

My Bag of Loss

When someone you love dies, it can be difficult to understand the different emotions that you are feeling.

It can help to talk to an adult about the person who died, when you are ready to talk.

You could keep special items that remind you of the person who has died in a **bag of loss**. Make a list of all the things that you would keep in your special bag.

These things might include:

- a picture/photo of the person;
- a special letter or a note that they gave you;
- their favourite mug or cup;
- a book that you read together.

There are no right or wrong things to put into your bag. These things mean something to you.

You could either put the real items into your bag (with permission from your family) or you could use drawings or write on the luggage tags attached.

When you are having a difficult day, you can look through the special bag with a chosen adult.



