



St Wilfrid's Hospice

name _____

someone special
to me has a very
serious illness

In this book I am thinking about

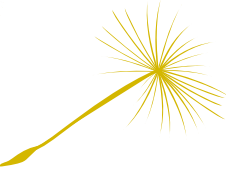
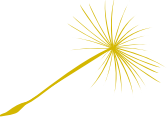
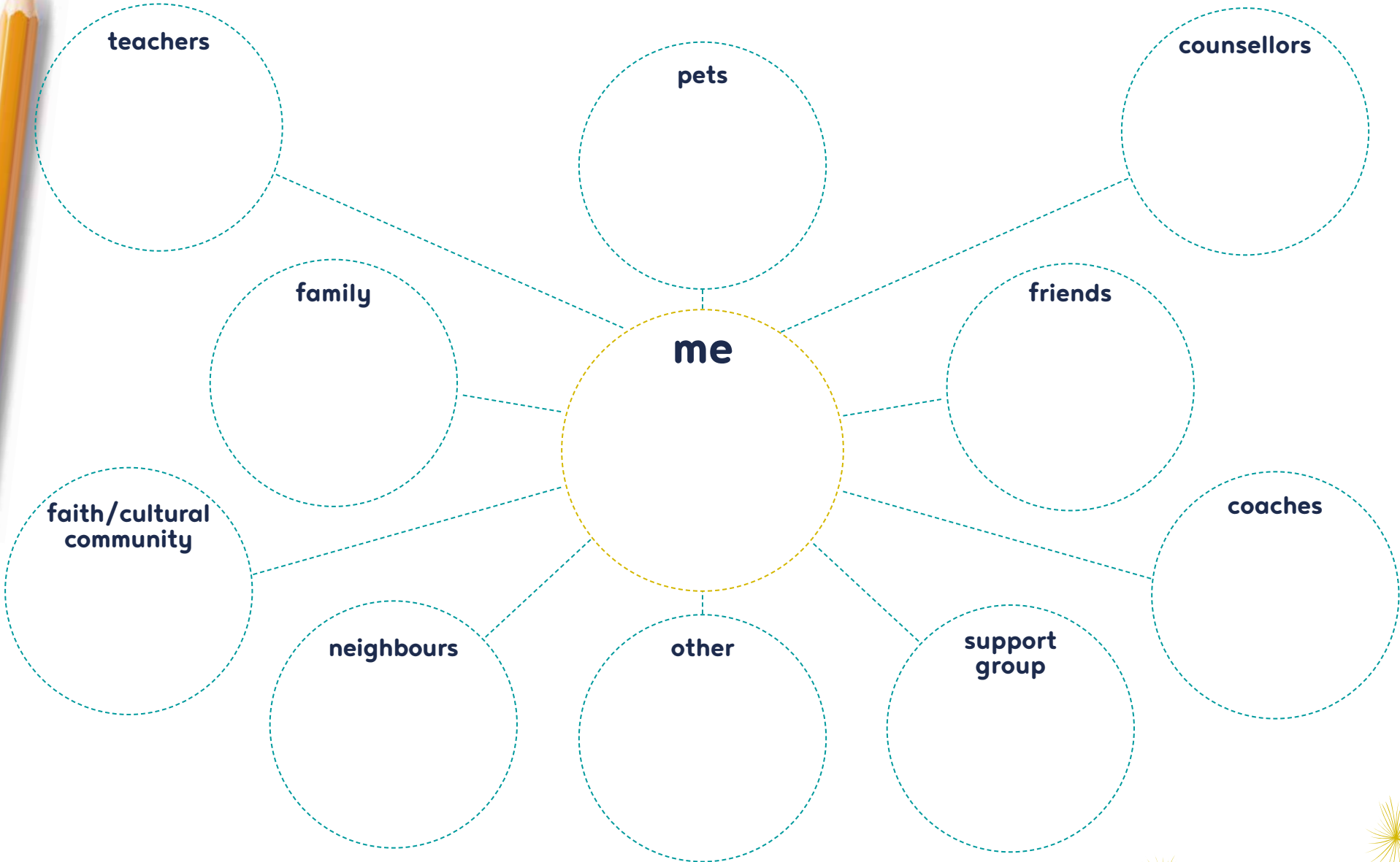
This workbook is for you. You may want to use it on your own or you may use it with your parents or a friend. You may also use it with one of our counsellors here at the hospice.

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 a very serious illness**

Who is around for me?



This is a picture of my special person who is very, very ill

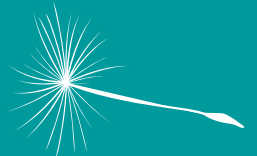
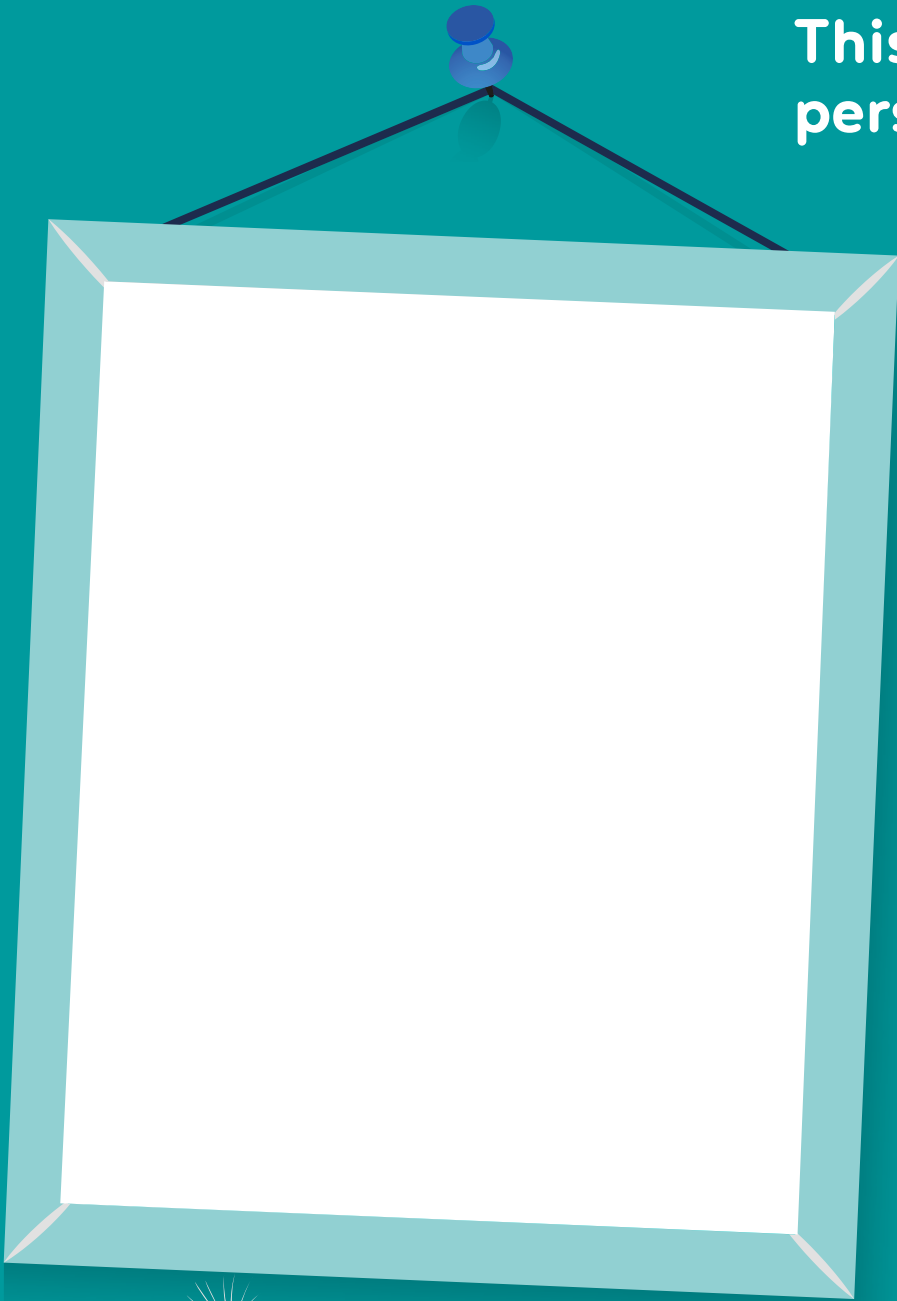


their name is

.....
.....

and they are my

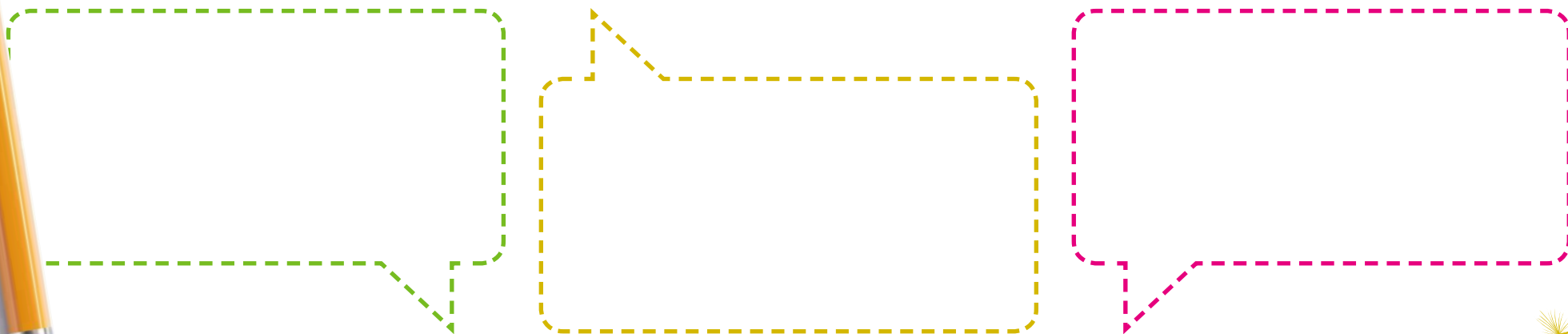
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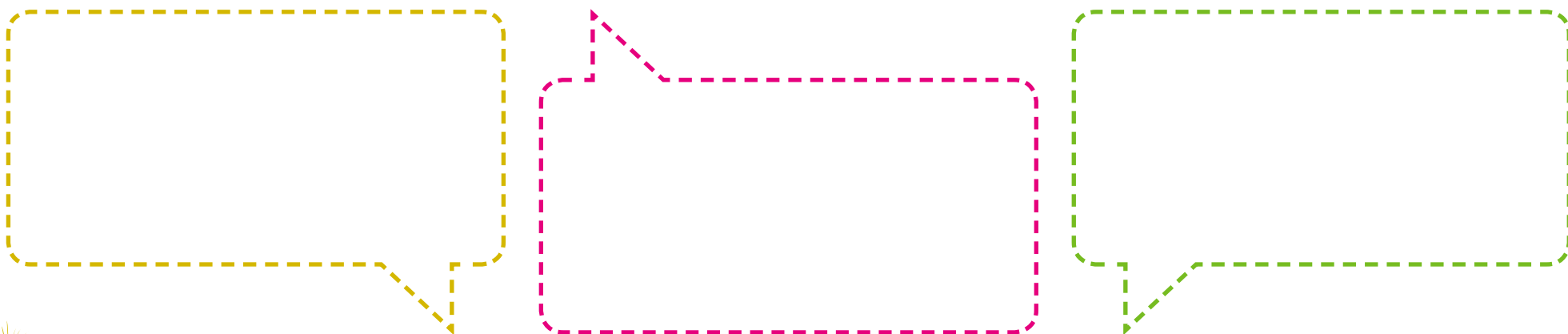
The name of the illness is

and I know these things about it...



There are things I don't know about the illness.

I would like to ask these questions...



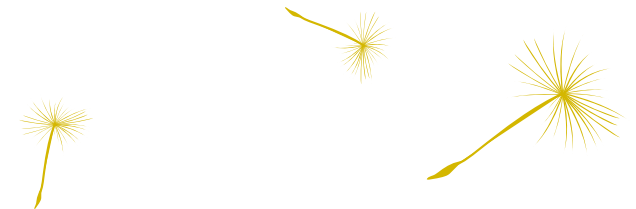
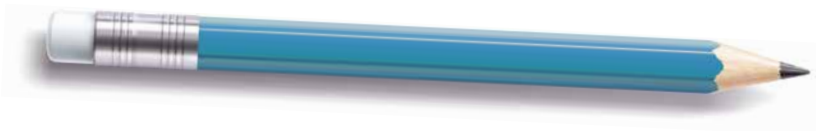
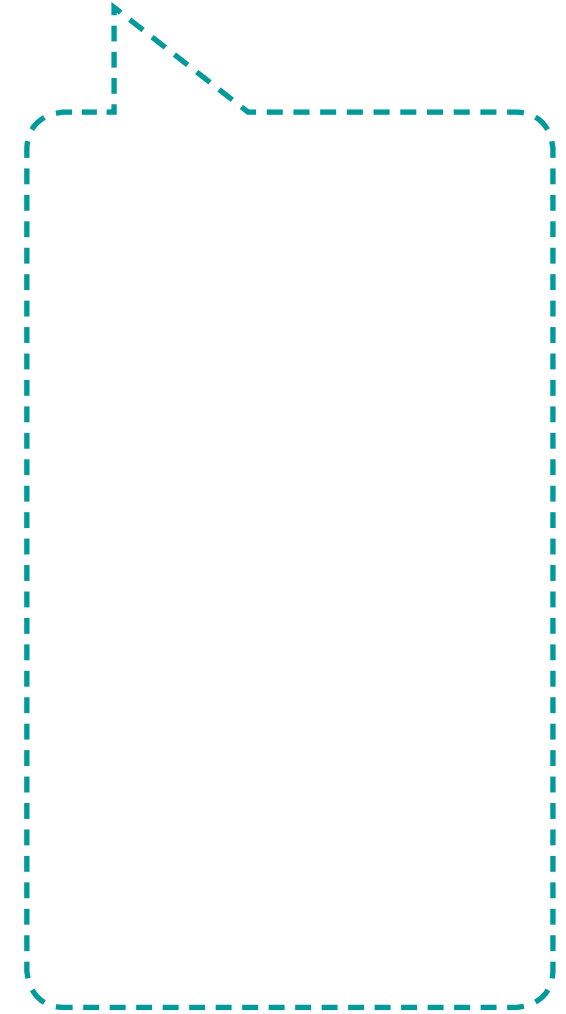
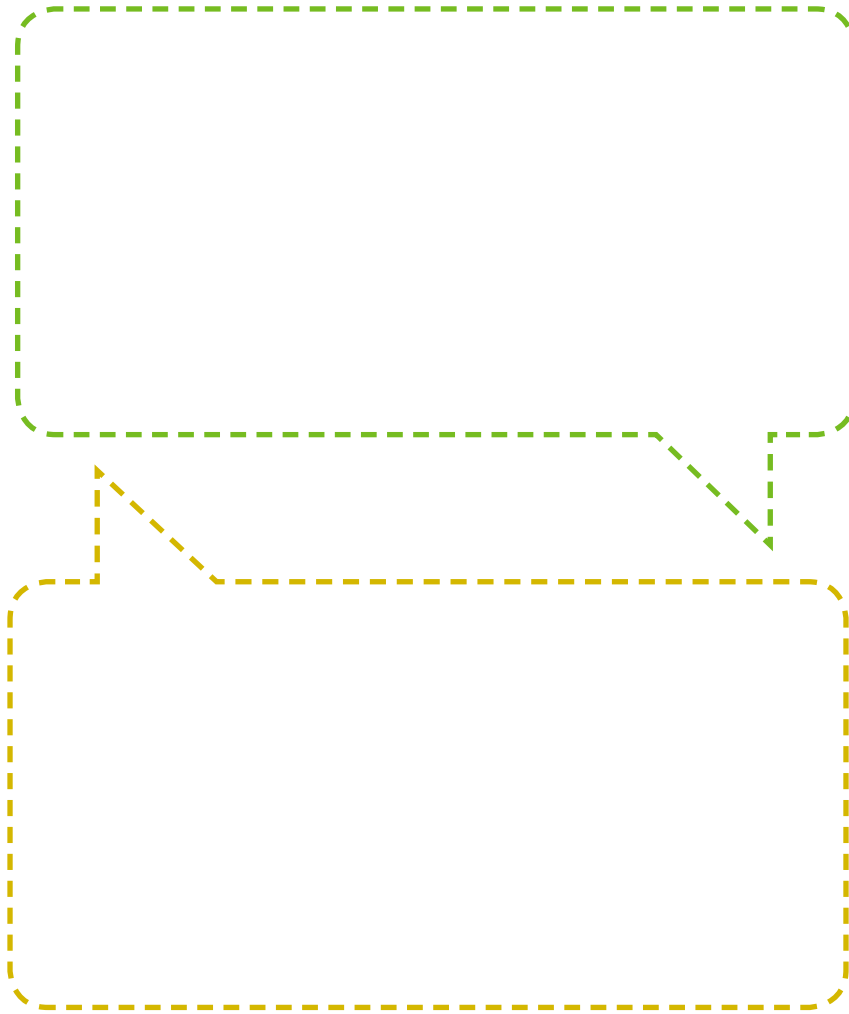
You can ask a family member, a doctor, a member of the hospice care team or your counsellor. It is ok to ask questions.



**These are the parts of their
body which are very, very ill**



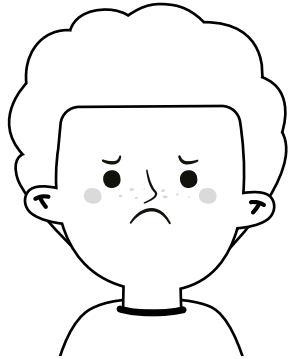
There are things I **wonder** about
I would like to ask someone these questions...



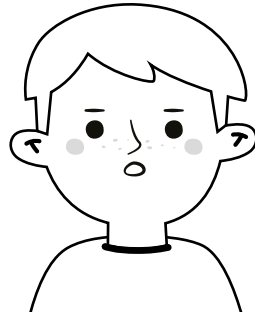
Let's talk about feelings

All feelings are okay. All feelings are important.

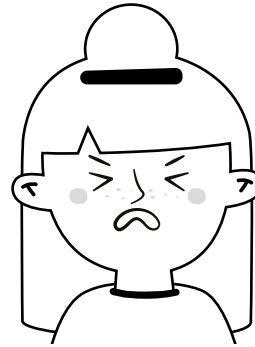
We all have feelings. Colour or circle the ones which are more familiar to you.



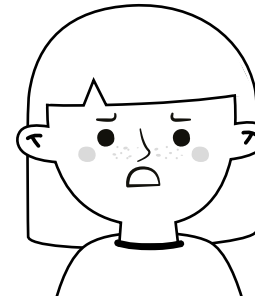
Grief



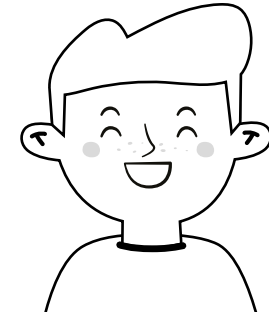
Numbness



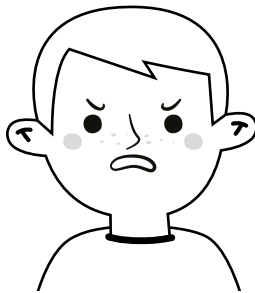
Denial



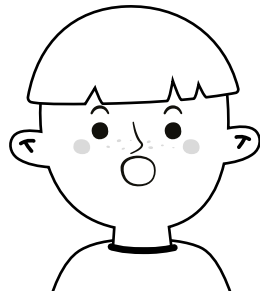
Guilt



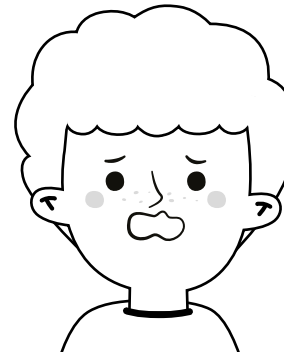
Happy



Anger



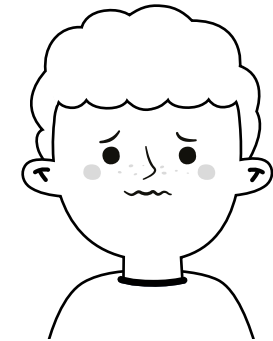
Shock



Fear/Anxiety

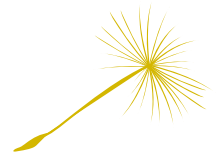
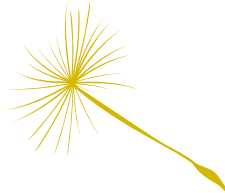
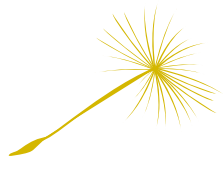
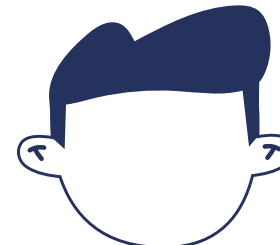
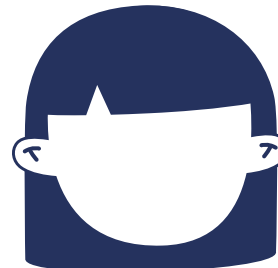


Sadness/
Overwhelming



Searching/Pining

Now draw your own
feeling faces.

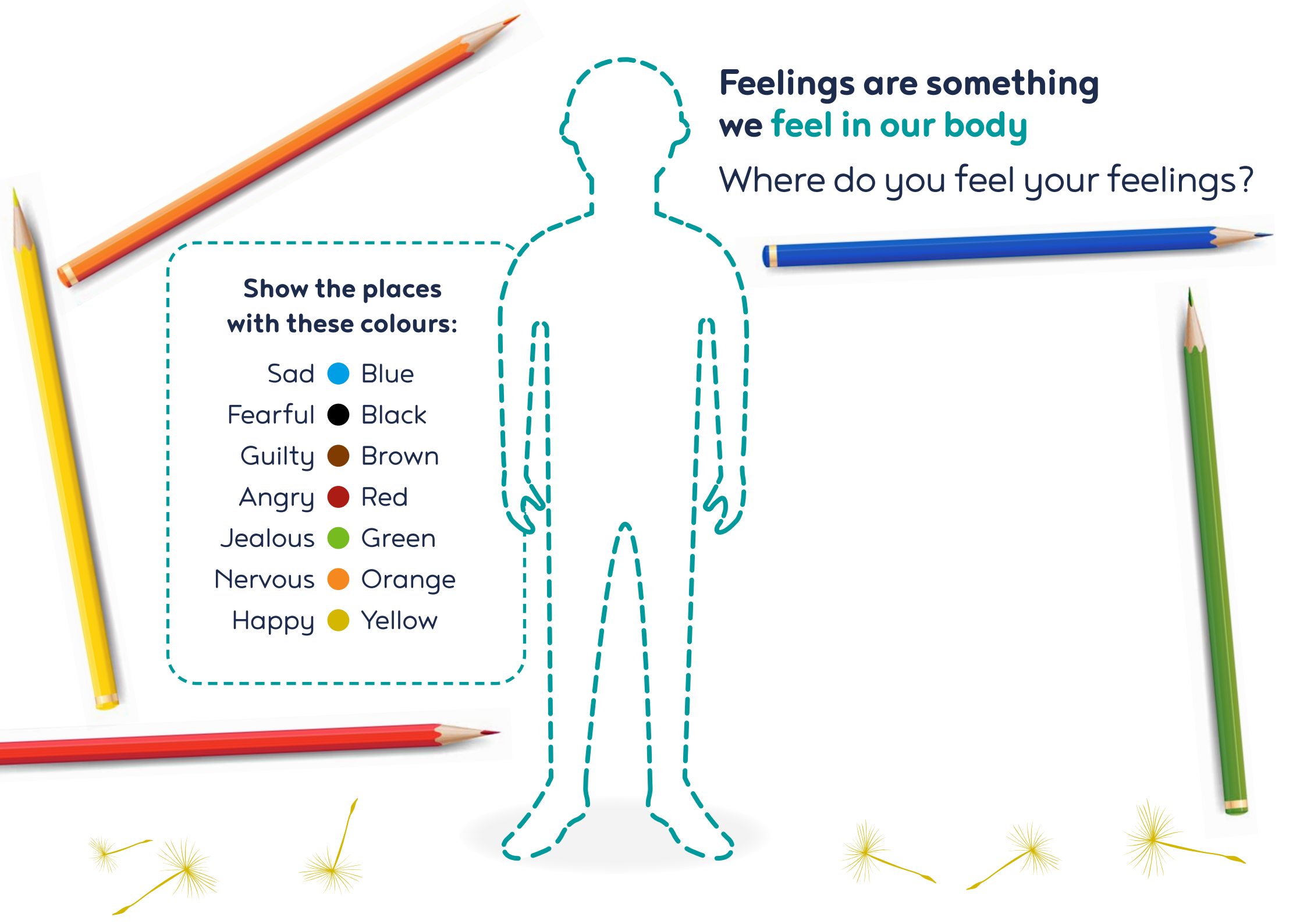
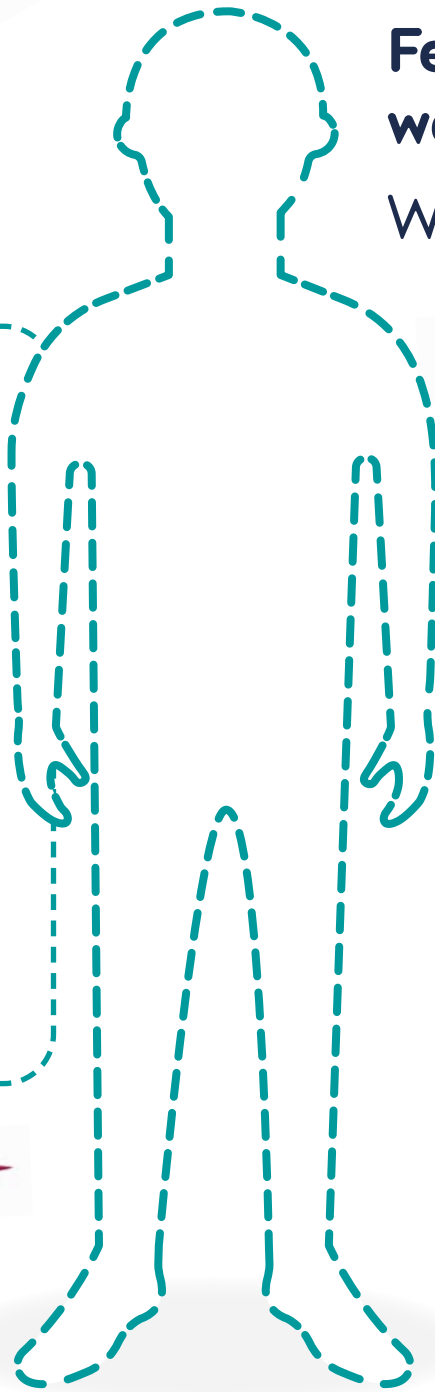


Feelings are something
we **feel in our body**

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



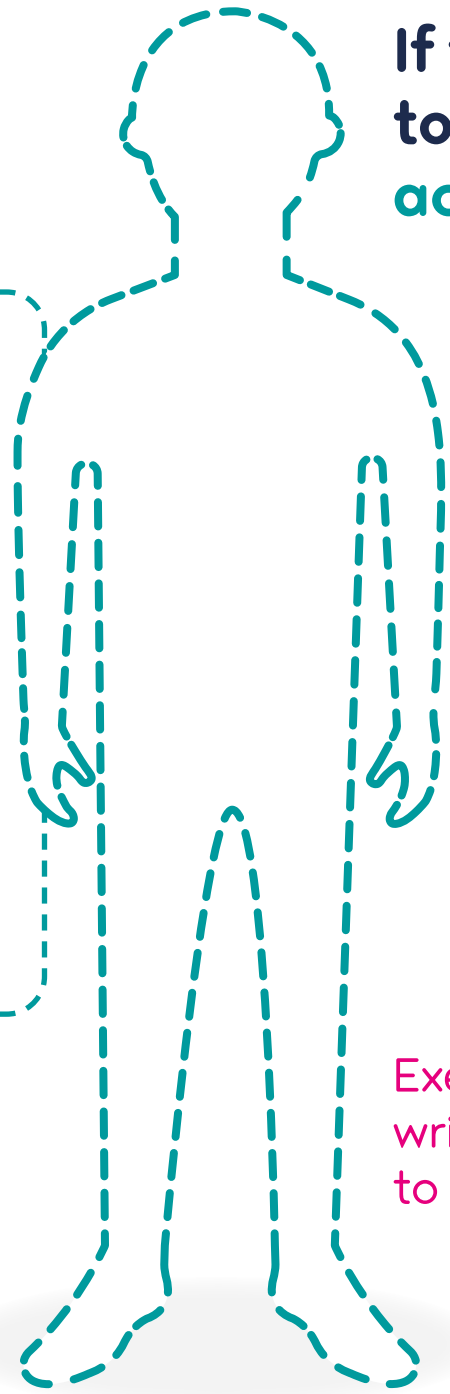
If feelings are stuffed inside too long, they often cause **aches and pains**

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

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

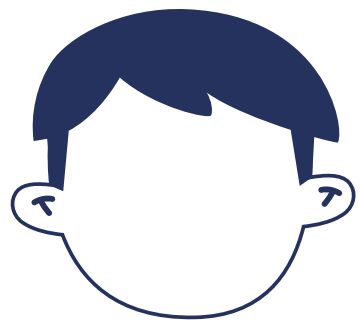
Is this the **same** place you keep **fear** or **anger** or other feelings?

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

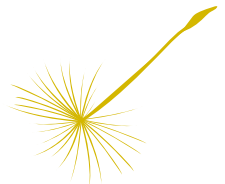
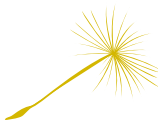
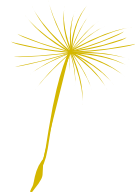
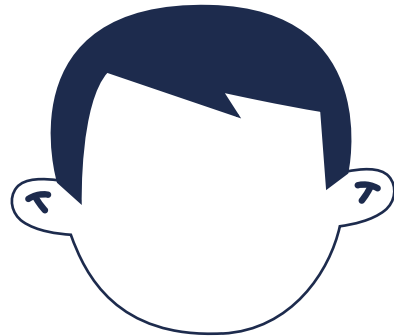
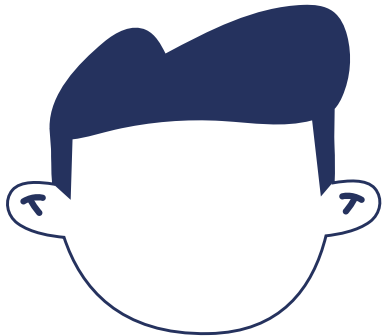


Sometimes people put on a 'mask' to hide feelings they don't like to show

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



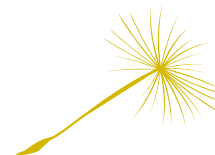
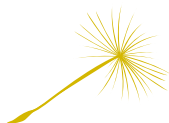
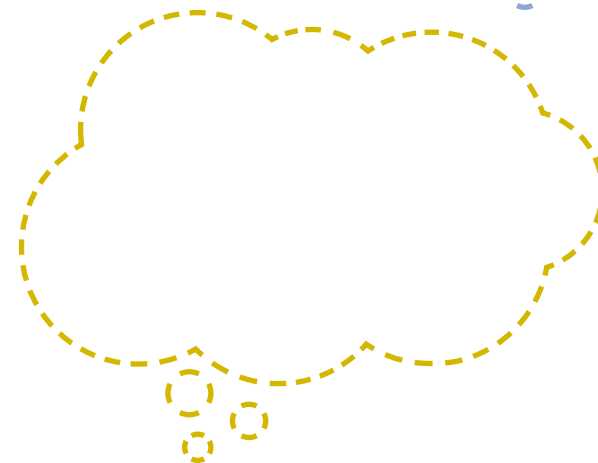
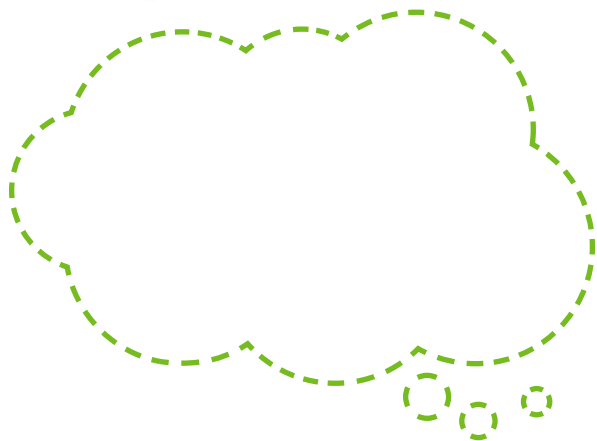
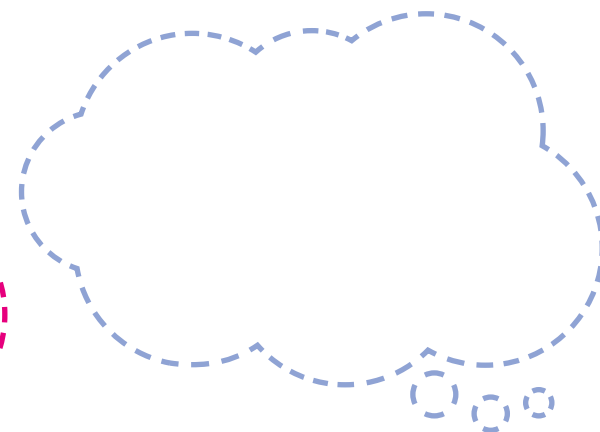
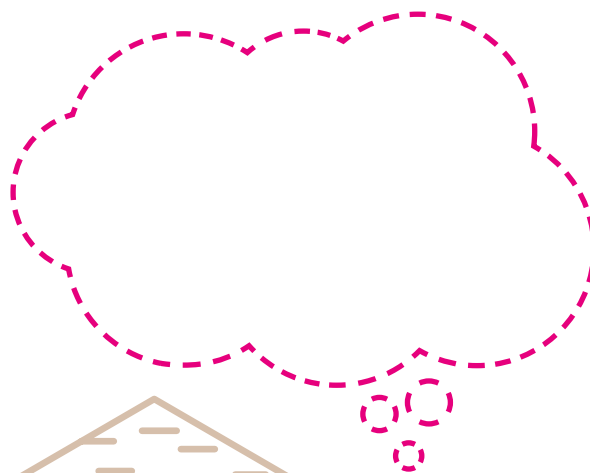
Name and draw the feeling masks you might use



Changes in Family life

When someone is very, very ill in a family.
This can change family life and the ways people feel and behave.
Sometimes people feel tired, irritable, sad, afraid or angry.
These feelings are natural. Feelings affect the things we do or say.
Everyone feels sad, afraid or angry at times.

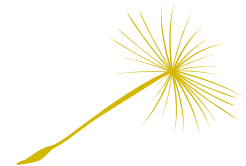
Changes I have noticed....



When I feel angry, I...



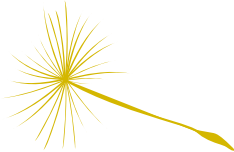
**It's okay to feel angry but it isn't okay to hurt yourself,
others or things (cross out ways that are not okay)**



Sometimes I feel frightened

When I feel frightened, I...

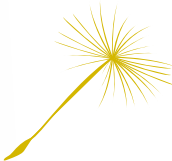
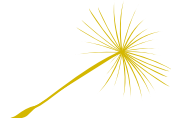
Everyone feels frightened sometimes



Random Act of Kindness

Think about a random act of kindness you can do for other people in your family and for yourself. Write them on the labels on the jar.

Choose one to do each week for a family member or for yourself.



Some of the things I can do for



.....
and some things we can enjoy together are:

A large rectangular box with a dashed pink border, intended for writing.

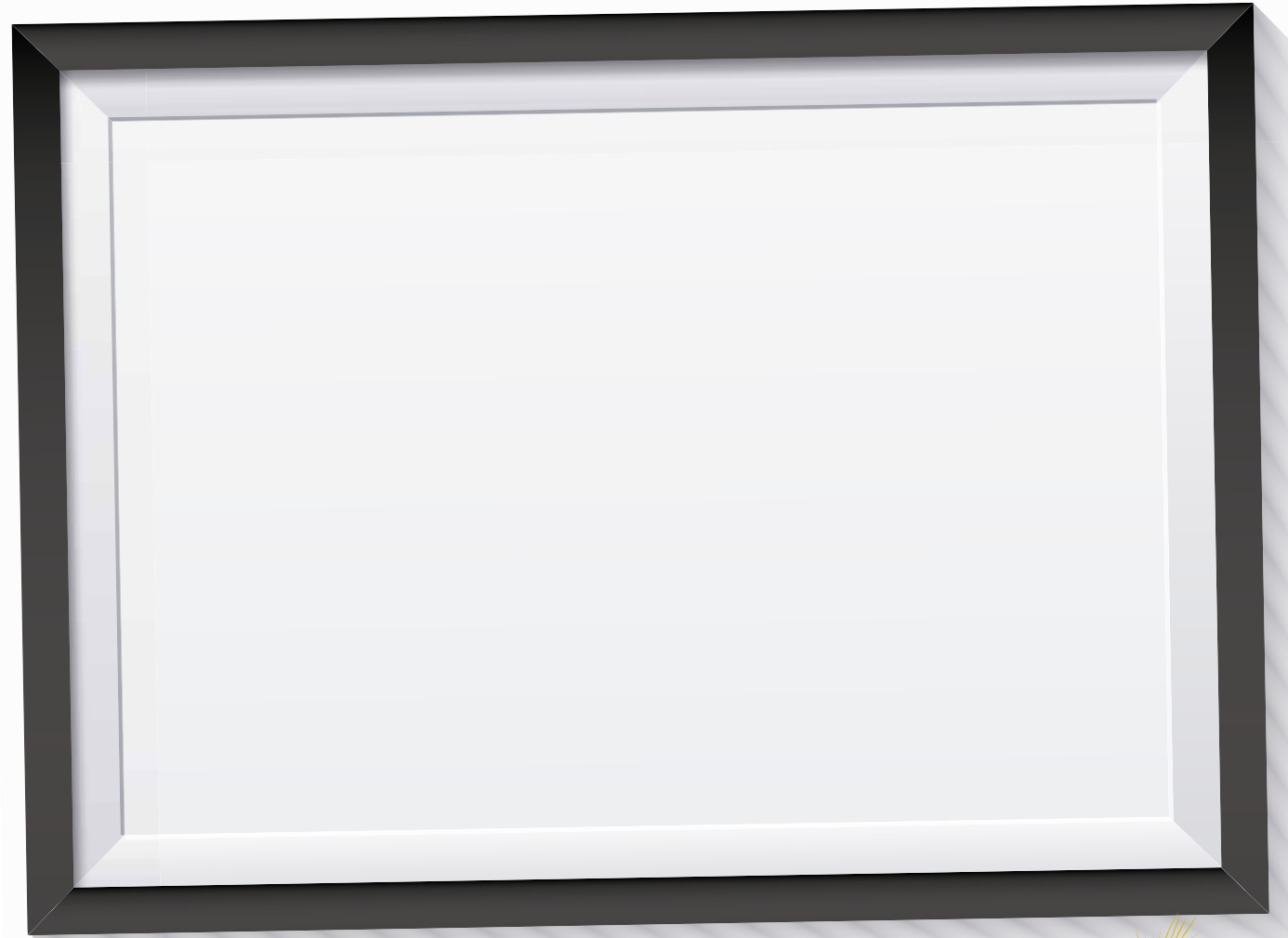
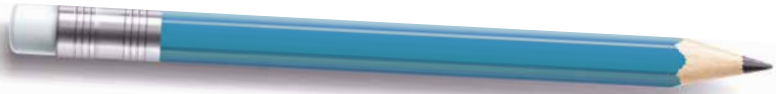
A rectangular box with a dashed green border, intended for writing.

A rectangular box with a dashed yellow border, intended for writing.

A large rectangular box with a dashed blue border, intended for writing.



A picture of a happy time with my family

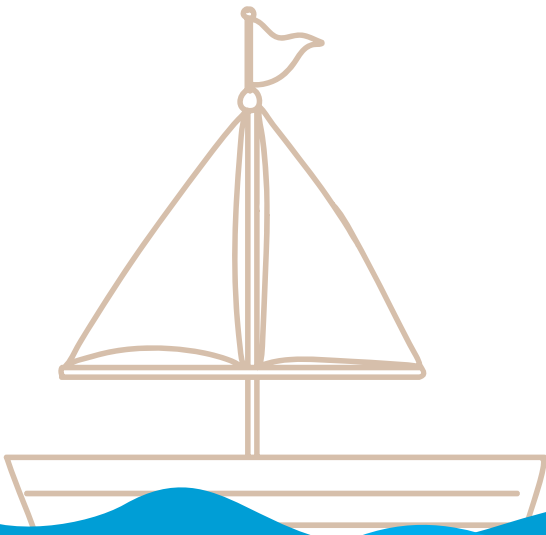


Change creates loss

the pain from loss is called grief

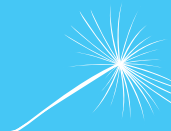
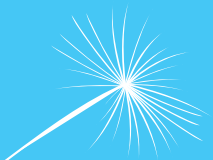
Design your own boat for travelling in stormy times and calm times

What would you need to bring on your boat?



Grief comes and goes like waves on the ocean

There will be stormy times and calm times



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.



Talking to Your Child About Dying

A Guide for Parents and Carers

You Know Your Child Best

- Choose a time when you feel calm and have space to talk together.
- Sit in a quiet, private, and comfortable place.
- If it's during school term, try to talk at the start of the weekend - this gives your child time to process what you've shared.
- You may want to have someone close present - someone your child knows and trusts, or someone you trust. Do what feels right for you and your child.

Remember: this is just the first conversation. It's a starting point.

Explaining What's Happening

You might say:

"The doctors and nurses, and I, have done everything we can to help me get better. But there is no medicine that can make me better. This means that it will soon be my time to die."

Use gentle, clear words. Let them know they are loved and supported.

This is a journey. You don't need to have all the answers.

What matters most is being present, listening, and showing love.

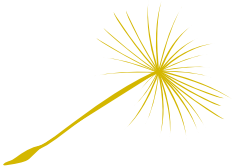
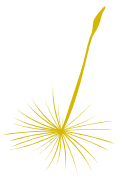
Remember

Talking to Your Child About Dying

A Guide for Parents and Carers

How to Begin the Conversation

- **Be prepared:** Make sure you understand the situation fully before talking.
- **Ask what they know:** Gently correct any confusion.
- **Be honest and open:** Children can sense when something is wrong.
- **Use clear, age-appropriate language:** Use words like “dying” and “died”.
- **Break it down:** Share information in small, manageable pieces.
- **Repeat key messages:** Simple messages may need to be heard more than once.
- **Give time:** Let them ask questions and express themselves.
- **Check understanding:** Ask them to tell you what they’ve heard.
- **Validate their feelings:** All emotions are okay—sadness, anger, confusion, fear.
- **Go at their pace:** Let them lead the conversation when they’re ready.
- **Invite more questions:** Ask if there’s anything else they want to know.
- **Keep them updated:** Continue to share information as things change.



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

Winston's Wish

www.winstonswish.org

**Patient & Family Services Coordinator
at St Wilfrid's Hospice Eastbourne
01323 434257**

St Wilfrid's Hospice
1 Broadwater Way
Eastbourne
East Sussex BN22 9PZ

**someone special
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