**Stories Books Toys**

The use of stories or books or toys can be really important when helping a young person process what's happened and start communicating with them about what they understand about what's happened from their perspective.

Sometimes young people can start acting out. They can use toys to act out what might have happened; for adults, this can be very frightening but it's their way of processing and helping to make sense of what's happened.

It can also help the adults working with them to know if there are any misconceptions around what happened and then help them to understand that that person has died and that they can't see that person anymore and to think about the person that they were before they died when they were alive. That's a really hard concept, so some stories and films can be helpful here. You might need to look at and find different resources to suit your young person because everyone's individual and what works for one young person might not work for someone else, but it can be important and it's part of that process to them to make sense of what's happened and then for them to start to be able to process how they're feeling about what's happened and.

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