



Relationships

Loss or Change Cards - Ages 10-11 - Piece 3

Moving house

A grandparent dying

Changing schools

Losing a favourite toy

A pet dying

**Having an accident which means
you can't walk again**

**Having an injury that scars
your face**

Breaking up with a best friend

**A sister leaving to go to
University**

Moving to a different country

**Parents separating or
getting divorced**



Relationships

Stages of Grief PowerPoint Slides 1-4 - Ages 10-11 - Piece 3

Stage 1: Denying

Feelings of loss, numbness, pain, disbelief, shock

Stage 2: Fighting

Feelings of anger, guilt, sadness, pain, despair

Stage 3: Overwhelmed

Feelings of depression, sadness, hopelessness, misery

Stage 4: Accepting

Coming to terms, still upset but able to move on



Relationships

Coping with Loss Scenario Cards - Ages 10-11 - Piece 3

Zac

When I was 10 my grandpa died. I felt really sad and numb and everything felt really strange for a while. My mum helped me to create a memory box of special things that reminded me about my grandpa. I put special things inside it like the football ticket of the game he took me to. I put his old scarf into the box too because he always wore it, even in summer and it reminds me of him. I also put a photo in the box of me and him when we went to the park at the end of our road. It really helped me to feel a bit better and to remember him and the nice feelings I have of the times we did fun things together.

Erica

When my dad said he was moving away I felt sick inside. He said he and mum weren't getting along but that he still loved me. He said I'd still see him sometimes but not so much as he had to move away for a new job. It felt very hard not having my dad at home and I cried every night before I went to sleep. Mum suggested I write a diary and letters to my dad. It really helped to write down my feelings and to tell my dad in the letters and in my diary how much I love him and miss him. It doesn't feel so bad now as it did especially when I get a letter back from my dad. I see him sometimes, I still love him just as much and I look forward to the times when I do see him.

Sanjay

When I was 8 years old I was in a car accident and my legs were so badly hurt that I can't walk anymore and have to be in a wheelchair. At first I felt so sad and sorry for myself at my loss of being able to run and jump like I used to. Then I began to feel really angry thinking 'why has this happened to me?'

Gradually I began to have lots of physiotherapy and began to really enjoy exercise trying to build strength in my arms. Also I have really great friends who were always there to talk to and still included me in their games. I think exercise and my friends really helped me to come to terms with what had happened to me. Now I play basketball in a team for children who are in wheelchairs. It is fun and has really helped me to feel better about my situation.

Sukie

When I moved house and changed schools I lost my best friend. We used to do everything together. Now at my new school I don't have a really close friend and I sometimes feel really sad and upset that I don't have my friend to talk to. When we first moved I used to get so upset I felt overwhelmed. My mum helped me to take deep breaths and to count as I breathed which helped me to feel calmer and more relaxed. I also started drawing pictures when I felt upset because this is something I enjoy doing. I drew some pictures of the things my friend and I liked doing. It helped me to feel better and to remember the good times we had. Things feel better now than they did because I do have some new friends in my class.