



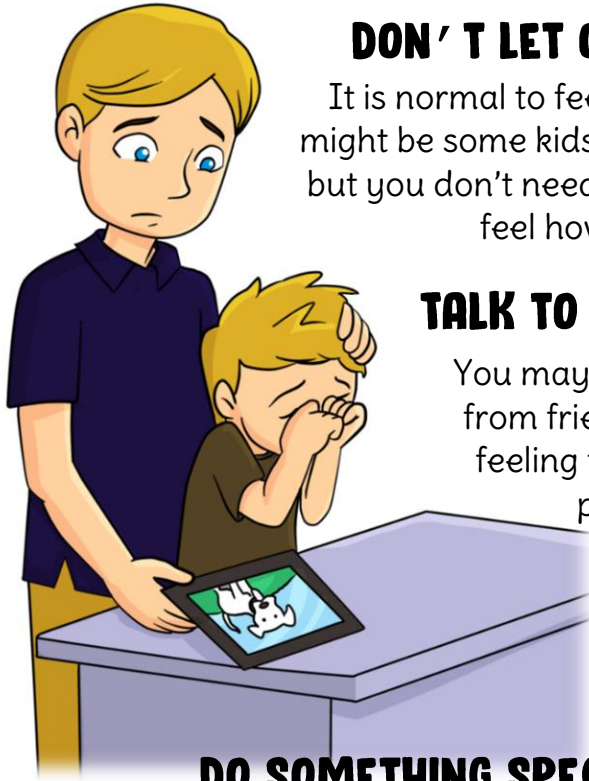
LOSING A PET



A pet is more than just an animal. They can become like a best friend or a family member. That's why when a pet dies, it can be a very hard thing for anyone to go through. You might experience a lot of feelings like guilt, anger, and sadness and there will be moments when you just want to cry. Read below for helpful tips on how to cope with losing a pet.

DON' T LET OTHER PEOPLE TELL YOU HOW TO FEEL.

It is normal to feel sad when you lose someone close to you. There might be some kids who'll say "it's not a big deal" or to just "get over it", but you don't need to listen to them. Just know that it is OK for you to feel how you want to feel about losing your pet.



TALK TO OTHERS ABOUT HOW YOU ARE FEELING.

You may not feel like talking, but it is important to get support from friends and family. Your family members are probably feeling the same way, so it can be helpful just to be around people who understand what you are feeling.

Talk to the friends that you know will support you. It can be nice just to have someone there to listen. Your friends may even try to say or do things to cheer you up and help you feel better.

DO SOMETHING SPECIAL IN MEMORY OF YOUR PET.

You and your family could have a memorial or funeral for your pet. Help your family to plan it and invite friends and neighbors over if you would like. Use the memorial as a time to say kind words about the special moments you shared with your pet. You could also do something creative like making a memory box, planting a tree in their honor, making a photo album, or creating a slideshow.

FOCUS ON THE FUN TIMES.

Think of all the great memories that you had with your pet. Whenever you're sad, being able to remember the fun times can help you feel happier, even if it's just for a little bit. You can even find something small to carry around that reminds you of a memory that you had with your pet. Looking at this object when you're feeling sad can help you to focus on thinking about that special moment.

If you've been sad for a while and you don't think that you're starting to feel better, make sure to let a parent or a trust adult know.