

Coping with pet bereavement

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

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

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:



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

- . 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.

