

Developing a healthy, safer lifestyle

STAGES OF LIFE— YEAR 6

DEATH

STICKY KNOWLEDGE

As humans, we learn to accept that people we love might die.

We all react differently when someone we love dies.

No two people grieve the same way or behave in the same way when they are grieving.

Grief is a natural feeling which is, sadly, suffered by everyone.

When grieving, people might feel:

- sad
- numb
- angry
- lost
- unable to talk
- could lose their appetite
- Might be unable to sleep or concentrate

These feelings and behaviours are all totally normal.

