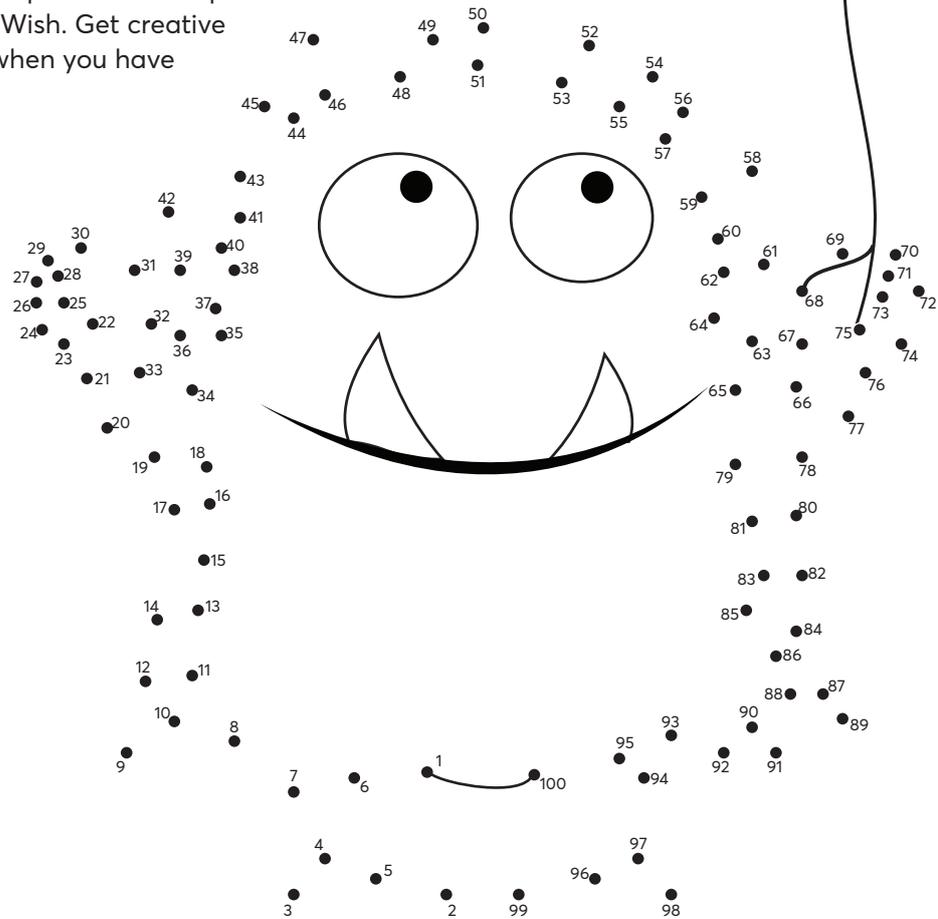


# FEELINGS AND EMOTIONS

Recently we've learnt lots about how we feel and how this can change when we lose something special to us. We heard about a charity called Winston's Wish who help lots of children when someone important to them has died. We have thought about the difference between when we lose a thing but can find it again and when someone dies when it's not possible to see them again.

Complete the Dot to Dot picture below. Ask an adult to tape £1 to your completed picture in the space as a donation to Winston's Wish. Get creative and colour in your picture when you have completed your dot to dot.



## Fill in the blanks

\_\_\_\_\_ is the word we use to describe all the feelings that come when someone important dies. Talking about death can be really difficult, it can sometimes make us feel \_\_\_ or \_\_\_\_\_ but also there are times when we can be \_\_\_\_\_ because we have special \_\_\_\_\_ of the person who has died.

**Word Bank** memories angry grief happy sad

I have also learnt

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**Note for Parents/Carers:** Winston's Wish is a childhood bereavement charity. The charity has provided free lesson plans and resources for our students to support them in understanding the impact of grief. We would be grateful if you could consider returning this worksheet to school with a suggested donation of £1 to help them continue their work of giving hope to grieving children across the UK. Thank you.

**Helpline 08088 020 021 [winstonswish.org](http://winstonswish.org)**