

WHEN A LOVED ONE DIES

It's ok to be sad, mad, happy, quiet or anything we want to be. It's ok if we want to be alone or with lots of people all the time.

TO FEEL BETTER WE CAN TRY...

- * Counting our blessings and helping out at home or school
- * Kicking, punching, screaming and playing lots of outdoor games
- * Drawing pictures, dancing, singing, reading nice books or watching movies
- * Writing letters or having a show and tell about the pet or person that died
- * Spending sometime close to the ocean, a lake, a tree or watching clouds

WE MUST BE VERY KIND AND PATIENT WITH OURSELVES - OR OUR LOVED ONES - UNTIL THE SADNESS LIFTS OFF.

