

OTHER CHILDREN

OTHER GROWN UPS

CHILDREN AT SCHOOL

GROWN UPS AT SCHOOL

FAMILY

ME



WHO CAN HELP ME?

Who Can Help me?

A worksheet for children who have experienced loss.

The aim of this worksheet is to support conversations with individual or groups of children about who can help them when they feel sad/alone.

By identifying who they can go to, they will have a record that they can keep and refer to when they need or want to.

You can model how to fill it in, by talking about who you, as an adult, talk to.

Starting with the 'Me' inner circle, children either draw themselves and talk about what they can do to help themselves, or they can write these ideas down.

In the next space, 'children at school, they can name friends or children they know (some children may struggle to see others as 'friends').

The children repeat this with the other spaces.

The final 2 spaces provide an opportunity for children to talk about other important children and adults to them: neighbours, people who run or take part in clubs they go to, someone who lives in the local community that they get on with.

There may be children for whom this worksheet may not be appropriate: children who have experienced significant bereavements/losses; children who are very isolated.