

Social Story: Preparing for a Funeral



Someone I care about died. I will go to their funeral.

A funeral is an event for family and friends to remember and honor a person who has died.



A funeral can be overwhelming. I may want to make a schedule for the things that will happen at the funeral.



A schedule will help me to know what is happening and when things will happen. My family member or a support person can help me make a schedule.



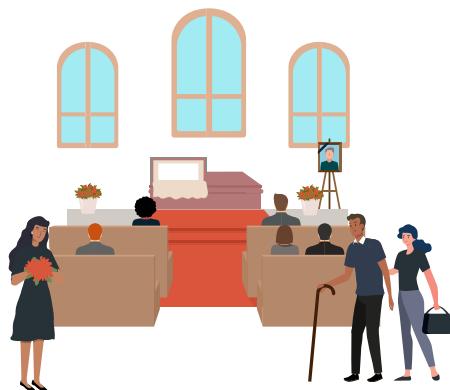
The funeral could be at a funeral home, a place of worship, a cemetery, or online. Where will this funeral be held?



I may ride to the funeral in a car with my family.



There may be a lot of people at the funeral.



Some people may be sad and cry. Some people may be quiet. Everyone grieves in their own way.



Some people may tell me “I’m sorry for your loss.” I can respond “thank you” or nod.



Some people may want to shake hands or give me a hug. I may choose to respond the same way or I may decide to respond in a different way.



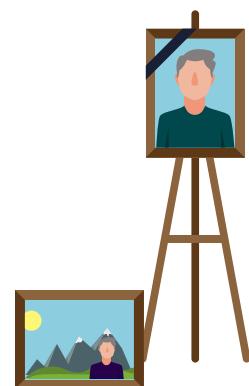
I may have a lot of emotions during the funeral or I may not feel any emotions.



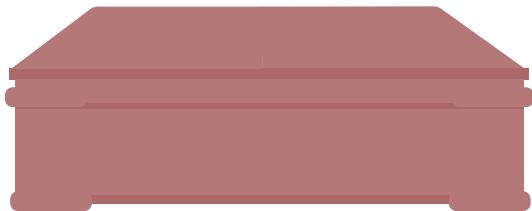
I may see flowers at the funeral. I may also smell the scent of the flowers.



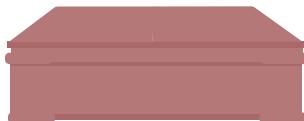
I may also see photos of the person who died when they were alive.



The body of the person who died may be in a casket. A casket is a special wooden or metal box that a dead body is placed in for the funeral.



The casket may be open. If it is open, I will be able to look at the body if I want to. I may choose not to look at the body.



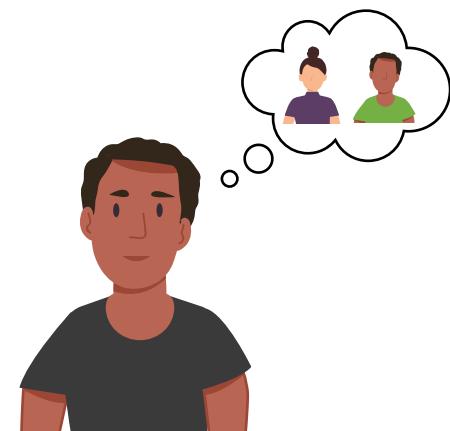
During the funeral service, I may sit with my family.



People will stand up and talk about the person who died. Some people will share their memories of the person.



I can sit quietly and think about my memories of the person who died.



There may be times when people sing. I can decide to sing or I can choose not to sing.



There may be times when people say prayers. I can decide to pray or I can choose not to pray.



I may need to take a break during the funeral. I can let a family member or support person know when I need to take a break.



I may want to bring a fidget tool or soothing object with me to help me feel more comfortable.



Planning for the funeral by making a schedule may help me feel less anxious about attending.

