



### How to help someone who is grieving

- **Not asking questions:** When we lose someone important to us, we feel overwhelmed and we have many questions in our mind. If others around us ask more questions, it becomes even more overwhelming. However, it is natural for anyone to have questions, but it is best to ask a teacher or a parent about it instead of going directly to the person who is grieving.
- **Be respectful:** We all grieve in different ways. Some of us cry a lot, others do not. Some want to talk about the person who died, others do not. Being respectful means doing whatever the person who is grieving needs/wants. You can check by asking: 'Do you want to talk about it?' and reassure them that it is ok to cry just as much as it is ok to laugh and play.
- **Listen:** When someone talks about the person who has died, it might remind us of someone important to us who has also died in the past. It is very important not to talk about ourselves though, but to listen. Sometimes it can be helpful to say 'I miss someone too, they died as well, I understand a little bit how you feel. I am so sorry this is happening to you.' The person might want to ask you for advice on how you managed your own grief, and it is absolutely fine to talk about your experience then. But remember to not give advice unless the person asks for it. We are all unique and what helps one person might not be helpful to another.
- **Be yourself:** When someone comes back to school, or to a club, we can sometimes feel uncomfortable, and not know what to say or how to act around them. Being yourself is exactly what the person will need. They will want some normality and routine. When someone important to us dies, our whole life changes. The person who is grieving does not need more changes, so don't change the way you are, just be yourself. You can welcome them back by saying 'Hi, it is so nice to see you today.' 'I am really sorry for your loss, but I am really glad to have you back here' or 'Welcome back! I missed you. How are you?' or 'Hi, I am so happy you are back, do you want to talk about it (you can use the name of the person who has died) or do you want to go and play?'