



St Wilfrid's Hospice



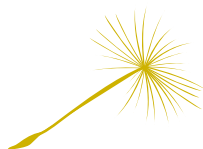
name

someone special
to me has died

This book is to remember

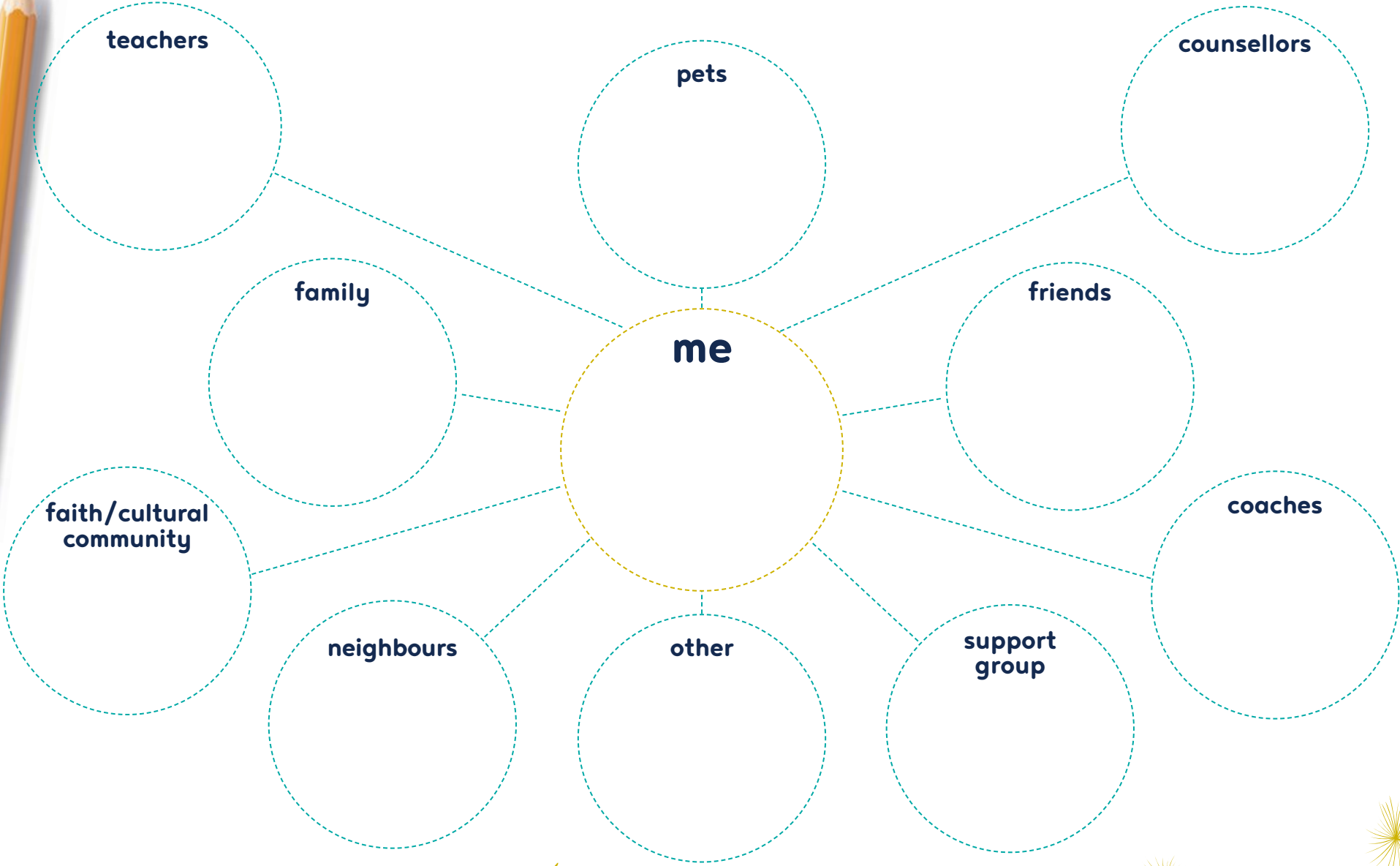
This workbook is for you. You may want to use it on your own or you may use it with your parents or a friend. You may also use it with one of our counsellors here at the hospice.

Throughout the book there are pages where you may want to write down your thoughts or do some drawing. It can help to get things down on paper. Look out for the image of the pencil.



someone special to me has died

Who is around for me?



Growing Around Grief

(Lois Tonkin, 1996)

People
think that
grief

slowly
gets
smaller

with

time

In reality,
grief
stays

the
same
size

but
slowly
life begins

to grow
bigger
around it

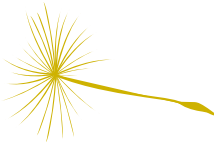
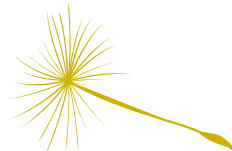


Death, what do you think happened?

What are your family beliefs about death? Perhaps write some thoughts or draw some pictures to explore what we think happens when someone dies.



People can't die because of anything we **think** or **say**!

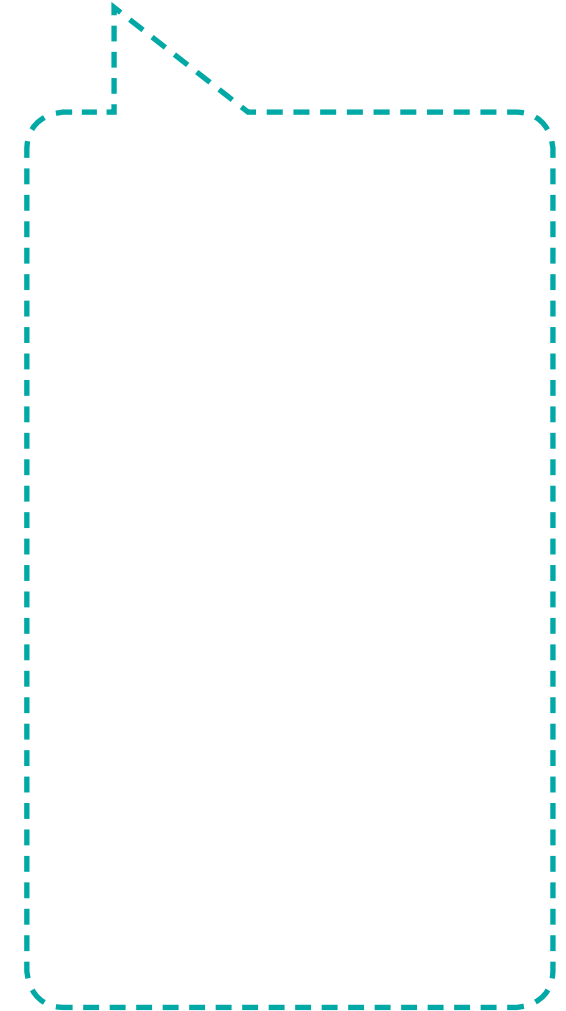
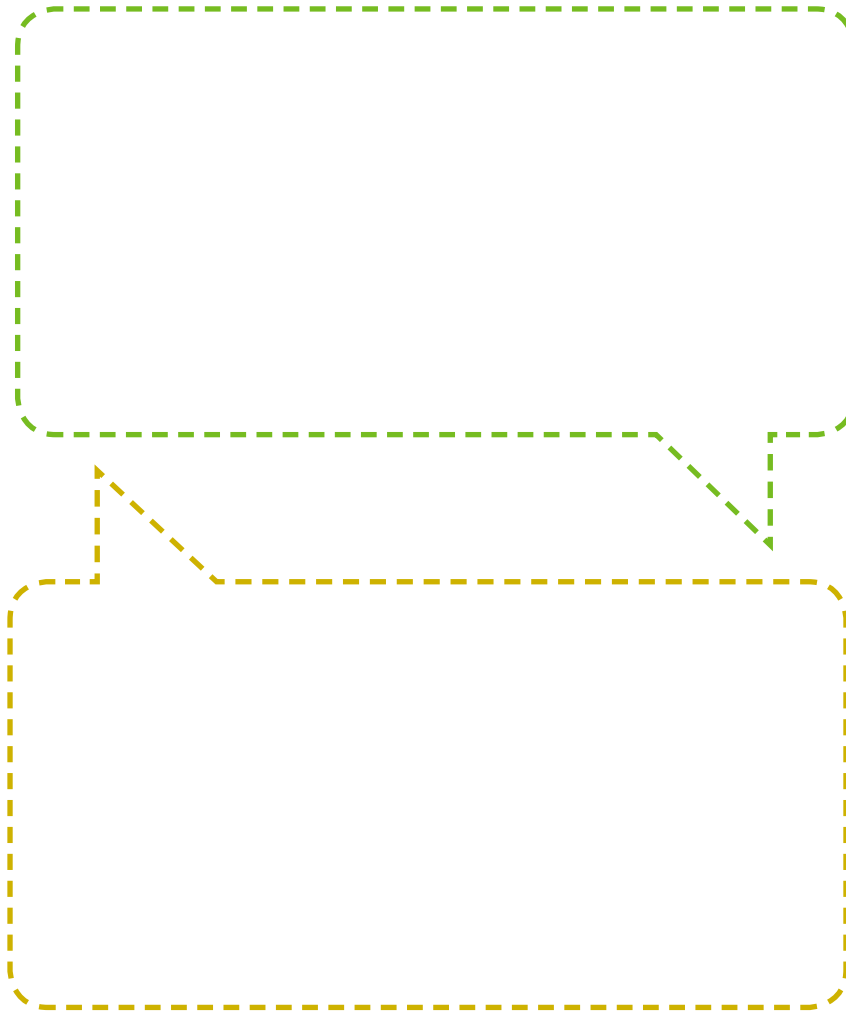


Family and friends gather for a funeral service to honour the dead, remember the things they did in their life and show their love

What did you think and feel about the funeral and saying goodbye?



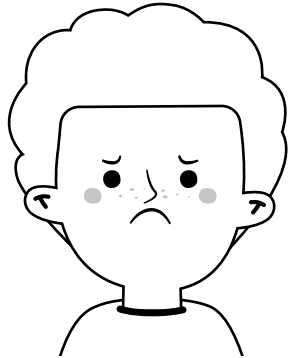
There are things I **wonder about**
I would like to ask someone these questions...



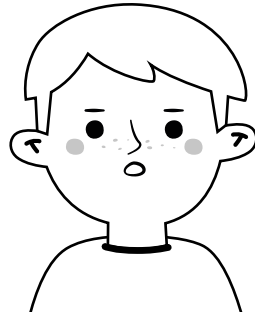
Let's talk about feelings

All feelings are okay. All feelings are important.

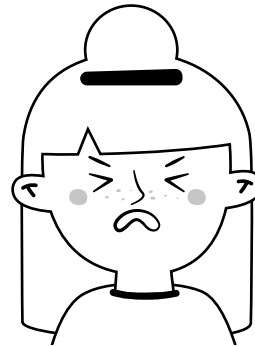
We all have feelings. Colour or circle the ones which are more familiar to you.



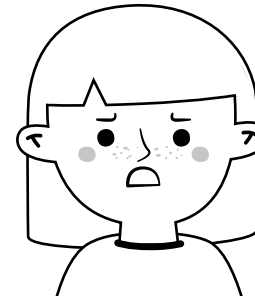
Grief



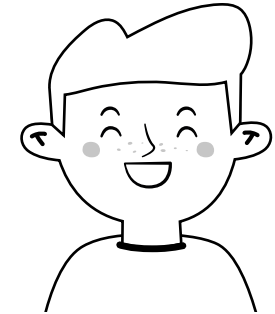
Numbness



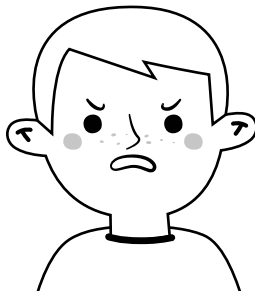
Denial



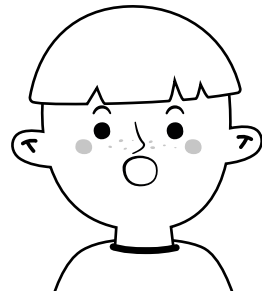
Guilt



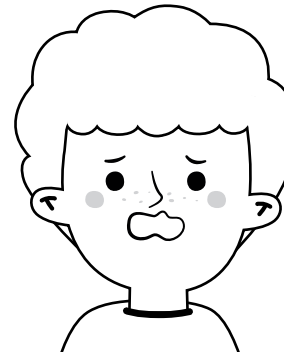
Happy



Anger



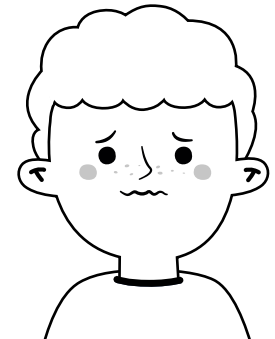
Shock



Fear/Anxiety

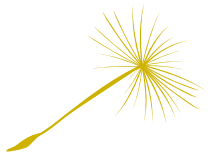
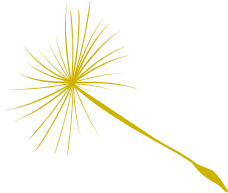
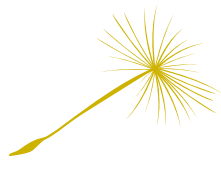
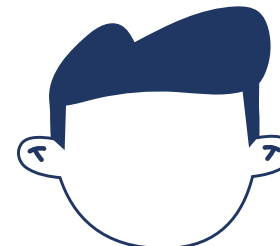
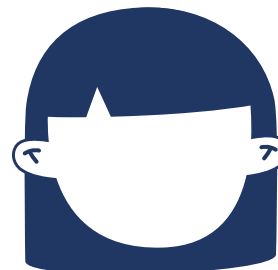


**Sadness/
Overwhelming**



Searching/Pining

Now draw your own
feeling faces.

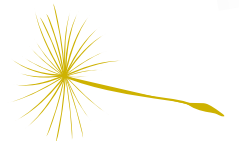
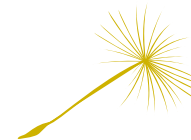
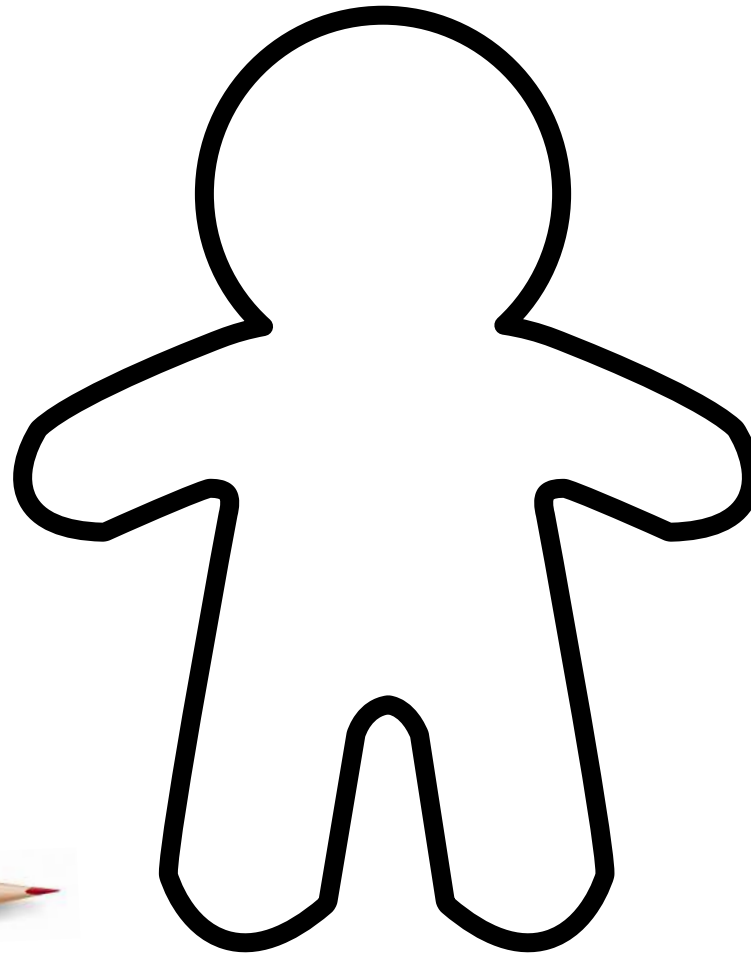


Feelings are something we **feel in our body**

Where do you feel your feelings?

**Show the places
with these colours:**

- Sad ● Blue
- Fearful ● Black
- Guilty ● Brown
- Angry ● Red
- Jealous ● Green
- Nervous ● Orange
- Happy ● Yellow

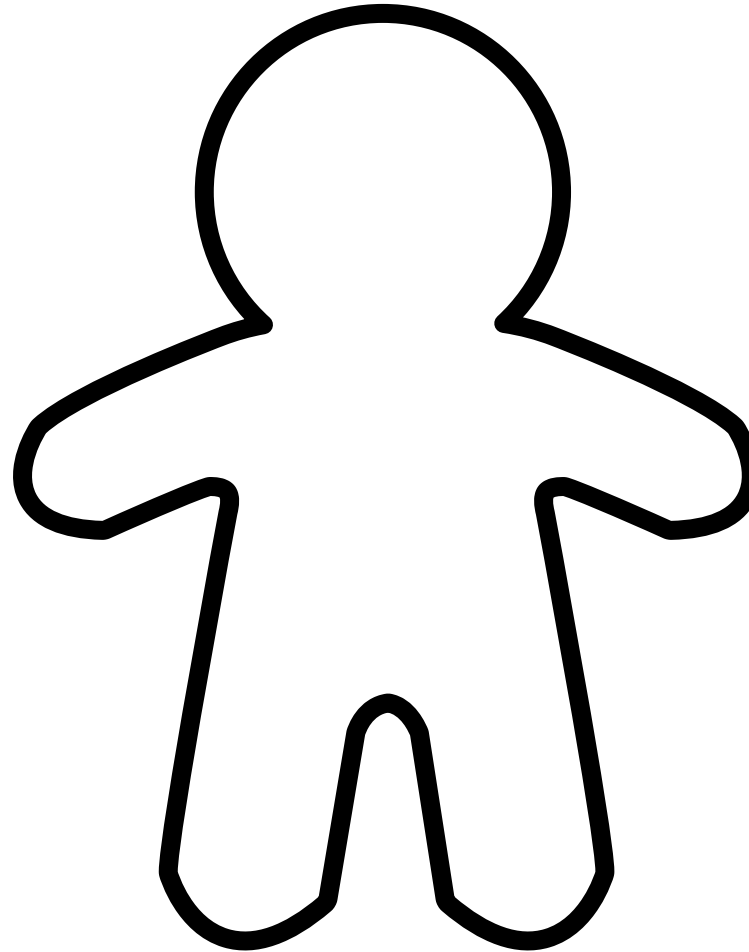


If feelings are stuffed inside too long,
they often cause **aches** and **pains**

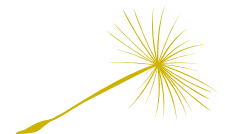
Colour red **lightly** where
you get **little** hurts

Colour **bright** red where
you sometimes hurt **a lot**

Is this the **same** place
you keep **fear** or **anger**
or other feelings?

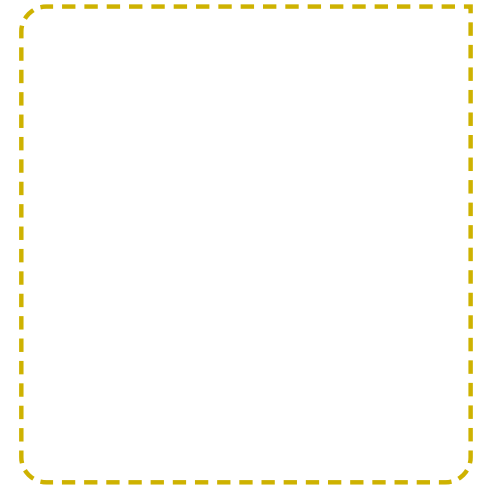



Exercise, sports, play, music, art, writing and
talking are all good ways to help with this

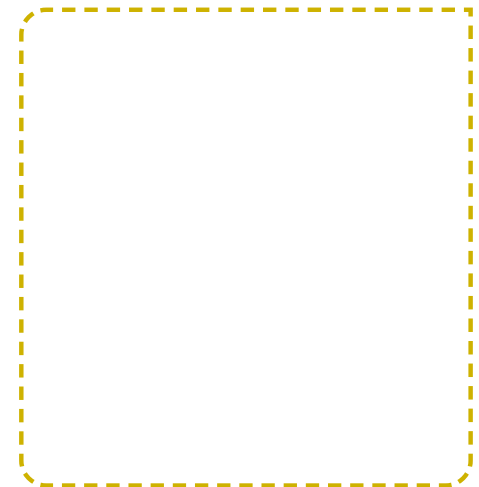
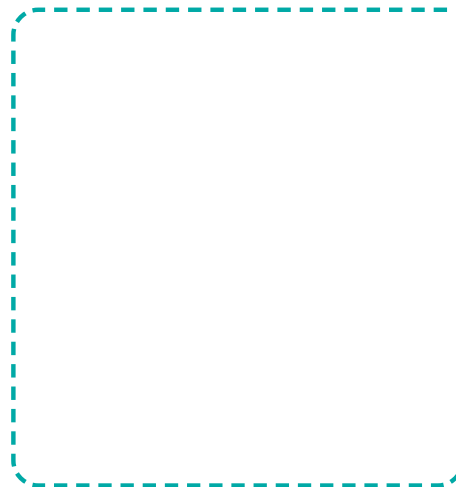


Sometimes people put on a 'mask' to hide feelings they don't like to show

Name and
draw three
feelings you
sometimes
hide with
a different
feeling?



Name and
draw the
feeling
masks you
might use



It is important to let anger out in ways that will not hurt people or things. **Okay ways are:**

1

Saying 'I am angry because...'

2

Scribbling with a red crayon on an old newspaper (hard!) and scrunching it into a ball and throwing it away

3

Punching a ball or a pillow

4

Yelling into a pillow or in the shower

5

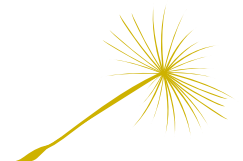
Writing an angry letter and then tearing it up

6

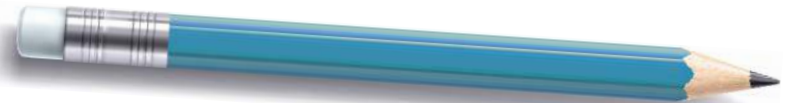
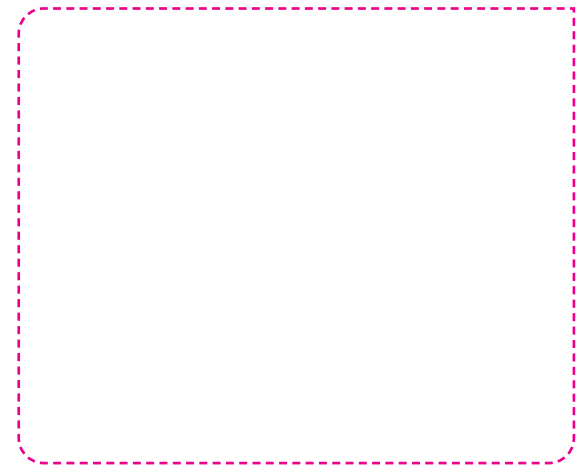
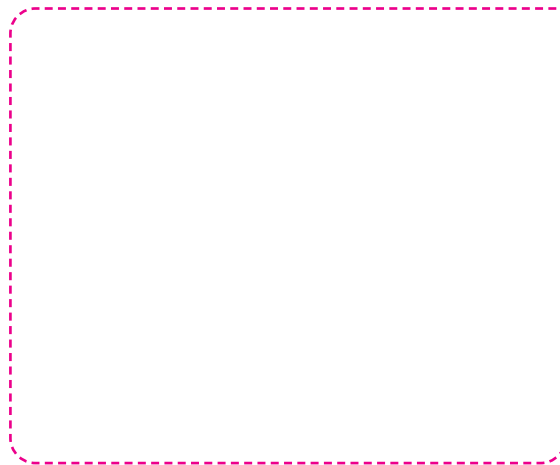
Running or walking fast

7

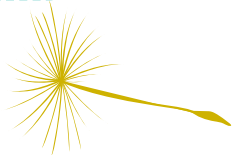
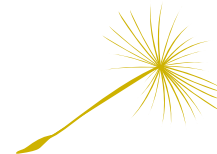
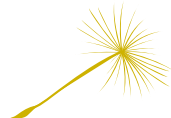
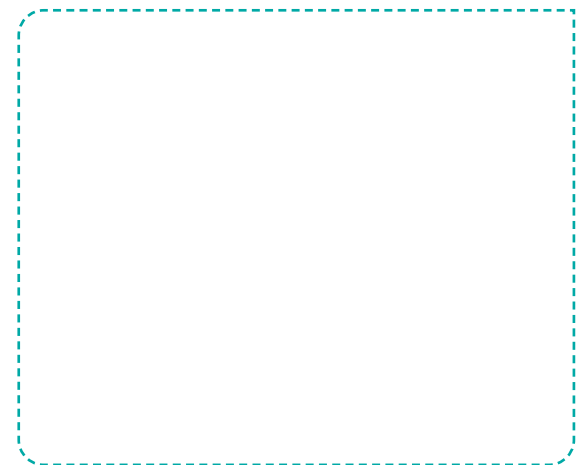
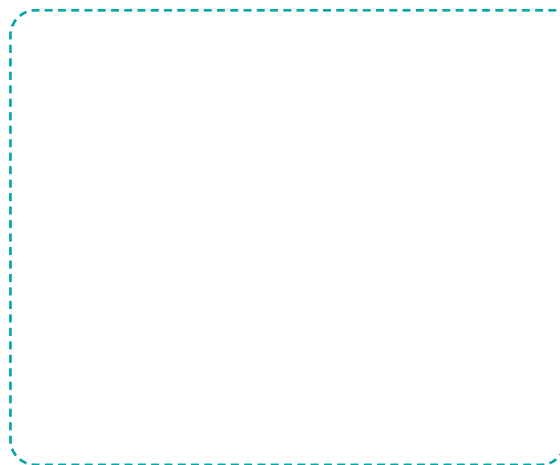
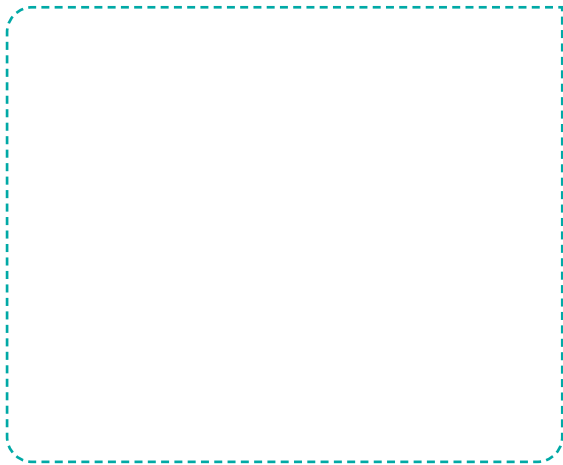
Stomping your feet or clapping your hands - or both!



Sometimes I feel **different** because:



And I like these things about me:



If only before _____ died, I had...



said...

thanked them for...

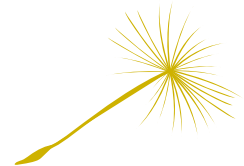
told them...

I hope...

asked...

I wish...

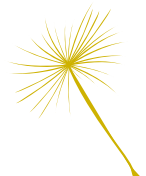
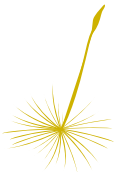
Everyone has something they wish they **did...** or **didn't** do...



My favourite memory of



and other good memories are mine to keep!



Keeping a memory strong

Draw around your hand

Think of a memory of your loved one

- Write it in the palm of the hand drawing
- On each finger, think about the things you remember seeing, hearing, touching, smelling and tasting

Use this template to remember as many memories as you wish, create as many hands as you like.



Some ideas for taking care of yourself when you are feeling sad or thinking about the person who died



Write down your thoughts and feelings



Help to make and then eat your favourite meal



Spend time in nature



Take time to rest when you need it



Create traditions to remember your loved one



Make a memory box



Spend time with friends and family



Do an activity that you enjoy



Listen to music that suits your mood

Remember that when you are feeling happy it does not mean you miss the person any less

There may be some members of your family who also want to get support. They will find information on these sites:

Childhood Bereavement Network

www.childhoodbereavementnetwork.org.uk

Child Bereavement UK

www.childbereavementuk.org

Grief Encounter

www.griefencounter.org.uk

Hope Again

www.hopeagain.org.uk

Riprap

www.riprap.org.uk

Winston's Wish

www.winstonswish.org

Counselling Services

01323 434297

St Wilfrid's Hospice

1 Broadwater Way

Eastbourne

East Sussex BN22 9PZ

**someone special
to me has died**

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