



*Losing someone special*  
**Ages 5 - 8**

## Losing Someone Special - Ideas sheet

Your child may not have all the words or ability to express what they are feeling, and instead may "act out their feelings" through play and interactions. Repetitive activities like water play, jumping, running, climbing, drawing, hammering, etc. are great, as is ensuring they have a safe environment to express themselves when and how they can.

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Your child may be more demanding/clingy at this time in order to get the reassurance, comfort, security and support they need. Giving them extra attention allows them to start building a new sense of security.

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It can be common for a child to believe they somehow caused the death of their loved one, even if there has never been a suggestion of this. Reinforcing that it is not their fault or doing is really important.

***These are examples from this ideas sheet***

