

# BARE.

## Coping with changes.

This “Coping with Changes” worksheet can help children dealing with the loss of a loved one. It includes two simple questions that gently guide them through their feelings: the first prompt helps the child identify something that will feel different because of their loss, while the second asks them to think of a way to manage this change.

This worksheet gently guides them to recognise the changes in their lives and think of ways to handle these new feelings. It aims to help them build resilience and develop coping skills as they adapt to their new reality.

The worksheet can be printed out. If you don't have access to a printer, you can instead write these prompts out in any notebook or piece of paper.

### **Important disclaimer**

This worksheet is not a substitute for professional medical or psychological help. If a child you support is struggling with their grief and/or have concerns about their mental health please seek support from a professional.

For 24/7 crisis support, you can visit [lifeline.org.au](https://lifeline.org.au) or call 13 11 14

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When someone that you love dies, sometimes many things in your life change. Think about some of the things that have changed in your life.

**One way my life is different is...**

**I can cope with this change by...**