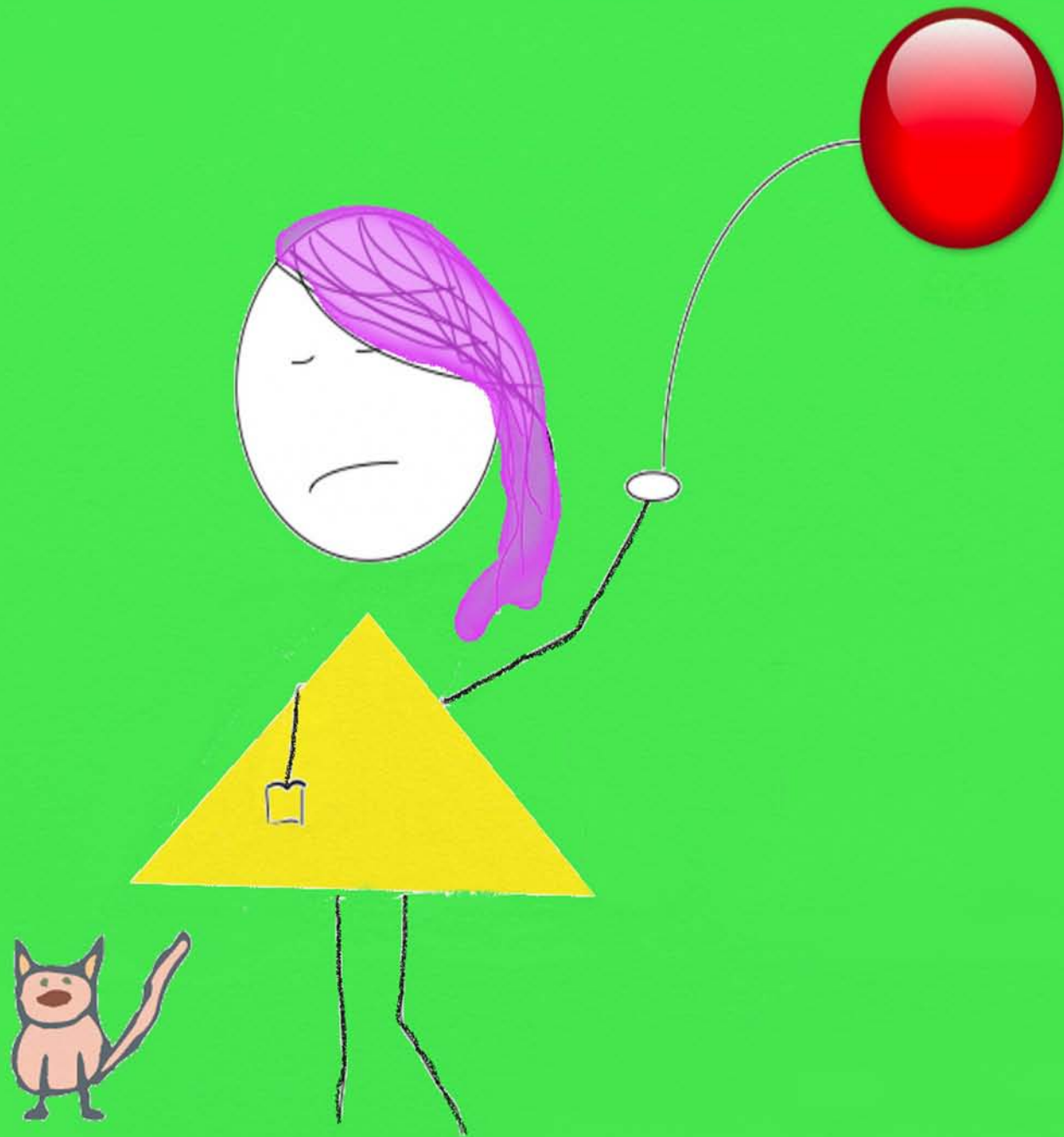


Someone I love has died. Sometimes I feel mixed up.
Grown-ups call this "grief".



I am allowed to have my own feelings about death. No-one feels the same about it .
I may feel sad, mad, lonely or scared. I may want to play or I may not want to do anything at all.





This death makes me feel sad. Sometimes I feel sad for no reason....

Sometimes I feel different and this makes me feel lonely.



Sometimes I feel happy and want to play. Playing is important too.



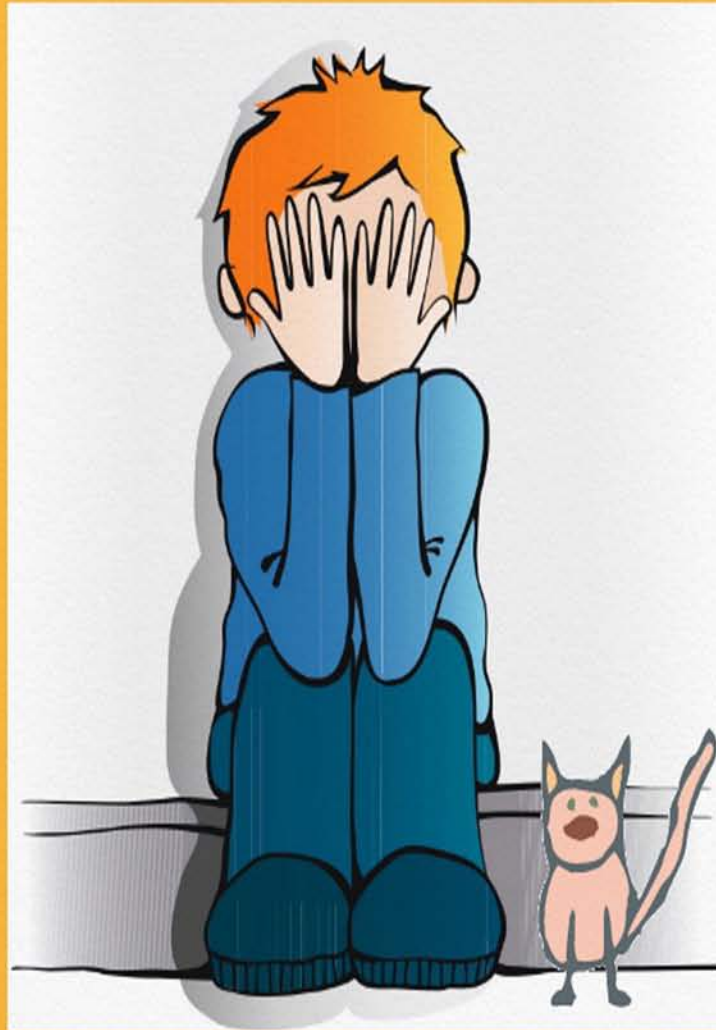


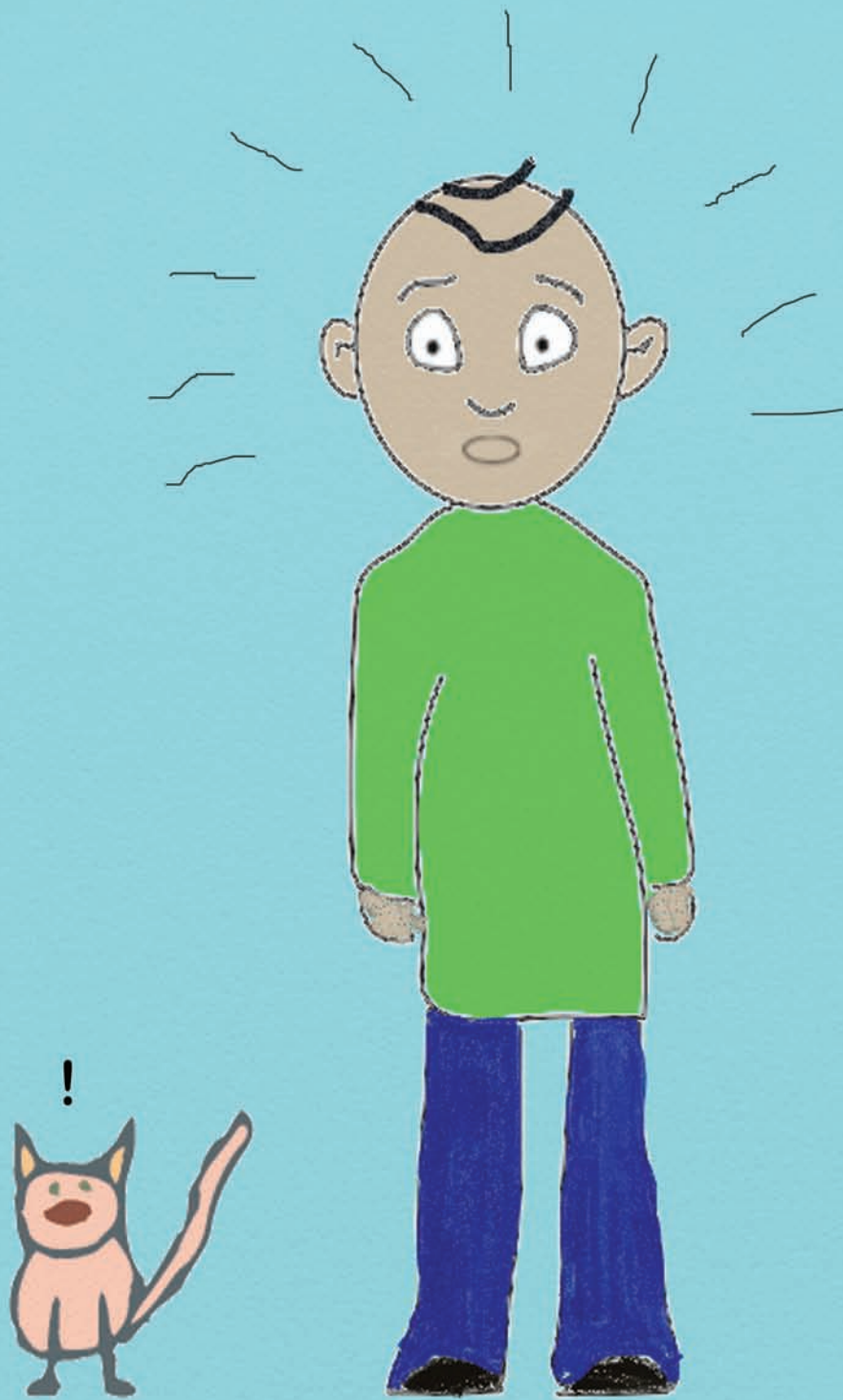
Sometimes I get really mad. I feel bad after.

Sometimes I don't know why I am mad. This is a part of "grief".

Sometimes I feel scared and confused.

I need someone to tell me everything will be okay.





Sometimes I feel surprised that this has happened to me...



Sometimes I feel worried...

As time passes my grief won't always feel this big.
It hurts to say goodbye, but I know my life will be joyful again.

