

Worksheet 5:

What activities could help you when someone dies

Looking after yourself is important when someone dies, as there are lots of different feelings to manage.

Ellie created a list with Auntie V of things that could make her feel better. Here are some ideas she had ...

Speaking to adults



Spending time with animals



Writing in a journal or making a scrapbox



Going for a walk



Asking questions



Ben and Alex created their own list of activities to help them when life felt a little difficult for them.

Write a list of activities that might help to you feel better...

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