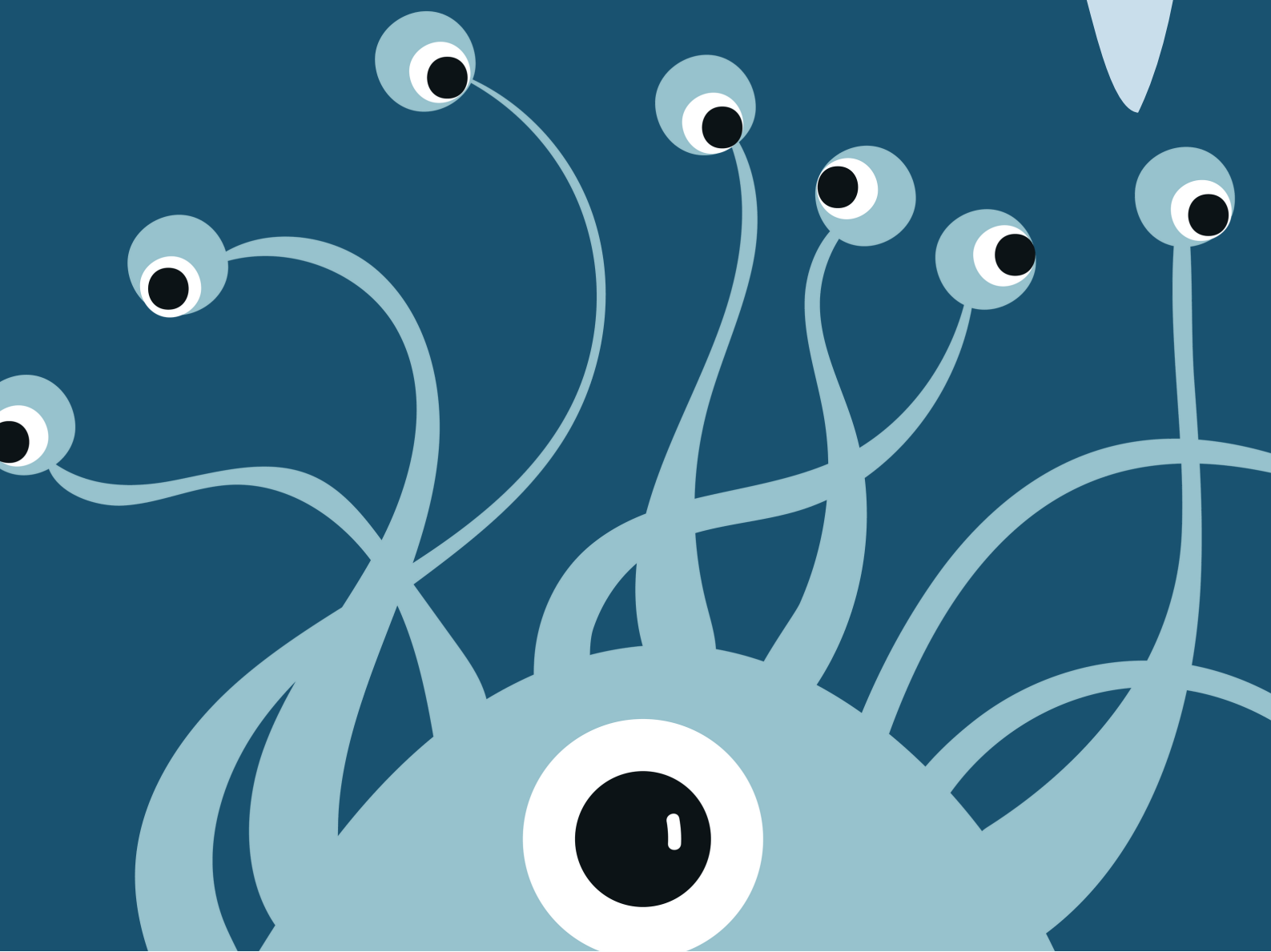
Try to be aware of your feelings

Get some fresh air

It's ok to feel your emotions
or express yourself when
you need to - cry, kick and
scream or feel sad - all
feelings are normal.



**Do you have any
questions about
grief that you
would like to ask?**



Download resources and activities to help with grief and loss from the Be Happy Hub now!

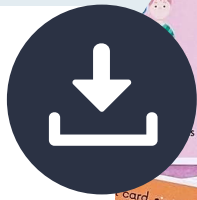


Sign up: www.behappyresources.co.uk

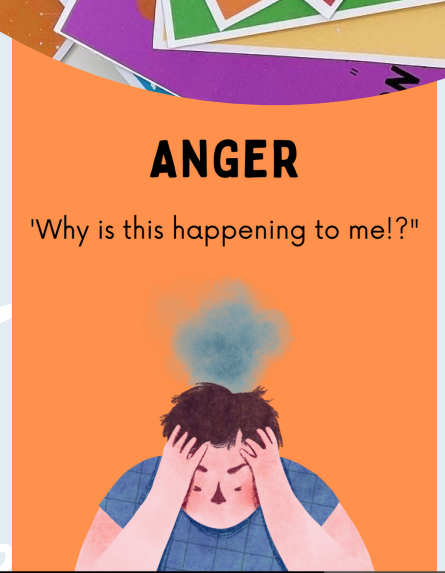
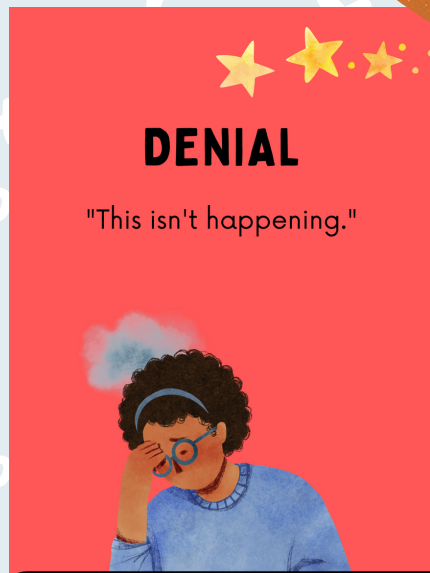


LEARN ABOUT AND DISCUSS GRIEF

With our grief cards and resources!



- Use the grief cards to discuss the stages of grief: denial, anger, bargaining, depression, acceptance, healing.
- Use the prompt cards to promote healthy discussion around loss and bring feelings to the surface.
- Use the breathing exercises to calm and ground.
- Use the Feelings Card to identify feelings. Use the Prompt cards to explain grief and assure that all feelings are normal.



Welcome to the Be Happy Hub!

Here you will find everything you need to help inspire positive thinking and mental health learning in your home or classroom! We believe that equipping children with the knowledge and awareness of their emotions and helping to build resilience and self-esteem from an early age will go a long, long way in building a new, mentally healthier generation.

Don't forget - as a member of the Be Happy Hub - you get 50% of all products in our store! Use code **MEMBER10** at the check out.

Welcome to your new Hub! See our announcements box to find out what's changed. Thank you for your support!

Latest Uploads
In My Heart

Sign up to the Be Happy Hub for just £1.99 a month!

For grown ups

QUESTIONS TO ASK:

? Has this helped you?

Ask if this book has helped them understand grief, and explore anything they don't understand further.

? How can grief make you feel?

Talk about the emotional impact, such as feeling sad or worried, and the physical symptoms too - feeling sick, hot etc.

? How do you feel after this booklet?

It's important to assess emotions after talking about something upsetting, ask the child how they feel and what you can do to help them feel calm if they are distressed.

? What helps you feel calm?

Discuss what helps the child to feel calm - is it cuddling a teddy, doing an activity such as colouring/painting, speaking with a grown up etc.

? What should you do if you are upset?

Talk to a grown up they trust.

For grown ups

TIPS FOR TALKING ABOUT DEATH

Use simple, clear words

It's ok to use words like 'death' or 'died,' don't opt for softer words like 'passed on' as this can be confusing. Research shows that using realistic words helps the grieving process.

Be comfortable saying 'I don't know.'

You don't have to have all the answers. Being honest is better than making something up.

Avoid the phrase 'gone to sleep.'

Avoid saying that someone 'has gone to sleep,' as this can make children fear going to sleep at night.

Be honest with your own feelings

We don't like our children to see us upset, but if you are grieving too, let your child know what you are feeling and share discussions about your emotions regularly. It will help them to become more aware of their own feelings.

Let them know there's help available

Let them know there is always an avenue for help if they are struggling - whether it's with you or a professional.