

# What Is Happening in My Body?

When you and your child or young person experience the death of someone, it can affect you both in lots of different ways.

The process of grief is unique to each person and can be affected by your age, your relationship to the person who has died and how the person died.

Talking about how you are feeling and what is happening to you can help you to deal with these difficult feelings and help you to move through the grief process.

It is important that you both share how you are feeling so that you can talk about ideas that might help both of you. Just knowing that another person is also feeling difficult emotions can help.

When someone dies, you may experience physical symptoms, such as headaches. This activity will help you to talk about what is happening in your body. You can do the activity on your own and then discuss it together or you can do it together and talk about it at the same time.

Cut out the smaller people shapes that have the words written on them. Decide which words reflect what is happening in your body – you can write additional words of your own on the blank shapes. Put the relevant words on the big body outline. Talk about the words and see if you can think of any ideas that can help you to cope and feel better.

## Some coping strategies that you can discuss include:

talking more;

spending some time outside;

being honest;

being kind to yourself and to each other;

sharing memories;

eating healthy foods;

spending quality time together;

drinking plenty of water;

doing something fun;

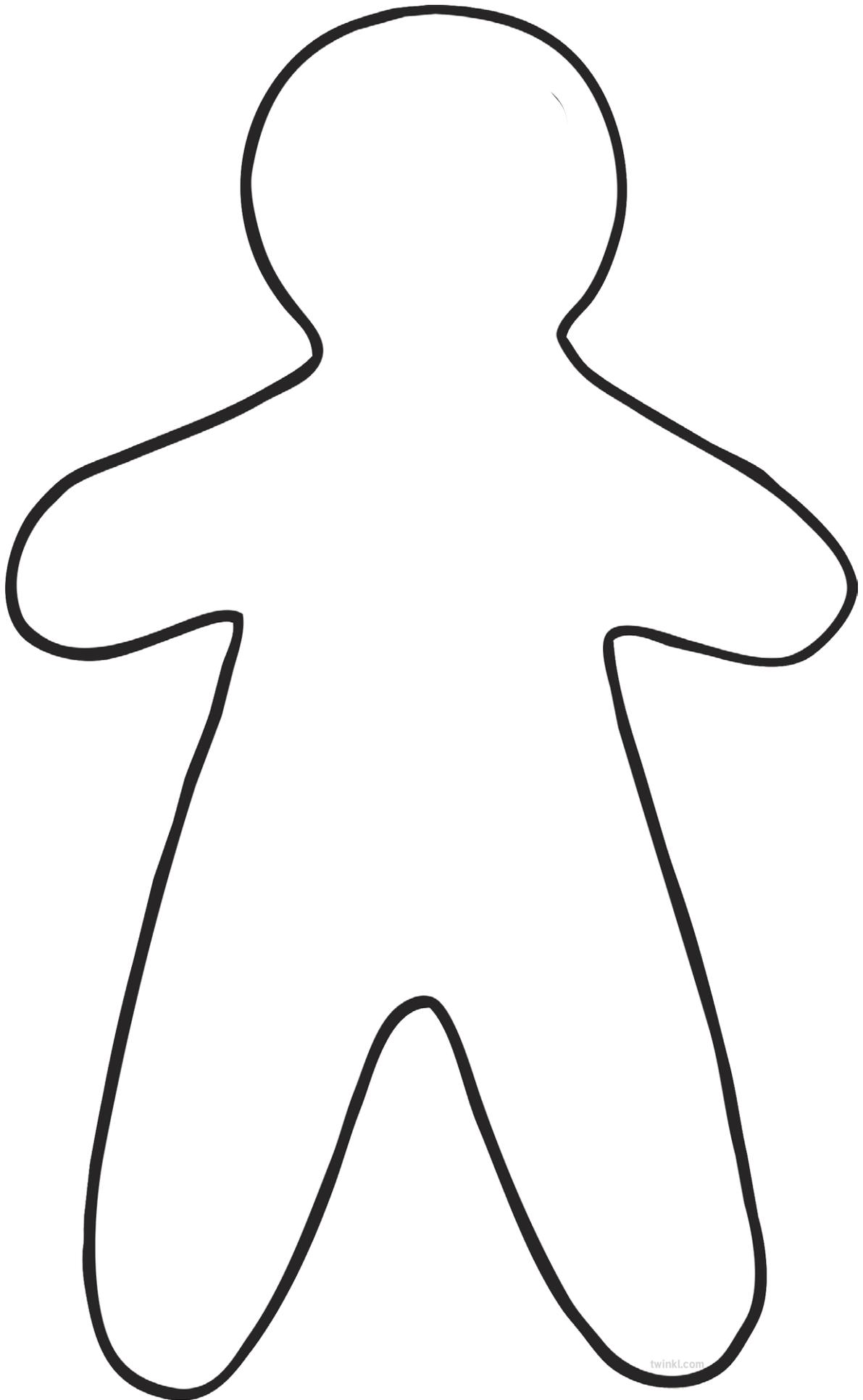
resting;

trying something new together;

spending time on your hobbies;

getting some exercise;

spending time with friends and family.



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