

What is Death?

Everyone and everything that is alive, dies at some point.



When someone dies, everything inside that person stops working.



Their heart stops beating. They stop breathing.



They no longer feel when something hurts.



They cannot feel if something is hot or cold.



When someone dies the body is still here, but everything else is gone. They do not talk or move anymore.



When someone dies, you may feel sad.



Feeling sad is ok.



People feel sad because they miss the person that has died.



When someone dies, you may cry.



Crying is ok.



People often cry when they feel sad.



When someone dies, you may feel angry.



Feeling angry is ok.



When we are angry, we may want to act out, but we should ask for help instead.



People feel angry because they want the person to be here with them.



It takes time to start feeling happy again.



It is ok to feel happy.



We can look at pictures or videos of the person who has died to remember them.



We can share our favorite memories about the person who has died with our family, a close friend, or a trusted adult.

