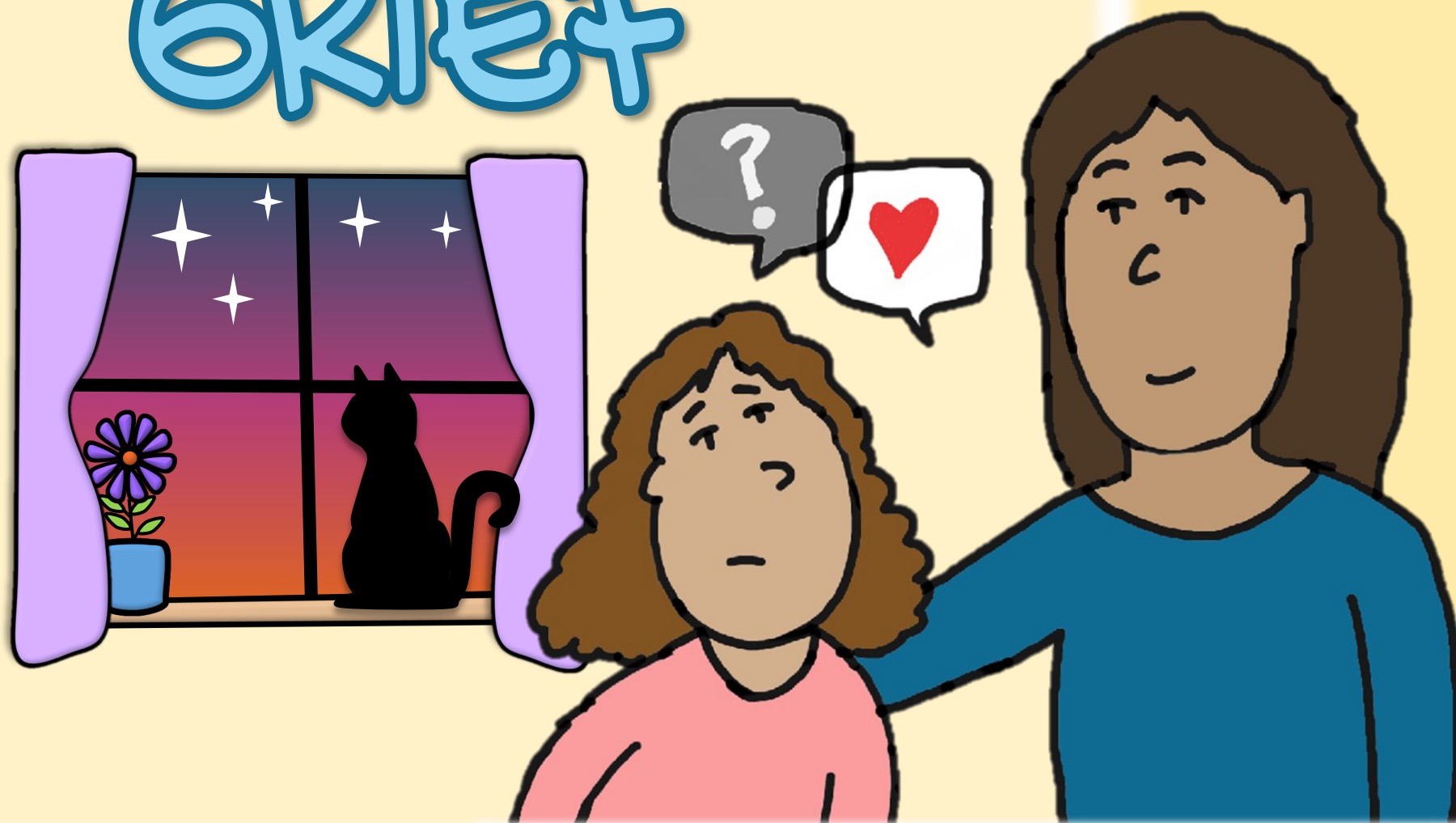


EXPLORING GRIEF



EDUCATORS - BARNARDOS.ORG.UK



WHAT IS GRIEF?

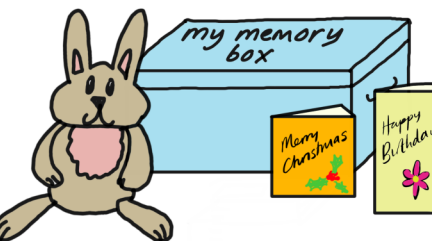
Grief is a word we use to describe the sad feelings we have when someone we love dies.



Difficult and uncomfortable feelings are a natural part of grief. All of your feelings are completely normal, they change in time and don't last forever.



These special things might be comforting during this sad time.



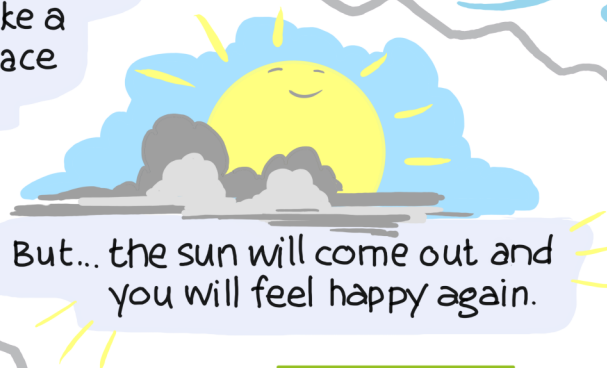
You might find it helpful to keep some of the special things that remind you of your loved one.

Everyone grieves in their own way, and have different feelings...



To begin with, there can be many sad waves, you might feel really sad or cry all the time...

In time you will find you can do things in between the sad waves... you can play, learn, and even enjoy yourself if you want to, when you are ready.



But... the sun will come out and you will feel happy again.

The world might seem like a cold place now,

You are stronger than you know...



With support from your trusted adults you can get through this difficult time.

You will remember your loved one, they are in your heart. You will always love them, but you won't always feel so sad. Your loved one would want you to be happy... smile & think about all of your lovely memories of them whenever you can.



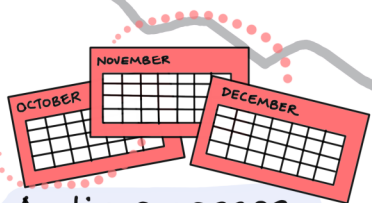
There could be things that remind you of your loved one who died; maybe a photo, a song, a smell, an item, it could be anything.

As time passes, there will be less of the sad waves... but a sad wave might come along on the special days... your loved one's birthday, at Christmas, or another special occasion.



Feelings come and go, just like the waves.

Feelings are like waves in the sea, some are big and scary, others are gentle and soothing... flowing in and out.



THE GRIEF VOLCANO

There could be lots of different feelings inside your **GRIEF VOLCANO** after someone you love dies.



Some of those feelings might **ooze** out like lava, other feelings might want to **EXPLODE** out!

List the feelings in your Grief Volcano and then go on to complete the 3d Volcano Activity

You will need:

- Colour pens
- Scissors
- Glue & cellotape
- An A4 piece of paper to stick your volcano onto

What is self-Soothing?

It's when we use things to activate our 5 senses - this helps us feel calmer & soothed.

Create your own Self Care Kit

You can use any container, a box, bag, tub - anything you want - It can be personal to you ♥

Here are some ideas of things you could put in your kit

to help improve your mood

When you are feeling sad, or thinking about your loved one ♥





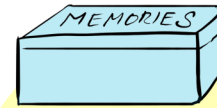
♥ Help to make, & then eat their **favourite meal**



♥ Take a **Card** or **poem** to their grave or where their ashes were scattered



♥ Listen to **music** they liked or Watch their favourite **film**



♥ Create a **Memory box** to keep things that remind you of your loved one



♥ plant some **seeds** & grow **flowers** somewhere that has special Memories

♥ **Christmas** can be a really difficult time,

COPING ON DIFFICULT DAYS

ways to remember your loved one on special days...

♥ BIRTHDAYS

♥ ANNIVERSARIES

♥ CHRISTMAS

♥ Do an **activity** that they enjoyed. It could be

- walking on the beach
- going for a bike ride

- swimming
- playing football
- gardening
- getting ice cream



♥ Talk to friends & family about the person &

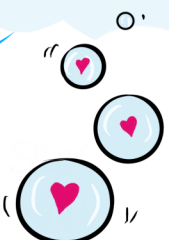
Make a **Scrapbook** of all your favourite Memories & times together



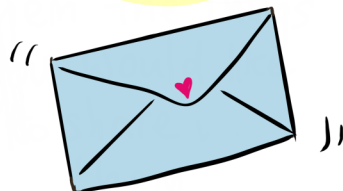
♥ Decorate a photo frame of your loved one



♥ Blow bubbles... sending some love & a thought with each bubble



♥ Write them a **letter** & tell them the things you would like to share with them



♥ Paint a **Pebble** to remind you of your loved one. Keep it in your pocket or by your bed



- make a bauble with sharpies
- Hang it on your tree every year
- think about the special times you shared

GOING BACK TO SCHOOL WHEN A LOVED ONE HAS DIED

♥ You may find it difficult going back to school after someone has died

♥ Maybe you just want things to go back to normal & see your friends, or you want to hide away from people

♥ What would YOU like to happen to help you go back to school?

♥ Here are some suggestions that you could choose from, & you can also use the blank bubbles to create your own ideas.

Your bubbles can be cut out & shared with your trusted adults.

In school I can talk to...

About how I'm feeling

Speak to my teacher about what has happened & ask them to tell the class

Ask my trusted adult to tell my classmates about what has happened

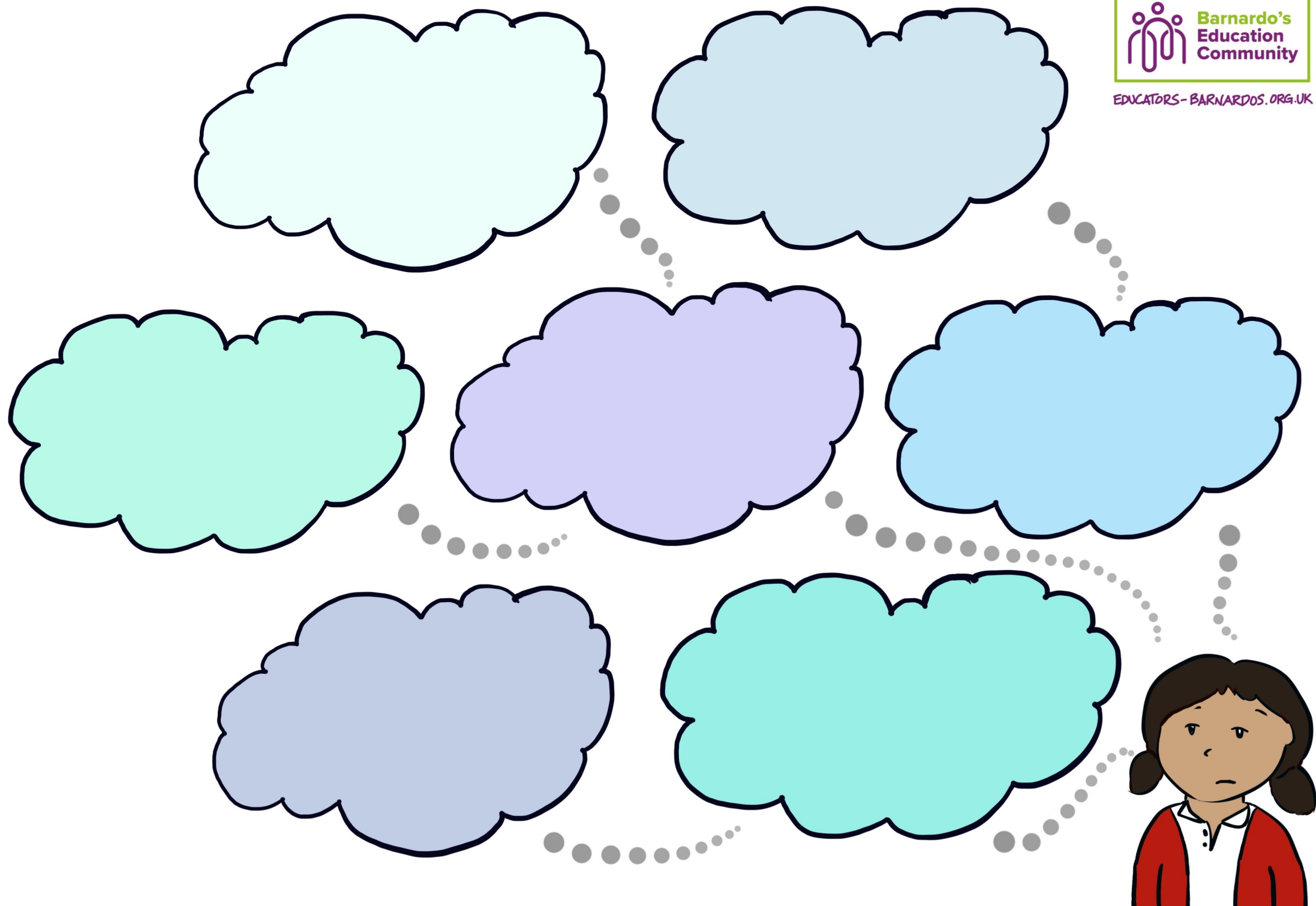
Tell my classmates myself that my special person has died

Tell a few of my friends but not everyone about what has happened

Have a special item in my pocket if I need to comfort myself

Talk to my teacher about where I can go when I'm feeling sad & missing my special person





take slow, focused
breaths... think
about & notice...

GROUNDING

5
things I
See

- COLOURS
- FLOWERS
- NATURE
- CARS
- CLOUDS

1
thing I
Can taste

- TOOTHPASTE
- MINT
- BREAKFAST

4
things I
hear

- BIRDS
- TREES
- FOOTSTEPS
- VOICES
- TRAFFIC

3
things I
Smell

- PERFUME
- SMOKE
- FRESH AIR
- COOKING

2
things I
Can touch

- FUR
- ROUGH
- SMOOTH
- SOFT

BREATHING Exercises

These exercises can help you feel calmer & more able to cope when you feel anxious or sad.

Count 1,2,3 as you breathe in through your nose and 1,2,3 as you breathe out through your mouth...

Trace the outline of your own hand as you breathe in & out

Trace the sides of the star with your finger as you breathe In and Out



Repeat the exercise until you start to feel better