Keep something special to help you remember.

You could try writing your worries on a piece of paper then ripping it up.

It’s OK to have fun.

Add your own idea here.

produced by the Perth and Kinross Schools Bereavement Project.

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Don't bottle up your feelings. Find someone to talk to.

Whatever has happened, it's not your fault.

It's OK to ask questions.

Crying is good.

Remember the good times. Sometimes looking at pictures can help.

It's OK to feel angry but don't hurt yourself or anybody else.