

**EDUCATIONAL  
PSYCHOLOGY  
TEAM**



# Coping with crisis

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**When someone we know dies**

**Understanding your feelings -  
for younger children**

Children's Services  
0300 123 4043  
[www.hertsdirect.org](http://www.hertsdirect.org)



If you would like help and advice about the information in this leaflet, or if you require the information in another format such as large print, Braille or on audiotape, please contact our Customer Service Centre on 0300 123 4043.

You can also contact us by email at [hertsdirect@hertscc.gov.uk](mailto:hertsdirect@hertscc.gov.uk)

If you require help to translate this information, please phone 0300 123 4043.

**Bengali:** বাংলা, ভাষায় তথ্যাবলীর জন্য অথবা আপনার একজন দোভাষী অর্থাৎ ইস্টরপ্রিটরের দরকার হলে, অনুগ্রহ করে উপরে যে সব টেলিফোন নম্বর দেওয়া হয়েছে সেগুলোতে ফোন করে যোগাযোগ করুন।

**Chinese:** 如果需要漢語版本，或需要口譯人員，請用上述號碼聯繫。

**Italian:** Per informazioni in italiano, o se desidera l'aiuto di un'interprete, contatti i numeri elencati in precedenza.

**Portuguese:** Para informações em português ou se precisar de uma interprete é favor telefonar para um dos números acima.

**Punjabi:** ਪੰਜਾਬੀ, ਦੇ ਵਿਚ ਜਾਣਕਾਰੀ ਦੇ ਲਈ ਜਾਂ ਜੇ ਤੁਹਾਨੂੰ ਇੰਟਰਪ੍ਰੀਟਰ ਦੀ ਜ਼ਰੂਰਤ ਹੈ, ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਉੱਪਰ ਦਿੱਤੇ ਨੰਬਰਾਂ 'ਤੇ ਸੰਪਰਕ ਕਰੋ।

**Turkish:** Sağlanan hizmetlerle ilgili bilgileri Türkçe, istiyorsanız ya da bu dillerden çevirmene gereksinim duyarsanız, lütfen yukarıdaki telefon numaralarını arayınız.

**Urdu:** اردو میں معلومات کے لئے، یا اگر آپ کو ایک انٹرپریٹر کی ضرورت ہے، تو براہ مہربانی اوپر دیئے ہوئے نمبروں پر رابطہ کریں۔

**When people die they stop living. People die for different reasons. Some die because they get very ill. Some die because of an accident. Some die because their body has become very old and stops working.**

A dead person does not see or hear. They cannot do things. They cannot breathe. Their body has stopped working. The dead person does not feel anything.

If someone we know or love dies, we have different feelings. One of those feelings is loss, knowing we won't be able to see them alive again.



## Feelings we may have when someone dies

### Feeling shocked or not believing it

Sometimes it is hard to believe that someone has died. Some people want to look for the dead person in places where they used to be.

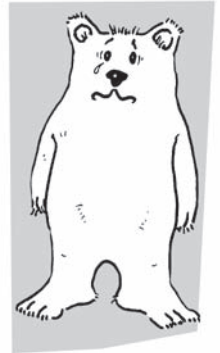
Other people may think they see the dead person. Then they realise it was somebody else.

They might dream the dead person is alive and had not really died. Then they wake up and feel sad again to know it has really happened.



### Feeling it isn't true

Some people behave as if nothing has happened, as if the dead person is still around. They may knock on their door to go to school with them, or imagine doing so.



### Feeling sorry

Some people feel sorry after someone has died. They feel they should have said or done something to stop the person from dying. They feel they should have loved the person more.

### Feeling angry

Some people think others should have stopped the person from dying. They feel angry.

Sometimes people feel angry with the dead person who has made them feel so sad. They may feel cross because they remember things the person did.



## Feeling sad

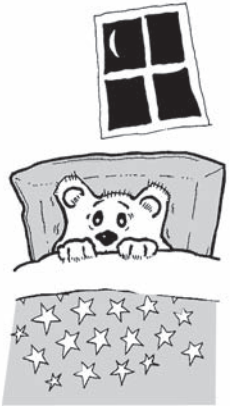
Life can seem very lonely and empty. Sometimes seeing other people happy may make sad people feel more lonely. Some people cry. Some people want to cry when nobody can see them and other people may want to cry with a friend.



## Feeling worried and puzzled

Some people worry they will not be able to do things by themselves. They find it harder to remember things. They cannot think clearly. Some people worry they may become ill, or even that they may die.

They fear they will never be happy again. Sometimes they feel it is wrong to be happy or to enjoy things.



## Feeling frightened

Some people find it difficult getting to sleep. They may be frightened of the dark. They may have nightmares.

Some people may not want to go to school/nursery.

## Feeling hungry

Some people may not want to eat very much and others may eat more than they used to.

## Later on

After a time, the unhappy feelings start to go away. People learn to live without the dead person. The dead person is not forgotten, but little by little people do not feel so upset.



## If this is happening to you

Try to talk to someone about how you feel. This could be to a friend, a teacher or someone in your family.

Write or draw your feelings in this box.

*I will always remember... about...*

Tell your teacher if you cannot concentrate or do not understand something in lessons, or if you are having difficulty with your work, homework or feelings.

### **How to help a friend who has lost someone**

It helps when you are friendly. Listen to the person and offer to stay with them. Some people want to be alone at times, so ask your friend how you can help.

You may be able to help them remember the person who died. These are some things you could try:

1. Talk about the dead person with family and friends and remember what the person was like and the things they used to do
2. You may wish to look at photographs of the person who has died and maybe frame some special ones
3. Make up a book about the person
4. Draw a picture of the person doing something they liked to do
5. Write a poem about the person
6. Make a memory box of special things to keep

It is important to remember the person who died. After a time most people find they can think positively about the person who died without being unhappy.

*Source:*

*Understanding death and dying: your feelings*

*Fiona Cathcart*

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