



# Death and Grief: A Social Story



**Sometimes, someone we care about dies.  
This story helps me understand what  
that means**





**All living things have a life.**  
**When a person dies, their body stops**  
**working. They do not breathe, move, or**  
**feel anymore. They do not come back.**



**Every person, animal and plant dies  
someday.**

**It is a natural part of life.**

**It can still make people feel sad or  
confused.**





**When someone dies, people can feel many things. We might feel sad, angry, or confused.**

**Sometimes we cry. Sometimes we don't. All feelings are okay.**





**It is okay to talk about the person who died. We can say their name or share memories. We can also choose to be quiet. Both choices are okay.**





**Sometimes people have a wake, funeral  
or celebration of life. People might wear  
special clothes and talk quietly.**

**Some people cry or hug.**

**If I need a break, that's okay.**





**There are many ways to remember  
someone.**

**We can look at pictures, draw, light a  
candle, or visit a place they liked.**

**There is no one right way.**





**People have different ideas about what happens after someone dies. Some people believe there is a place where we go when we die. Other people believe that death is the end of life. All beliefs are okay.**





**It helps to talk to or spend time with  
people I trust.**

**I can also do calming things—take deep  
breaths, go for a walk, listen to music, or  
draw. It's okay to feel sad for a long time.**





**Even though someone has died, my life  
continues.**

**I can still love and remember them.  
They will always be part of my story.**





**I might think about the person again later. Sometimes memories come back when I see something that reminds me of them. That can make me feel sad, happy, or both. It's okay to feel different things when I remember.**





**Death can be hard to understand. It's  
okay to ask questions. It's okay to have a  
lot of different feelings.  
I am cared for and supported.**