1 **Look at your Grief Wheel.** Are there any words on this that Hassan might be, or have been, experiencing?

2 **Use the writing frame** below if you want, to help you offer some advice to Hassan.

Dear Hassan

I am really sorry to hear that ___________________________ has died.

When someone dies it’s really normal to feel lots of different feelings such as

__________________________________________________________________________

__________________________________________________________________________

__________________________________________________________________________

It is good to talk, and I think your mum would want you to...

__________________________________________________________________________

__________________________________________________________________________

There are some other places and people you can get help from, for example:

__________________________________________________________________________

__________________________________________________________________________

Bereavement can really affect a person’s mental health, so it is good to try some more healthy self-care ways to manage these big feelings, such as

__________________________________________________________________________

__________________________________________________________________________

I hope this has been helpful in some way, take care.