

For children aged 5 to 11 years

When Someone I Love Dies



“I can remember all the
fun things we did together”



Call Creightons & Palmdale on **4324 1533**,
Greenway on **4369 2013** or visit
www.palmdalegroup.com.au
Palmdale Road, Palmdale NSW 2258



This brochure was produced by The Salvation Army Counselling Service for Creightons Funeral Service. It is offered as a guide only and does not replace personal grief counselling from a trained professional. If you or someone you know is experiencing difficulty understanding or coping with grief, please contact one of the organisations outlined in this brochure.



All living things have a beginning and an ending. Nothing that is alive will live forever.

Plants, animals, birds, fish, trees and people are all living things and will all one day die.

When someone I love dies I won't be able to see them or talk to them or do things with them anymore.

When someone I love dies they won't feel any more hurt or pain. They can't eat, walk, talk or feel and even if I want them to they can't come back to life.

When someone I love dies I will feel very hurt inside. I might cry, I might be angry and I might feel scared or confused. It might be hard for me to go to sleep, I might not feel like eating and I might not feel like playing with anyone.

When someone I love dies sometimes I will want to be by myself and other times I will want to be with other people. It is okay to do both.

When someone I love dies other people around me might act differently. When I cry they might yell, I might want to talk or play and they won't. We all show our hurt in different ways.



“ It can help if I can find a special way to say goodbye ”

When someone I love dies my friends might not know what to say to me. It doesn't mean they don't care, they just don't know how to help me.

Sometimes I might forget that someone I love has died then when I remember again all the hurt comes back. This can happen for a while until one day I realise it doesn't hurt as much anymore.

When someone I love dies it can help me if I find a special way to say goodbye to them. I could paint or draw a picture, I could write a letter, I could make something special, I could buy some flowers or I could ask to do something special at their funeral.

It can also help if I make a special memory box to help me remember them. In my memory box I can put pictures, drawings, letters and special things that remind me of the person I love who has died. Looking at my box can help me when I am missing them. It is okay to look at my box whenever I want to.

When someone I love dies, in time I will feel better. I will remember them, how special they are to me and all the fun things we did together. My good memories will always stay with me.