

## **Perceptions in middle childhood about “what is hard” and “what helps”**

### **I Difficult situations (“those that make children feel sad or lost”)**

#### Finding and losing friends

- being in a fight with my friends
- talking to people [when I feel shy]
- lose friends
- best friends leaving town

#### Alone-ness, bullying

- feeling lonely
- going to a new school and no-one knows you
- no-one was there to help me
- bullying

#### Death

- friends, family died
- I sometimes think about death
- loss of someone you love
- lose friends or family
- lose someone
- lose someone you know
- when your pet dies
- losing Grandad and Maeve
- losing my friend's dog and Maeve
- someone close to you passes away
- someone you know and love dies
- when Maeve died
- when Maeve died
- when Maeve passed away that was the hardest moment of my life
- when people die
- when some [people] talk about it (death)
- when our dog got put down

#### Illness, accidents

- breaking my arm
- when my grandad was in hospital

#### Family

- when your parents split up
- broke a family object
- lost a lot of your parents money

#### Feelings

- putting your life on the line
- when I'm sad
- trying not to hold your feelings like crying go ahead no-ones going to not like you