

Worksheet 3:

Feelings we might have when someone dies

We can have lots of different feelings and emotions when someone dies. They can feel very jumbled up inside us.

SAD
SURPRISED
CONFUSED
UPSET
ANGRY
WORRIED

We can be happy one minute and upset the next. That's okay. It is normal to feel lots of things. Ellie, Ben and Alex all had different feelings.

Ellie was outside playing happily and then she suddenly became very angry. She thought the adults around her were keeping secrets from her.



Ben felt frightened about going back to school. He didn't want everyone looking at him, as they knew his mum had died.

Alex was worried about telling her friends what had happened to her mum.



How do you feel?

Where do you feel those things in your body?