

GOING BACK TO SCHOOL WHEN A LOVED ONE HAS DIED

♥ You may find it difficult going back to school after someone has died

♥ Maybe you just want things to go back to normal & see your friends, or you want to hide away from people

♥ What would YOU like to happen to help you go back to school?

♥ Here are some suggestions that you could choose from, & you can also use the blank bubbles to create your own ideas.
Your bubbles can be cut out & shared with your trusted adults.

In school I can talk to...

About how I'm feeling

Ask my trusted adult to tell my classmates about what has happened

Speak to my teacher about what has happened & ask them to tell the class

Tell my classmates myself that my special person has died

Tell a few of my friends but not everyone about what has happened

Have a special item in my pocket if I need to comfort myself

Talk to my teacher about where I can go when I'm feeling sad & missing my special person



