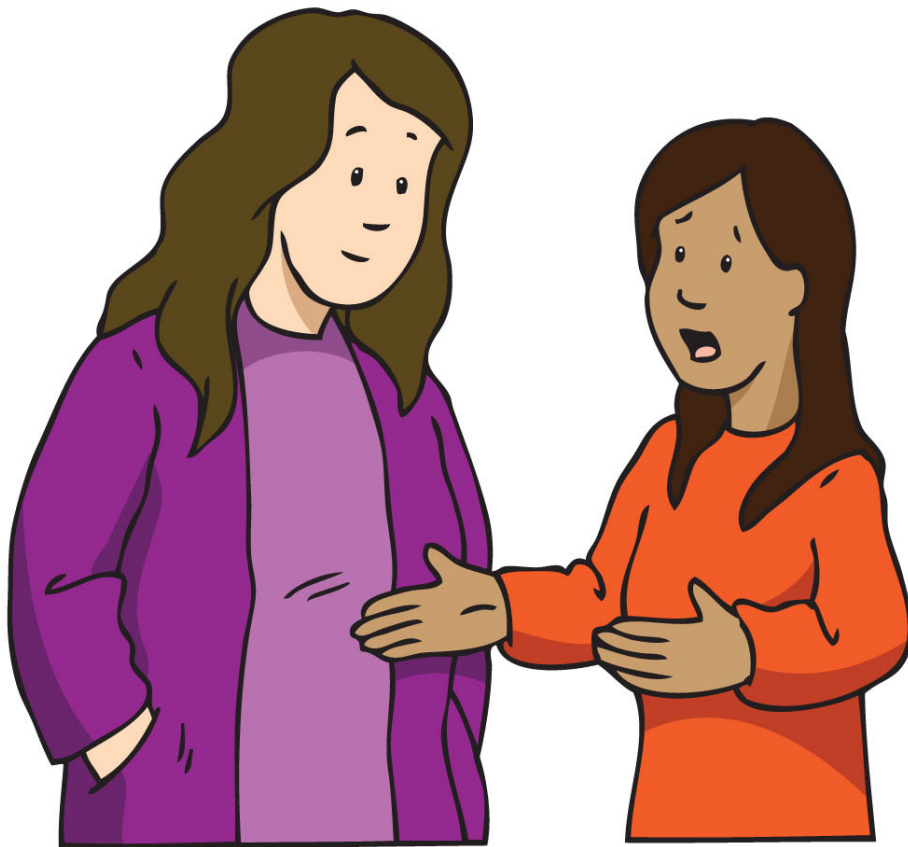


Grieving Together



To help children and young people remember and grieve for someone that has died

Introduction

What is grief?

Grief is the emotional response when someone dies. How people experience grief depends on things such as personality, their culture, religious beliefs and thoughts and feelings towards the person that has died. Everyone's experience of grief is different.

What is death?

Death is a normal end of someone's life cycle but even though everyone dies eventually it doesn't stop it being upsetting and difficult to deal with. Some people may die after being ill, other times it may be unexpected. Some people believe that whilst the body might die, the spirit, soul or essence lives on.

What could I feel?

You might feel sad, angry or even relieved. You might feel relief when someone has been unwell for a long time. You could even feel guilty because you might be relieved that the person has died or because you felt like you could have done something to prevent their death.

When will I feel these feelings?

You might feel these feelings for someone you felt very close to. That could be a family member or even a pet. You might also feel a connection to someone that you have never met in person. It could be someone that you play with online or watched on TV. ,

The words we use

You might have heard the term 'loss' or 'gone' when describing when someone dies. We have used the term die to ensure there is no confusion about it being death that we are referring to.





Some people's worries

Why do people not often talk about death?

People sometimes worry about talking to death. They worry about upsetting others, about saying the wrong thing or making things worse.

People sometimes find it difficult when others cry, or what to do if someone expresses that they feel angry. Some people feel confident about talking to death and that might be for lots of different reasons.

We hope this booklet helps not just children and young people but also their parents/carers as well as teachers that might also be supporting them.

When you are grieving you are likely to know that others that are grieving. There is no 'right' way to grieve. People do it in different ways and find things reassuring and supportive to help them manage with the death of someone they love.



Do you worry about talking about death?

Write some of your worries here:

You might want to share this with a trusted adult to help think together

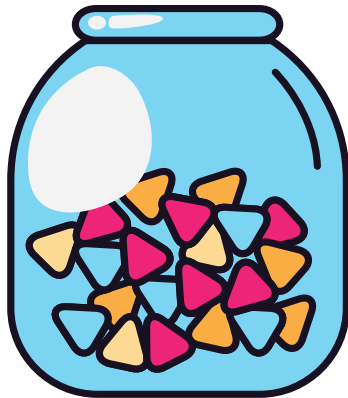
Different ways of thinking

Puddle jumping or a deep river? (Winston's Wish 2020)



Winston's Wish says that sometimes adults feel like they are in a deep river with grief whereas children and young people jump in and out of puddles. You might experience this as being very upset in one moment and then feeling fine shortly afterwards.

Growing around grief (Tonkin 1996)



The idea that the grief - the feelings of loss stay with us but we grow around that grief and find it easier to manage

Your model of grief (_____)

What would your model of grief look like for you? Is it a bridge over a river? A dark sky waiting for the rising sun? Or something completely different?



Feelings & actions



Avoid grieving and ignoring feelings



Crying



Feeling guilty



Keep on returning to the same thoughts

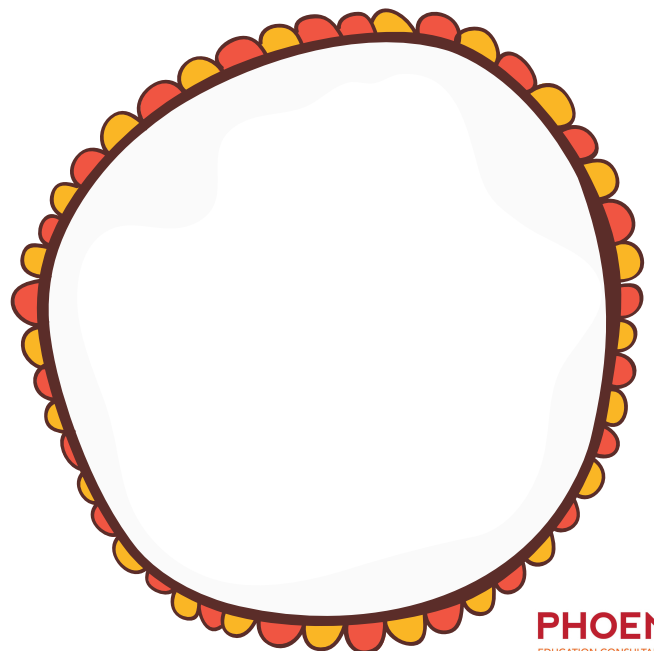
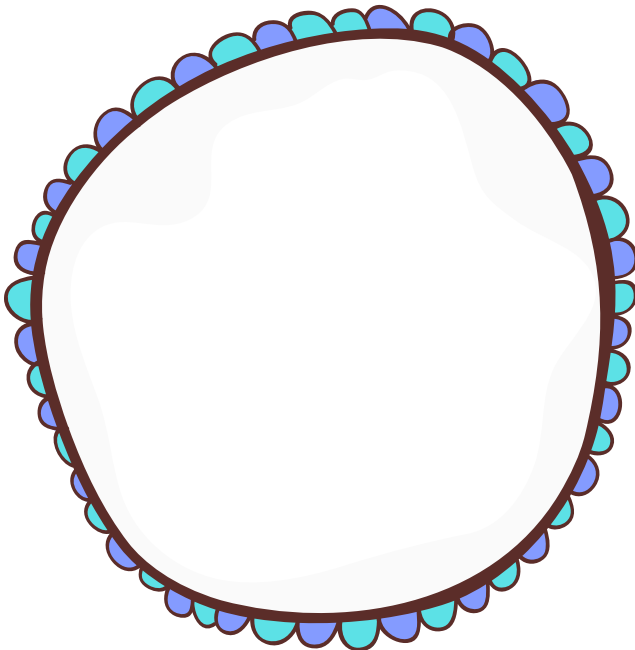


Anger



Distracted

Have a look at the images above. Are there any feelings that you have experienced and can relate to? If you want to share some of your thoughts you can add in the shapes below



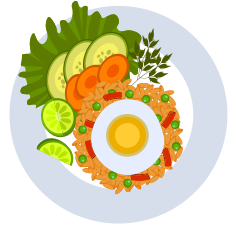
Things you might notice



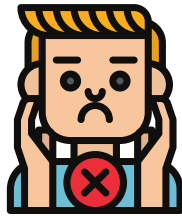
Interrupted sleep



Tiredness



Appetite changes

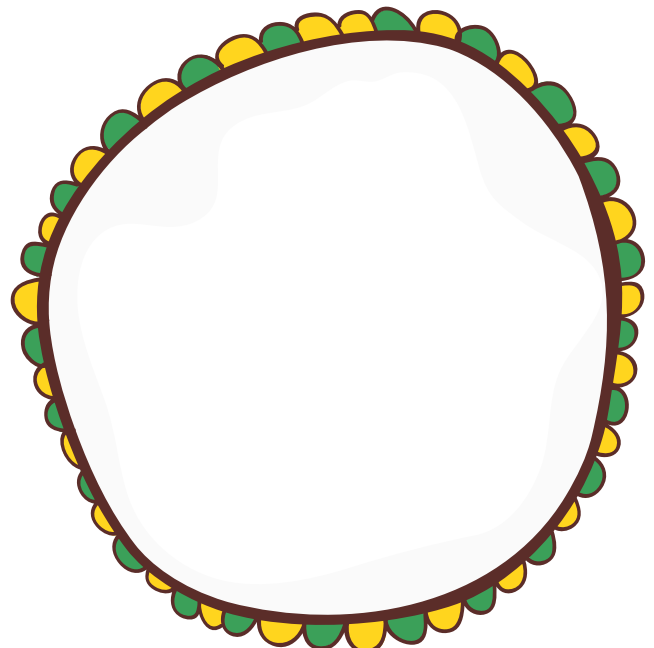
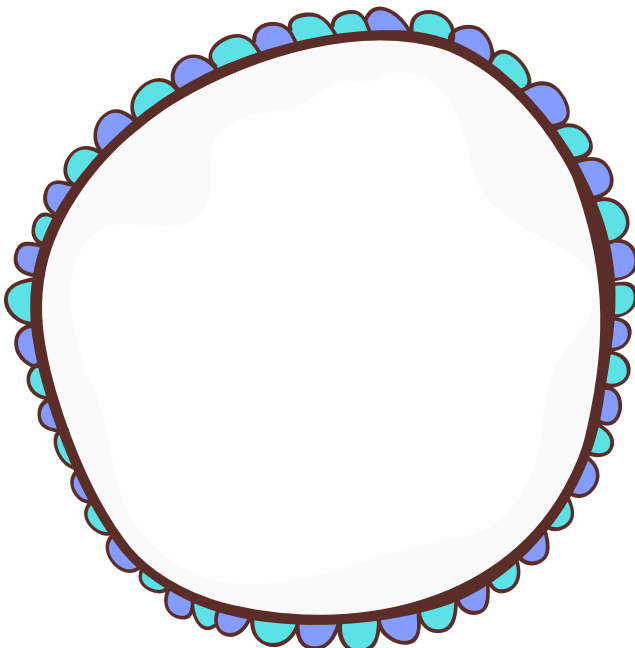


Avoiding places/things
to avoid triggered
memories



Denial - saying or
thinking that it
hasn't happened

Have a look at the images above. Are there any things that you have noticed within yourself? If you want to share some things that you have noticed you can add in the shapes below;





All about...

Use this page to share the things that you remember about the person that has died

Their name

Things I used to enjoy doing with them

Things they enjoyed doing without me!

How I knew the person

A fond memory I have at the person

Someone I can talk about memories with this person is

Designing my grief support system

“ ”

3 people I'm comfortable taking with

“ ”

Three non-harmful ways to help when I'm feeling angry or sad

“ ”

A place I can go that I feel comfortable

“ ”

Three things I can do to express how I feel





Who can help me?

Use this page to share to think about the people that might be able to help you if you feel sad or worried

My friends

At school

My family

My pets

My faith & community

Remembering

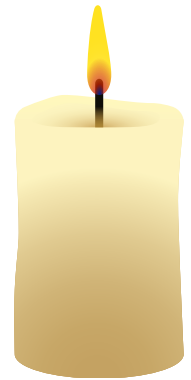


Make a scrap book about the person

These are some of the ideas you might help you think of different ways of remembering someone that you love and who has died



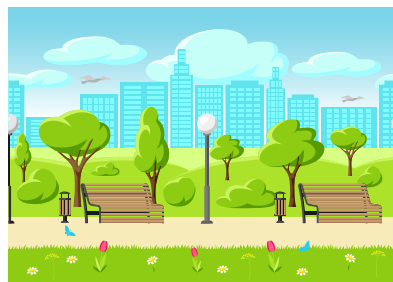
Fill a memory box. You might want to include photographs, or something that was special that belonged to the person that has died



You can light a candle (please make sure you have checked with an adult) to remember the person that has died



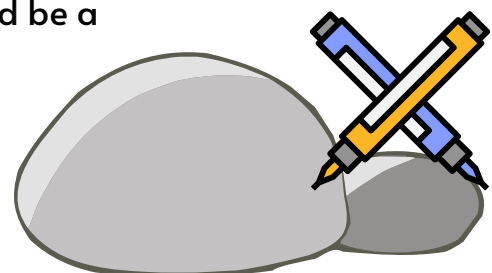
Make a memory jar where you can post little notes about what you remember. You can keep on adding as you remember other things



Visit a special place that reminds you of the person. For some this could be a grave stone



Plant a flower in their memory



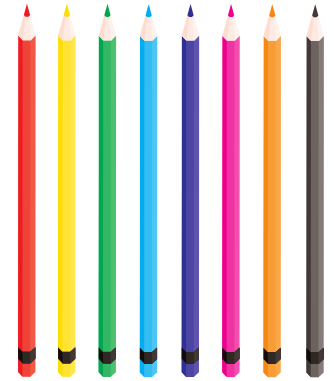
Paint a rock with some of the things that relate to the person that has died

Activity ideas

Some of these activities are for when your thoughts and feelings might become overwhelming and you want something that may distract you.

5, 4, 3, 2, 1 what do you notice?

Think about 5 things you see, 4 things you feel, 3 things you can hear, 2 things you can smell and 1 thing you can taste



Do some colouring



Go for a walk



Creative activities such as listening to music, writing poetry



Talk with friends



Spend time with pets



Gardening



Make a mood board or scrap with the things that interest you



Play sports

Other resources and organisations

There are lots of organisations and resources that might help. We have collated some that you can explore and see if they are helpful for you.

**WINSTON'S
WISH *ww***

Child Bereavement UK
REBUILDING LIVES TOGETHER

**RAINBOW
TRUST**
SUPPORTING FAMILIES
WITH A SERIOUSLY ILL CHILD

