



Bereavement – please complete this if your child has had an experience of death within the family.

Explain that adults sometimes use the word 'lost' to talk about someone who has died. Adults have been talking about death on the news because of Covid-19, which is sometimes called the Coronavirus. Scientists think that lots of people get Covid-19 and don't even notice; a small number of people get ill enough to take a few days off work or school; an even smaller number have to go to hospital for special treatment; a tiny number who get ill will die from Covid-19.

Remembering the best things about a person who has died is a really good way of starting to feel better. We can also make sure that people who are special to us know that they are special to us while they are alive.

Who is special to you now? What makes them special? Children to draw a picture of someone who is special to them and draw/write on what makes that person special. Encourage them to think of things which they can keep in their 'mind's eye' whenever they think of them (e.g. their smile).