



## BEREAVEMENT SUPPORT PACK

Loss and grief are a minefield for anyone of any age. It can be incredibly difficult to find ways to express our feelings in a way that's healthy and often we choose to keep these to ourselves for the fear of upsetting the people we love or because we aren't ready to discuss what's in our minds.

Whilst children may be feeling very similar to how an adult does after they've lost someone, due to their young age this may be one of the first losses that they've experienced. They may be shocked, overwhelmed or afraid of someone else they love passing away. Depending on their age they may also lack the vocabulary to be able to say what's wrong and this may present in their behaviour instead such as through being angry, quiet or hyperactive.

It is also normal for children to dip in and out of their grief. They may show their sadness one moment and appear happy and active the next. This is a way that the child's mind protects them from being overwhelmed by their feelings and is nothing to be alarmed by.

As their parent or their carer, you may be struggling with your own feelings of grief. Please know that there are charities and people who are there to support you and you will find information about these within this pack.

As a school, we care about you and your well-being. Please know that you are welcome to call the school anytime if you are concerned that you or your child is struggling with your feelings of grief. Our Child and Family Support Worker, Kate will be happy to listen to you and help point you in the right direction of support for yourself and your family and will work to support your child.

## How to Tell If Your Child Is Grieving



verywell

## Stages of Grief



## WHERE CAN I GET HELP?



<https://www.childbereavementuk.org/>



[hopeagain.org.uk](http://hopeagain.org.uk)

A website designed by  
young people for young  
people



Supporting bereaved children and young  
people

[griefencounter.org.uk](http://griefencounter.org.uk)

helpline: 0808 802 0111 and live web chat  
– both available Weekdays 9am-9pm



Supporting bereaved parents and their families

helpline: 0345 123 2304

[www.tcf.org.uk](http://www.tcf.org.uk)

[helpline@tcf.org.uk](mailto:helpline@tcf.org.uk)

# THE BEST BEREAVEMENT APPS FOR CHILDREN



In no particular order, these apps might be helpful to a child who is grieving.

by Social Embers

## 1 APART OF ME 12+

A game that takes the players on a journey across a tropical island, where they can learn how to express their emotions and develop coping strategies that will help them on their own personal journey through grief.



## 2 FREE LITTLE MINDS 4+

A children's meditations app, with recordings made by children. The meditations are accompanied by character animations.



## 3 MY PET MEMORY 4+

A digital space to create a profile of a pet that has died. Suitable for both children and adults.



## 4 HAPPIFUL 12+

A magazine style app that encourages selfcare and positive mental health.



## 5 SMILES AND TEARS 4+

Developed by Nelson's Journey Charity. Funded by BBC Children in Need.



## 6 BUTTERFLY APP 4+

Another app that encourages self care, with suggestions on how you can look after yourself.



## 7 GREIF: SUPPORT FOR YOUNG PEOPLE 4+

Created by Child Bereavement UK and bereaved young people aged 11 -25. Can also be useful for teachers, parents and professionals who are supporting bereaved children.

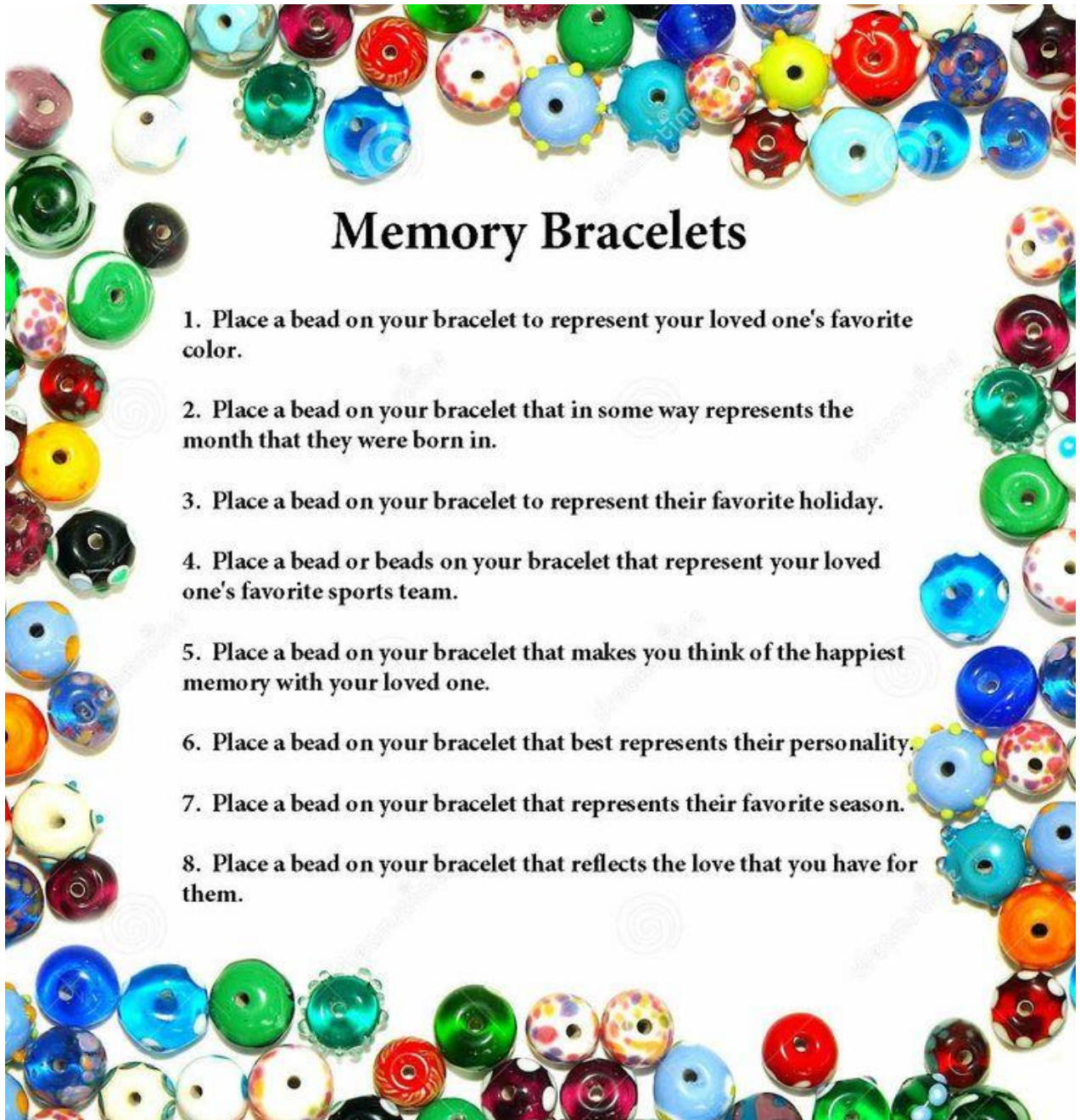


## 8 ALFIE-SHARING MEMORIES 4+

An intimate digital space for families to share memories of someone who has died.



## **ACTIVITIES FOR WORKING THROUGH GRIEF**



### **Memory Bracelets**

- 1. Place a bead on your bracelet to represent your loved one's favorite color.**
- 2. Place a bead on your bracelet that in some way represents the month that they were born in.**
- 3. Place a bead on your bracelet to represent their favorite holiday.**
- 4. Place a bead or beads on your bracelet that represent your loved one's favorite sports team.**
- 5. Place a bead on your bracelet that makes you think of the happiest memory with your loved one.**
- 6. Place a bead on your bracelet that best represents their personality.**
- 7. Place a bead on your bracelet that represents their favorite season.**
- 8. Place a bead on your bracelet that reflects the love that you have for them.**

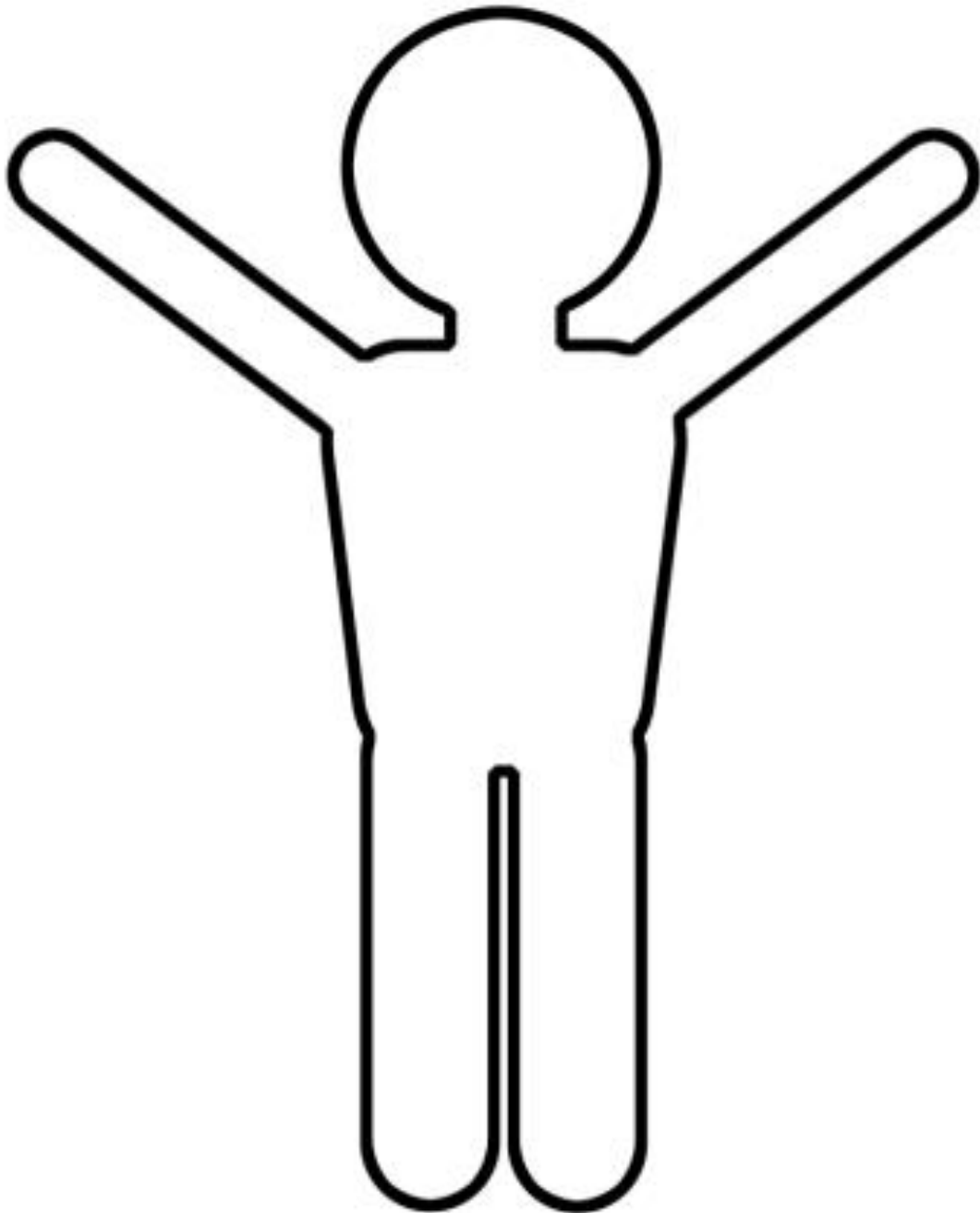
# How Do I Feel Today?

Draw a face to show how you are feeling.



## Where Do I Feel?

We can recognize emotions by feeling them in our body. Color in where you feel each emotion.



**Sadness**

**Happiness**

**Fear**

**Anger**

**Love**

Color:

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## MEMORY GARDEN



Creating a **memory garden** is a peaceful and enjoyable way for your family to work together to express your feelings and memories of the person who was passed away. Children may not always be able to verbalise how they feel so a physical way to express their emotions can be very helpful.

Try decorating your garden by painting rocks with things that remind your child of their loved one such as their name and faces showing how that person made your child feel.

Your child might find that they enjoy creating a **memory box**. This is a tool that they can use whenever they want to feel close to their loved one who has passed away. They could fill it with;

Their drawings

Photos of their loved one

Something that belonged to their loved one

Things that they liked to do with the loved one (e.g. pictures of playing football or dancing).



## Memory box