

My Favourite Memories

- A worksheet to use with children who have been bereaved

It is so important to help children to talk about the person in their life who has died so that they can remember them and the relationship they had with them.

Considering each individual situation for a child is crucial, however, as there may well be more complex feelings of grief involved which require more specialist support.

The aim of this worksheet is to encourage the child to **talk** primarily about the person who has died, although it could be used with a group of children if they have all experienced the death of someone they were close to in their family or community.

The adult can model the memory making first, drawing their person in the frame and then using the headings on the sheet:

'I loved it when I went to stay with my grandma and we made cakes together.'

It doesn't need to be a long contribution for each of the headings but obviously, it's up to the adult how much detail they want to provide.

The child/ren has/have then got a structure to use to talk about their special person.

If appropriate, the child/ren can write a simple version of the memory in each of the shapes, add pictures/designs to the page.

MY FAVOURITE MEMORIES OF

