

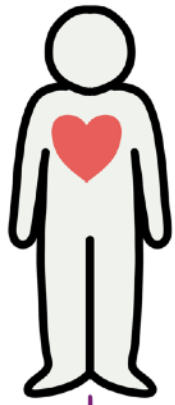
# I DIDN'T GET TO...

♥ SAY... to you

♥ SHARE... with you

MAKE...  
♥ for you

GIVE...  
♥ to you



♥ HEAR you tell me...

♥ HELP you by...



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## **I didn't get to...**

### **A worksheet for children/young people who have experienced a significant bereavement**

The aim of the worksheet is to provide a structure for a child/young person to talk about a significant person's death.

#### Key points

- Finding ways to remember someone who has died can help the grieving process. When children lose someone important in their life, they may fear that they will forget important or happy memories of them.
- They may also feel sad that they didn't get the opportunity to say/hear/make/do things with/for this person but feel mixed up or guilty about voicing this. The relationship with yourself as a trusted person in their education setting will be crucial in exploring this.
- It doesn't matter if the child or young person fills in one or all of the sections. They may want to return to the worksheet later, or may not feel the need to do so.

The conversation generated by this process may lead to using some of the memory making ideas listed in the following link:

<https://www.educators-barnardos.org.uk/themes/grief/memory-making-ideas-to-support-pupils-and-students>

By creating something physical, it gives children something to actually hold on to.