



# Possible Grief Reactions of Children

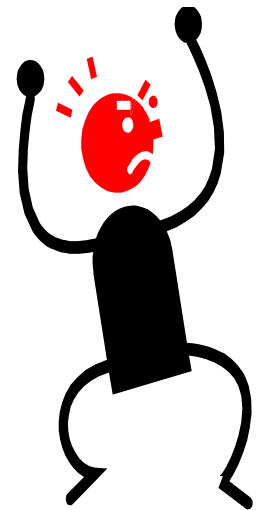
**Shock** this can't be happening to me!

**Unusual Behaviour:** Doing things they didn't do before the death

**Tears / Tantrums:** 'Don't you understand how I feel'?

**Anger / Abuse:** yelling, being nasty, hitting out, why me?

**Sadness / Loneliness:** Feeling like they are never going to be able to get on with living without the person who has died



**Apathy / Illness:** Headaches, stomach aches, don't want to go to school, social events, and parties

**Lose or Gain Weight:** Don't want to eat or eat too much

**Fearful / Clinging:** Don't like being away from surviving family, afraid something might happen to them. Some may withdraw from surviving family (fear of losing them too)

**Guilt:** Things they wish they had said or done

**Unable to Cope at School:** Not concentrating