

# Coping with pet bereavement

Write a few sentences about your pet who died. What were your favourite things about them?

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How did it make you feel when your pet died? Are you still having those same feelings?

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Is there anyone else who might also be feeling sad about losing your pet? Could you talk to them about how you are feeling? If not, could you talk to a friend?

I could talk to:

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**Is there something you could do to help memorialise your pet? Here are some ideas:**

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- . Keep something like their collar**
- . Make a memory box**
- . Plant a tree or plant**
- . Make a plaque with their name on**
- . Put their photo in a frame**



**When you feel sad, it can help to remember the happy times you shared with your pet. Describe 3 treasured memories:**

**1.**

**2.**

**3.**

