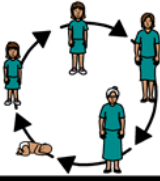




Explaining Death



Everyone dies.



Sometimes if someone is really sick, the doctors will tell them how long other people who have the same illness lived.



Sometimes something happens and someone dies.



We might feel sad or angry or confused when someone dies.



When people move into a house, it becomes a home. If no one has moved in, it is just a building.

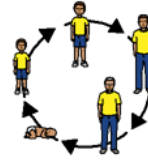
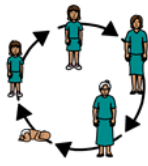


Our bodies are like that. When we are alive, we have thoughts and personality. When we die, our body stays but our thoughts and personality aren't there any more.





Understanding Death



Everyone is born and everyone will die at some stage.



Sometimes we have time to prepare ourselves.



Sometimes we don't.



When someone dies, we might feel sad or angry.



We might feel scared or frustrated.



We might feel relieved, if they have been sick.



It is important that no matter how we feel, we talk about it with someone.



We might start to think more about death and worry about our family or friends.





It can be hard, but if we spend all our time thinking about people dying, we don't get to enjoy them living.



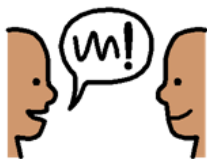
When someone we love dies, we can't hug them or touch them.



We can remember them and imagine what they would say to us.



We can look at their pictures and think about happy memories we had with them.



We can talk about them to other people.

