

Code No. **03 X (B)**

COMMERCE EXAMINATIONS
ENGLISH TYPEWRITING
SENIOR GRADE – I Paper (Speed)

January/February, 2020

{ Time : 15 minutes
{ Max. Marks : 100

Instructions to the Candidates :

1. Type the following passage in DOUBLE LINE spacing.
2. Typewrite on only ONE SIDE of the paper.
3. Set the margins at 10 and 75 degrees.
4. Special attention should be paid to accuracy and neatness of execution.

Children and teenagers react differently to loss. While feeling sad is normal, the way it is expressed and how the pain is resolved depends on age and life experience. Adults who learn about and help children deal with grief can make a big difference to the child. Learning about how children react to loss will help in minimizing the damage caused by grief. Majority of the children may not experience severe loss. Most common losses during childhood are death of a pet, parents, friend, or a major move like parents divorce that cause injury to the child or to someone important in the child life. There may be hidden losses such as loss of

safety, trust and control of parents divorce for example, child not only physically misses the family, but also, misses sense of safety and control. Any loss, obvious or hidden, can produce a grief response in children. It is therefore important for adults to learn about these in order to help children identify and address their sadness. To understand this issue better, the following should be taken note.

If a person is capable of feeling love, then he or she is capable of feeling loss as well. Some people assume that children feel sad when they lose a loved one especially a care giver ; infants may become alone,

may have trouble in sleeping or show distress. Preschoolers may talk incessantly about the deceased, fully believing their loved one will return. Children are sensitive to something like if care givers or parents are grieving, they pick up the distress. There are over each person may show unique set of symptoms. But in adults the pattern of grief tends to be a more sustained emotional experience. In children, emotions may come and go, they may have periods of calmness and happiness followed by intense grief, all in the same day. Some experience a roller coaster of emotional highs and lows.

Eating and sleeping changes are also common in grieving children. The issues may arise and their performance in school or activities may suffer. They may be irritable, pick fights with siblings, argue with adults and fight with classmates. Others may withdraw and lose interest in friends and play. As the brain develops and matures reason of death and loss increase. Not fully the finality of death protects children. As they grow up, certain life events may reactivate the loss. Times of stress

can bring out the latent grief in them again. When adults are busy dealing with their won crisis, they may overlook distress of children. Often when a child dies, the sibling may be left to cope on his own as parents are too distressed. If the child is experiencing this, it can impact type and amount of help the grieving child receives.

How can you help a child cope with loss, the important point is that the more we understand about children and grief, the better we can help them heal. How we approach the child depends on the age of the child. Capacity of the children varies with their future stage. No one can works for everyone. Here are some tips that may help a child by grief and loss, there are so many ways of expressing grief and each person has his or her way of showing it. But, the child should feel that it is usual to cry or not to cry, to talk or be silent and it is also normal to be angry. Whenever they feel like sharing their anxiety or fear, one should be willing to listen. If they do not want, then there is no point forcing them.