



Bereavement Book



This book is for you to look through whenever you like.

You can look through it with your family, your teachers, or on your own.

If you have any questions, you can ask your family or teachers.

Sometimes people we love die.



People die for different reasons:

- Some people get very ill.
- Some people have a bad accident.
- Some people are very old.

Death is natural.

Every living thing in the world will die one day.

For example plants grow, change and die, just like humans.



When people die they do not think or feel any more.

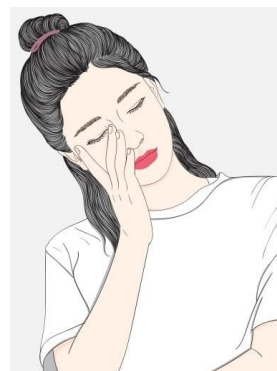
They cannot breathe, move, talk, eat or sleep.

Their body has stopped working.

When someone I love dies, it can make me feel sad or angry.



It is ok to feel sad.



It is ok to cry.



It is ok to feel angry.

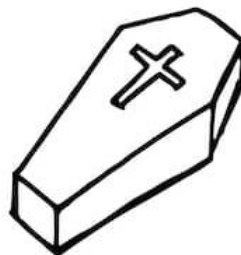


When someone dies their family and friends might have a funeral.

A funeral is held to remember the person and to say goodbye.



When a person dies, their body is put in a coffin.



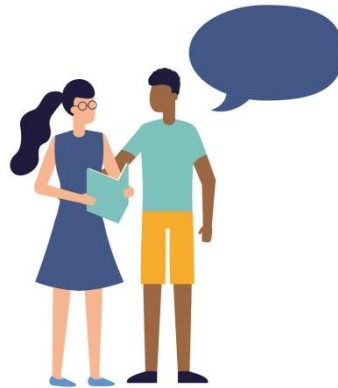
The coffin is driven to the funeral in a black car. This is called a hearse.



The coffin can be buried in the ground. Or it can be cremated.

It is good to remember people who have died.

You can talk about the person with family, friends or staff at school.



You can look at photographs.

You can make a memory box and fill it with things that remind you of the person.

Sometimes people go to a cemetery to visit the person's gravestone.

Sometimes they take flowers with them.



Remember!

It is ok to feel sad.

It is ok to cry.

It is ok feel angry.

