

Helping a friend

To improve your child's abilities to help others who have experienced a loss.

You will need:



Help your child think of lots of different things they could do to help a friend who has experienced a loss to feel better. Write or draw the ideas in the thought bubble.

Invite them to play

Give them a hug

Let's talk...

Share a time if you have had a friend who has experienced a loss and what you did to help them feel better.

The Golden Rules for a Good Solution!



It makes me feel better



It doesn't hurt me or anyone else