



### **Definitions list for parents and carers:**

**Death:** When someone or something stops living. It means they won't be able to do things like talk, eat, or play anymore.

**Bereavement:** Bereavement is the time when someone you love has died, and it's when you feel sad or miss them. It's the process of coping with the death and remembering them.

**Grief:** The feeling of being very sad or upset because someone or something you love is no longer with you.

**Mourn:** To feel sad and show your feelings after someone you care about has died. It can also mean remembering them in a special way.

**Sadness:** A feeling of unhappiness or being down because something sad has happened.

**Funeral:** A ceremony or service where people gather to say goodbye to someone who has died.

**Crematorium:** A place where people are buried after they die, usually with a special stone or marker to remember them.

**Remember:** To think about someone or something from the past, especially when they have died or are no longer around.

**Anger:** A strong feeling of upset, which can happen when we don't understand why something sad has happened.

**Comfort:** Something or someone that helps you feel better when you are sad or upset.

**Healing:** The process of feeling better and more peaceful after you have felt sad or hurt because of a bereavement.

**Sympathy:** When you feel sorry for someone who is sad or going through a tough time.

**Memories:** The thoughts and feelings you have about someone or something, which can make you smile or feel happy even after they're gone.

**Compassion:** Compassion means being kind and caring when someone is feeling sad, hurt, or going through a tough time. It's about helping others and showing you care about their feelings.

**Empathy:** Empathy means understanding how someone else is feeling, even if you're not feeling the same way. It's about putting yourself in their shoes and caring about what they're going through.

**Grief Support:** People or groups that help others feel better and understand their feelings during tough times after a bereavement.

**As a school, we will use these definitions when discussing death and bereavement to maintain consistency across all year groups.**