

Resources

Here are some useful websites and contact details:

Wakefield CAMHS

Call: 01977 735865

9am-5pm

Childline

www.childline.org.uk for email or to use the 1-2-1 counsellor chat. You can also call: 0800 1111 (free, anytime for help with any worries)

Young Minds

www.youngminds.org.uk
(Resources for children and young people, and parents)

Elefriends

www.elefriends.org.uk (safe place to listen, share and be heard)

Doc Ready

www.docready.org (helps to prepare people to talk about mental health to the GP).

Bereavement support for children and families:

Grief Encounter

www.griefencounter.org.uk
Free phone: 0808 802 0111

Hope Again

www.hopeagain.org.uk
Free phone: 0808 808 1677

Star Bereavement

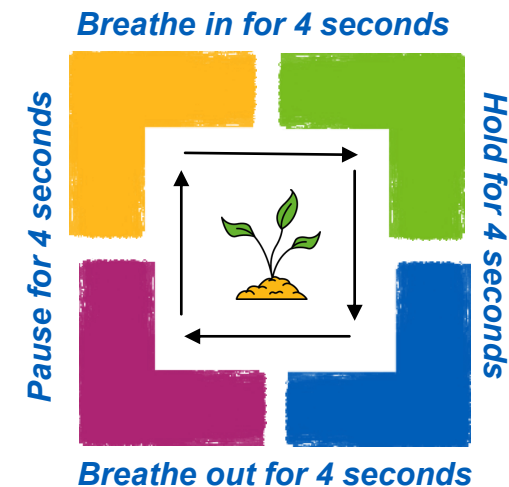
https://starwakefield.org.uk
Phone: 01924 787384



South West
Yorkshire Partnership
NHS Foundation Trust

Managing loss and grief

An activity book for children and young people



www.southwestyorkshire.nhs.uk
/services/camhs-wakefield/



With **all of us** in mind.

What is grief?

The feelings we have when someone passes away is called grief. We can feel grief after the loss of family, friends, pets, or even someone who we didn't know that well.



How does it feel?

There is no right or wrong way to feel. Grief feels **different for everyone**. You might feel:

 Happy	 Sad	 Distracted	 Angry	 Worried	 Scared
 Love	 Sick	 Calm	 Bored	 Sleepy	 Overwhelmed
 Lonely	 Guilt	 Skeptical	 Apathetic	 Worn out	 Focused
 Friendly	 Resilient	 On edge	 Invisible	 Strong	 Disobedient
 Annoyed	 Confused				

Or you might even feel

Nothing at all

Circle your feelings

Remembering

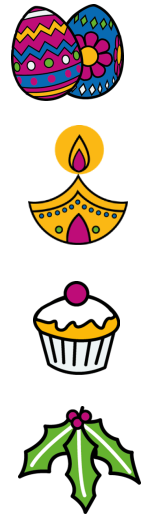
Special occasions

Special occasions like birthdays and celebrations can feel hard without the person you've lost. Doing something special to remember them on these days can make these times feel easier.

What memories do you have of them on special occasions? **What did they enjoy doing on these days?** Did they have a favourite meal or cake?

You could:

Do something they enjoyed, make time in the day to remember them, light a candle in memory of them, talk to others about them, visit their grave or the place their ashes were scattered.



Memory box

Decorate a box and fill it with photographs, gifts and objects that remind you of the person you have lost and the things you did together.

You could also write down or draw some of your favourite memories of being with them.

Sending a message

Write a message to the person you've lost, attach it with string to a helium balloon and let it float away.



Remembering



Moving on from grief isn't about forgetting - it's about **accepting what has happened**. There's lots of ways you can still think about and remember someone you have lost.

Memory stones

Find a hard stone, a smooth stone and a coloured stone (you could also use buttons).

1. Hold the **hard stone** in your hand and let yourself remember the difficult memories of the person you've lost. Such as finding out they had passed away.
2. Hold the **smooth stone** and think about the person you've lost. Think about who they were and what they liked.
3. Hold the **coloured stone** and remember the happy memories you had with them. How do you remember feeling?



Ask questions

It's normal to be left with lots of questions in your head after someone dies. Find a quiet time to ask someone who knew the person you have lost.



Share stories

Talk to other people who knew the person you have lost. Share your memories of them with each other. You write all the memories down and put them with photos in a scrapbook.



Will I always feel this way?

No, feelings change over time. They can become easier or harder, depending on your situation and the support you have around you. It can take a while to accept loss and adapt to life without someone, so don't worry if you feel like it's taking a long time to feel better.

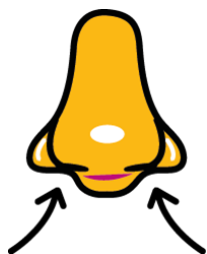


Can I cope?

There are LOTS of things we can try to help ourselves manage loss. We can try:

- Breathing exercises
- Talking to someone
- Expressing ourselves
- Looking after ourselves
- Keeping busy
- Planning our week
- Remembering the person we've lost.

Breathing exercises



When someone dies we can end up feeling out of control. **Gaining control** over our breathing by slowing it down can help us to feel calmer. When our breathing is calmer our mind will start to relax too.

Calm words

Breathe in while you say to yourself, "I feel calm"

Breathe out while you say, "I can do this"

Wave breathing

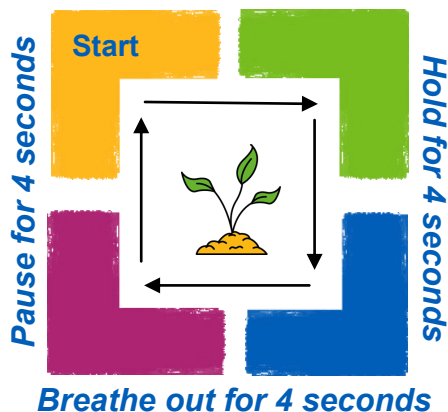
Lie down on the floor and place one hand on your chest and the other on your tummy.

Breathe in slowly through your nose so you can feel your tummy go in.

Pause for three seconds.

Breathe out through your mouth and feel your tummy go back out.

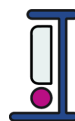
Breathe in for 4 seconds



Rectangle breathing

Draw or trace a square with your finger and count your breaths as you move round!

Repeat three times.



Plan your week!



Sunday	
Saturday	
Friday	
Thursday	
Wednesday	
Tuesday	
Monday	

Keep busy

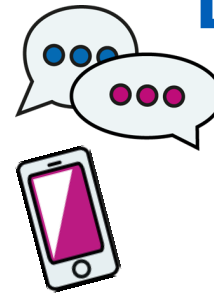
It's important we accept that things feel hard and make time for ourselves, but it's also important we don't cut ourselves off from other people. **Doing things with others helps us to keep going without the person we've lost.**

Tick all the things you could enjoy doing with someone else. Circle the things you want to do just by yourself.

Listening to music	Playing with pets	Playing a game	Having a chat
Baking	Cooking	Colouring	Writing
Singing	Watching TV or a film	Drawing/ painting	Exercising
Having a take-away	Going on a walk	Going out for the day	Gardening



Let's talk about it



Grief can make us feel alone. Telling someone we **trust** can help us to feel supported. Think about the different people in your life, who could you try talking to?

At HOME I could talk to:

At SCHOOL I could talk to:

What if I don't know what to say?

It can be hard to tell others how we feel. Try:

- **Writing it down.** You can use this to practice what to say or you could tell someone how you feel in a letter, text or email.
- **Planning it out.** Who will you tell? What might you say? When might be a good time?

What if I don't think I can talk to anyone?

You never have to keep your problems all to yourself. Try:

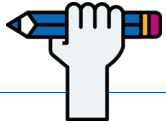
- Talking to **Childline**. They're open 24 hours a day and it's free to contact them - online, by email or phone.

Express yourself

Even if you're not ready to talk to someone else, it's important you **let your emotions show**. Keeping emotions inside can make them harder to manage. Here's some ideas of things you can try:

Keep a journal or a diary

Writing down your thoughts and feelings in a diary can help you to process how you feel.



Let yourself cry

You don't have to keep your tears inside, it's okay to cry.



Draw, paint, write, sing

Draw a picture, write a poem or a letter about the person you have lost. You can either send this to someone to show them how you feel, or keep it for yourself.



Exercise

Exercising can help release tension in our bodies and releases endorphins which improve our mood.



Write your ideas here:

Be kind to yourself



Don't put pressure on yourself to be fine if you don't feel this way. **It's okay to struggle to do things**, simple tasks can suddenly feel really hard after loss. Be kind to yourself and **plan in some time just for you**.

FIVE things I will do to look after myself this week:

- 1.
- 2.
- 3.
- 4.
- 5.

Ideas

Take a bath, go on a walk, read a book, draw, write, watch a film, have a lie in, turn your phone off, light a candle, bake a cake!

Make a calm box

A calm box is a box that contains things that make us feel calm and happy. You can include:

A book, CD, colouring, notebook, pens, fidget toys, playdough, slime, snacks, water, photographs, positive messages, quotes, scented candles, perfume... or anything else you can think of!

Keep your box in a safe space and take it out when you're struggling.

