

GRIEF, COPING, AND LOSS

Preparation: This story should be read in a quiet, private setting, where someone can feel safe to process the information. It should be read by a trusted person who the supported individual is comfortable with and who can provide support or answer questions.



Someone I know has died. That means their body has stopped working.



When someone dies, they cannot come see us anymore, and we cannot see them.



When someone dies, I might feel different emotions. Some ways I might feel are: sad, confused, or even angry. It is okay to feel upset or have other feelings. I can talk about my feelings, and call someone I trust to talk if I want.



I can do things to remember and honour the person who died. This can also help me feel better. Some ideas are looking at photos, lighting a candle, saying a prayer, sharing memories, listening to a song, or making a collage.



It is okay to remember happy memories and fun times. I can also remind myself that I might feel upset now, but after some time, I will feel better.

Note: After reading this story, depending on how the supported individual is feeling, the trusted person can check in on them with gentle questions, such as "how are you feeling about what I just said?".