



# WHEN MY PERSON DIED...

When someone important to you dies, it might feel like you'd been blasted into a strange new world.

Sharing your memories of what happened can feel helpful. It can feel painful too, so look after yourself and go at your own pace.



You can use the Survival Kit to help you through talking about things that feel tricky!

What I thought about

What happened

Who told me,  
and what they said

Where they died





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How my body felt

Where I was when I found out

Feelings I remember having

How I reacted

How the people around me reacted





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If you don't know how to answer the questions, use this page to draw or write whatever you feel like.

