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WHEN

Someone
VERY
Special

DIES



Children Can Learn to Cope with Grief

written by Marge Heegaard to be illustrated by children

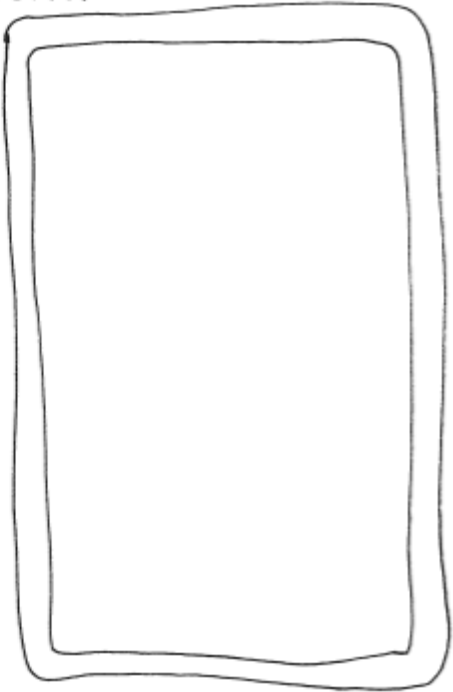
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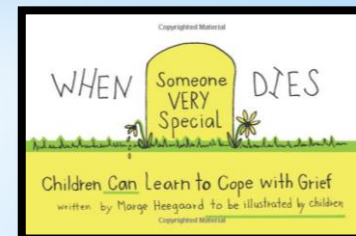
Someone I loved died. This is a picture of that person...

_____ was
(name)
important to me
because...



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When Someone Very Special Dies by Marge Heegaard

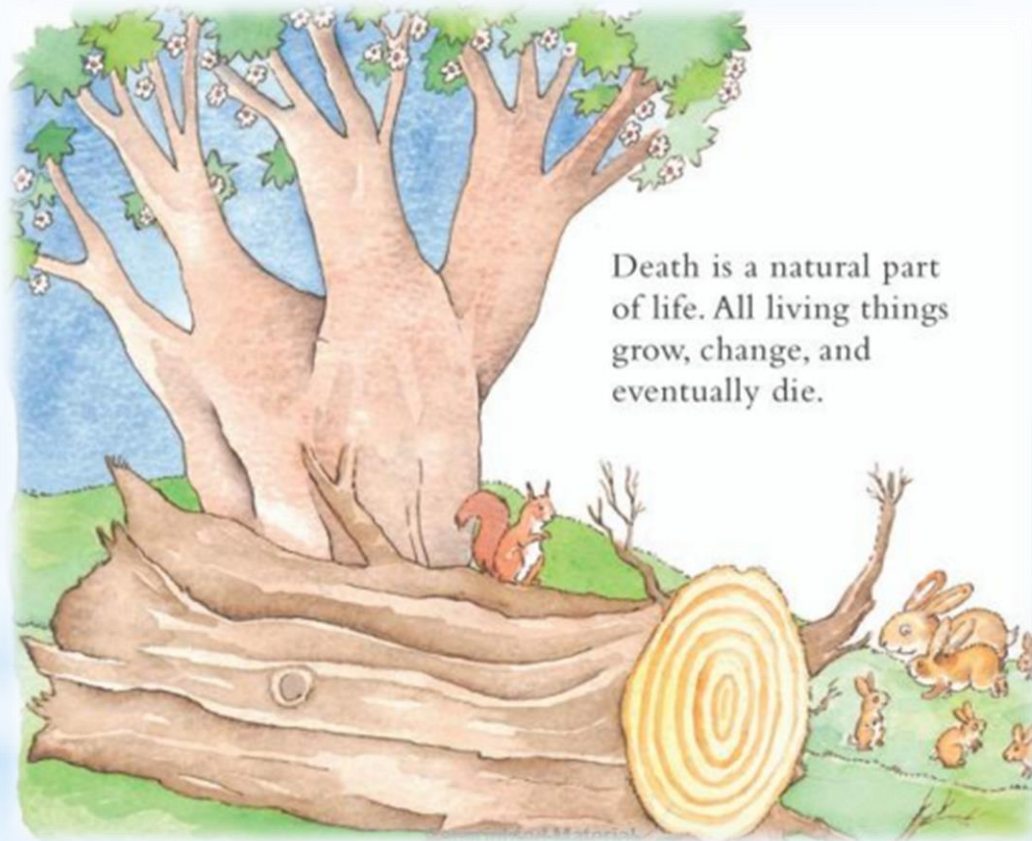


If you have lost someone very special to you, the following slides would probably help you understand:

- What it means when someone dies;
- How you can make sense of your feelings (e.g. shock, sadness, pain from the loss, etc.) and
- Moving on without the person

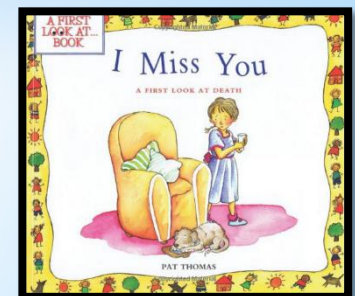


When someone dies, the heart stops beating, the lungs no longer breathe in air, the brain does not think anymore. The person is no longer able to talk, move or feel anymore.



Source: <https://www.amazon.com>

I Miss You – A First Look at Death by Pat Thomas

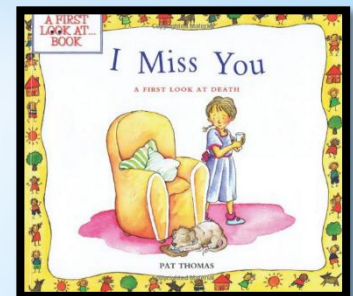




People die for different reasons. Some people die because they are old. Some people get very sick and then they die. Some people die because something unexpected and tragic happened to them.



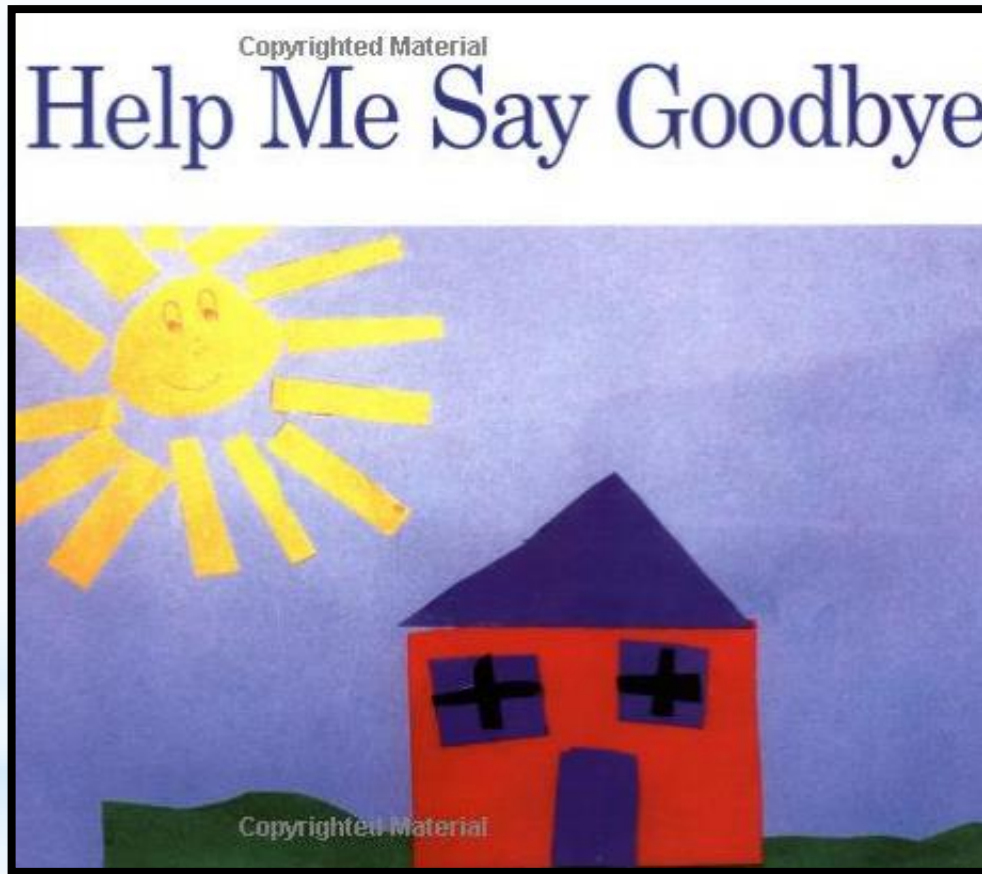
Source: <https://www.amazon.com>
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- It is **OKAY** to feel shocked, sad, pained, etc. because you are grieving over the loss of someone very special to you.
- It is **OKAY** to be tearful and cry; your tears are how you express your feelings. You would feel better thereafter.



If you have difficulty coping with the loss of someone very special to you, do speak with your school counsellor or any other trusted adult in school.



Source: <https://www.amazon.com>
Help Me Say Goodbye by Janis Silverman