A very special person or people have died suddenly.
It is very, very sad.

Their name(s) _____

Their photo(s)

These are the names of some of the people who are very sad about it:

_____

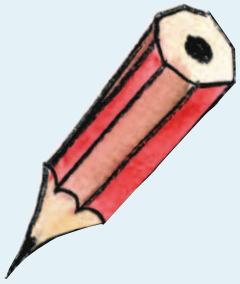
_____

_____

What happened?

Sometimes it's obvious what happened. Sometimes, it isn't.

You can write down what you know here:



Where did it happen? _____

_____

Who was there? _____

_____

_____

What do we think happened? _____

_____

_____

_____

_____

_____

_____

My dad died when my family were on holiday. We'd had a lovely day at the beach and had just got back to our tent when my dad said his chest really hurt and he fell down. An ambulance came and took him to hospital. The doctors couldn't save his life. They said his heart was too poorly to keep working.

My mum and sister died when another car crashed into our car. I was in the car too and broke my arm and had to go to hospital. I knew my mum and my sister were badly hurt because they were very quiet after the crash. I didn't want to believe it when my dad told me they had died.

What don't we know? What would we like to know?

How to remember

There are lots and lots of ways you can remember someone who has died. Just because they aren't there doesn't mean that your feelings and memories about them will go away.

Here are some top tips to help you remember them.

Amy's top tips –

Go somewhere special that reminds you of them. Where would you like to go?

Just sit and think about them in your head. You can think about them any time you want!
Try to think about the happy times you spent together. What do you want to think about?

Talk about them to someone who knew them too.
Make a list of people you can talk to here -

Tom's top tip –

You can draw pictures too. I drew a picture of dad and me playing football. I've stuck it on my bedroom wall next to a photo of him.

All about them

You can use this page to help you remember. Fill in the spaces below.

Their favourite colour was _____

_____

Their favourite food was _____

_____

Their favourite hobby was _____

_____

Their favourite clothes were _____

_____

Their favourite thing to say or their favourite joke was

_____

_____

My favourite thing that we used to do together was

_____

_____

My poem

Another way to remember someone is to write a poem about them.
It's easy. Finish off the sentences below.

Our best day out was _____

It was great because _____

The weather was _____

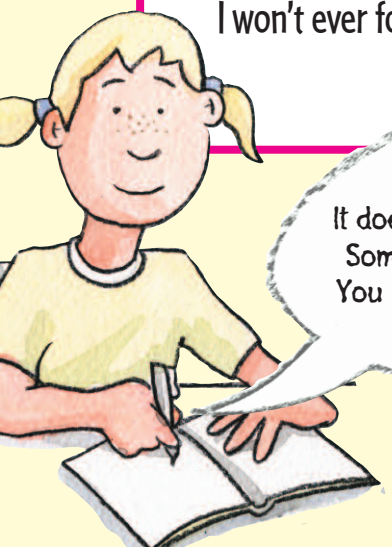
It smelt like _____

We talked about _____

The things we did included _____

When we went home _____

I won't ever forget _____



When you've finished, take
away the words that you didn't write,
and what is left behind is your poem!
It doesn't have to rhyme to be a great poem.
Some of the best ever poems don't rhyme.
You might want to have a few attempts
to get the perfect poem!

You will remember them FOREVER.

Our promise

This page is a special promise for you and grown-ups who care about you. Read it together and tick the boxes.

We/I can

- [ ] Ask questions about what happened
- [ ] Ask you for help when I need it and cry if I am sad
- [ ] Tell you what I need to make me feel better
- [ ] Have a hug whenever I need one
- [ ] Talk about my feelings, whatever they are
- [ ] Laugh and have fun, even when I am sad
- [ ] Keep something that belonged to my special person
- [ ] Do something special on anniversaries
- [ ] Have something to look forward to

My grown-up/s can

- [ ] Be honest with me when I ask questions
- [ ] Understand that I am very sad that my special person has died and I have lots of feelings because of my grief
- [ ] Tell my school what has happened and tell me who I should talk to at school if I need help
- [ ] Talk to me about any changes in my life before they happen
- [ ] Let me play and have fun
- [ ] Tell me about their feelings too and cry if they are sad

Sign your names here

Signed ..... Signed .....

Signed ..... Signed .....

Signed ..... Signed .....

Signed ..... Signed .....