

**Scenario 3**

Andrea's guinea pig died this week. When her Mum told her what had happened, Andrea couldn't stop crying. She had planned to play with the guinea pig last weekend, but was invited to a friend's house and didn't have time to. She is very upset with herself for not spending time with her pet. Her Mum said that after some time has passed, they could look for a new animal, but Andrea doesn't think she deserves a pet anymore.

What might they be grieving for?

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How are they behaving?

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How might they be feeling now?

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How might they feel in a year's time?

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What could they do to help manage their feelings?

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