

# Has someone important to you died?

## Ideas to help your teacher support you while school is closed

People cope in all sorts of ways when someone dies. Often teachers want to help you in your grief, but aren't sure how, especially while school is closed. Here are some suggestions from other bereaved young people about ways your teacher could support you. Tick the ones you think would help, and send it to your teacher to start the conversation.

Please talk to me about how to let the rest of my class know what has happened

Ask me how I am feeling. It may not be obvious

Understand that I will not 'get over it' or 'put it behind me' but with time I will learn to cope with all the changes

Help me to find new dreams of the future and make plans

Check in with me once a week by email or message so that I know you are still supporting me from a distance

Please talk to me about how to explain to other staff what has happened

Help me to make a plan for how I will come back to school when it re-opens

Realise that I have a lot on my plate. I will keep up as best I can

Let me know about groups for children and young people who are also coping with loss and change

Arrange for me to get extra help with my work

Talk to me about what has happened. I may need more information, advice and education about loss

Give me extra encouragement for all the things I am managing to do and keep me in mind

Please try  
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