

Produced by the Perth and Kinross  
Schools Bereavement Project.

Visit [www.littlewebsite.org](http://www.littlewebsite.org) for more helpful stuff.



A special thank you to the children of  
Perth & Kinross Primary Schools.

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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.

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the little book of loss



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.