

# My Plan for the Tough Days

When someone you love dies, you will feel sad and there will be some days that will be really tough.

Write or draw in this leaflet to make a plan to help you get through the difficult times. Keep it with you to help whenever you need it.

Who can you talk to when you are feeling sad?



How can you tell your teacher that you need some time out of class?



Where can you go when you need some time out of class?  
Who will be with you?



What or who can help you to feel better?



What will you feel like when you feel better?



What will you look like when you feel better?

A large, empty rectangular box with rounded corners and a red border, intended for a drawing or illustration.

