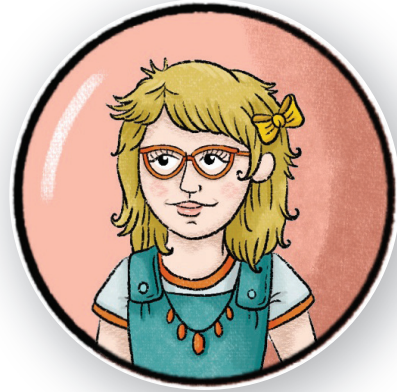


# Ellie's 'Top 10 Tips' to help you if someone important in your life has died



1. Lots of things can change when someone dies, but don't worry, you will be okay.

2. It's okay to cry if you feel upset.

3. You will have all sorts of different feelings. You might feel sad, angry, confused or worried at times and that's normal.

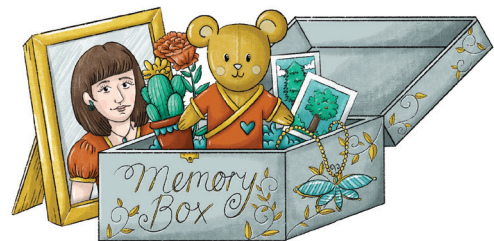


4. Tell an adult how they can help you.

6. Make a memory box so you remember the person who has died.

5. Write or draw things. You can ask someone to help you if you want.

7. Ask for a 'time-out card' at school. It means you can leave class if you get upset.



9. If you have a pet, spend time with them. You can tell them anything and they won't tell anyone else!



8. Remember that it's okay to talk about the person who has died.

10. Ask questions if you don't understand.