



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.