

*I want her here, fully with me. I miss her.  
But since the day I discovered this present, my mum is always with me.*

## **The Journey From the Head to the Heart**

This is Sammy. You already know him. What you may not know is that he is going through a long journey: the path from the head to the heart. What does that mean?

The thing is this: someone explained to Sammy what death is and he understood it well with his head. However, he hasn't been able to fully understand it with his heart yet. He still has a long way to go to be able to process this and to get used to the "new" reality without his mum. That journey is long and difficult, and that is why we invite you to help it by:

- Drawing a path between Sammy's head and his heart to connect them both.
- Writing down or drawing the things that you think can help Sammy the most on that journey between his head and his heart. Below are some ideas. Feel free to add any other things that you may think can help him.

Time - Love - Reflecting - Friends - Sport - Hugs - Tears - Remembering - Joy - Talking – Asking for Help  
- Expressing yourself - Patience - Sleeping - Playing - Eating – Thinking - Praying – Sharing- school - family - routines



*Thank you for helping Sammy! Slowly, at his own pace, Sammy will continue to advance on this journey and, thanks to you, he will have some things that will help him along the way.*

*I want her here, fully with me. I miss her.*

*But since the day I discovered this present, my mum is always with me.*