

Remembering

Providing support for children aged 7 to 13
who have experienced loss and bereavement

Lorna Nelson and Tina Rae

Illustrated by Simon Smith

Lucky Duck is more than a publishing house and training agency. George Robinson and Barbara Maines founded the company in the 1980s when they worked together as a head and psychologist developing innovative strategies to support challenging students.

They have an international reputation for their work on bullying, self-esteem, emotional literacy and many other subjects of interest to the world of education.

George and Barbara have set up a regular news-spot on the website. Twice yearly these items will be printed as a newsletter. If you would like to go on the mailing list to receive this then please contact us:

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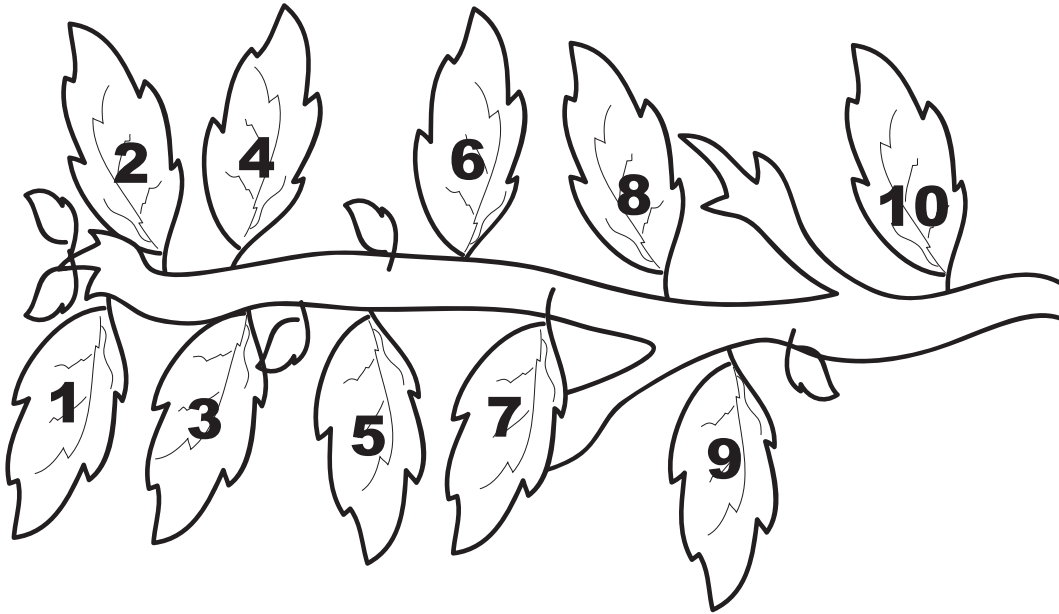
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Scaling Activity

Colour the leaf that shows where you are now on the scale of 1 -10.



Now answer these questions:

Where am I now?

Why have I rated myself as...?

Where would I like to be?

How can I get there? What do my targets need to be?

Who else can help me?

How will I know when I've reached my goal? What will I feel like and what will be happening?

Saying Goodbye

Saying goodbye to someone we love is not always easy. It can cause us to feel upset, sad or even relieved or guilty.

Think about the feelings that you have experienced.

Can you use these to complete an acrostic poem?

S _____
A _____
Y _____
I _____
N _____
G _____
G _____
O _____
O _____
D _____
B _____
Y _____
E _____



Talking Through Time

Sometimes we can talk about a special person immediately after they have died.

Sometimes we need to wait for a short time and sometimes for quite a while.

Some questions to think about:

1. What would you say about your special person at this time?

2. Do you think that you might say something else or something different next month?

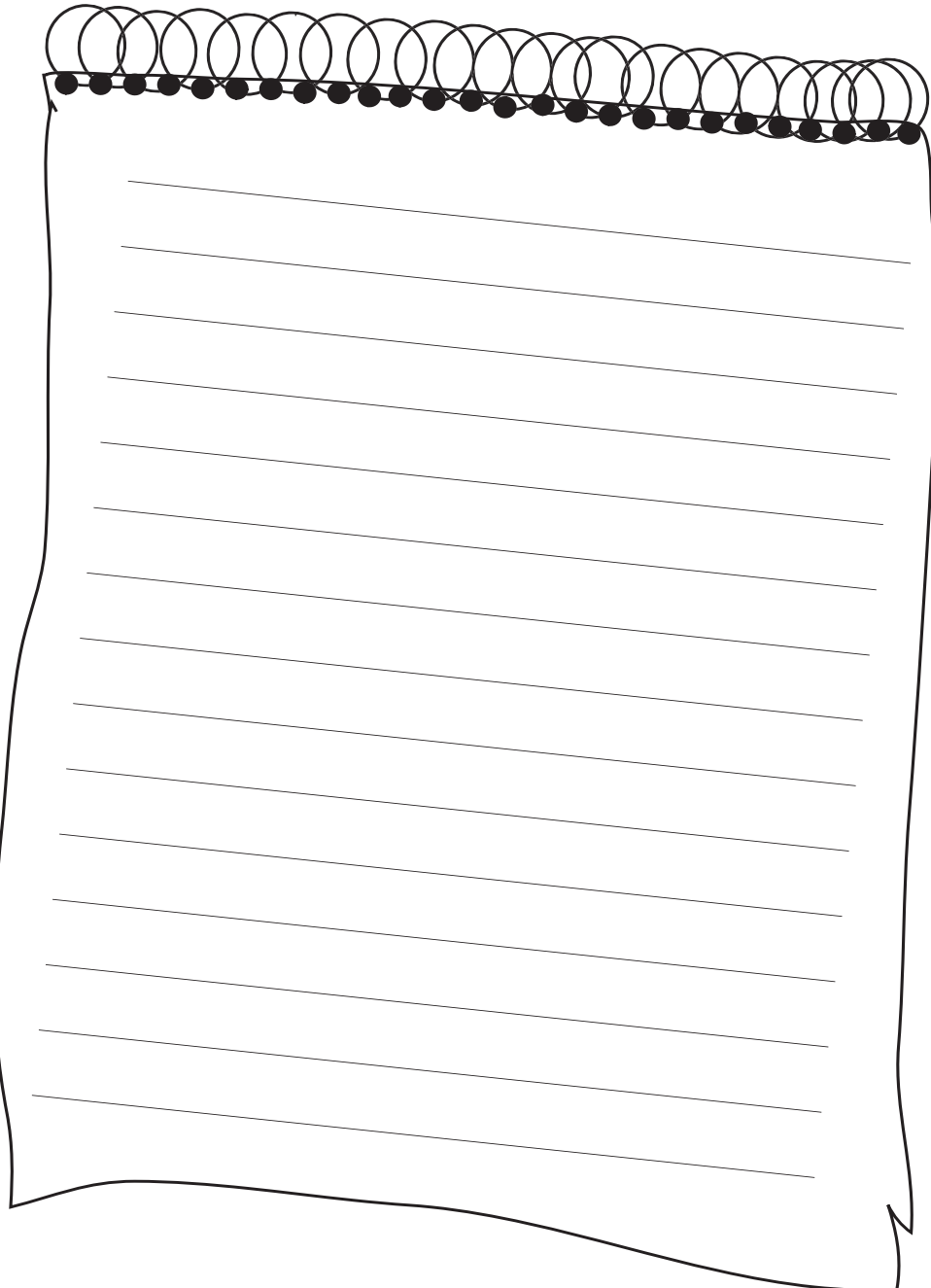
3. What do you think you will say and feel this time next year?

4. Do you think that time passing will help you? If so, how and why?

My Memory Book

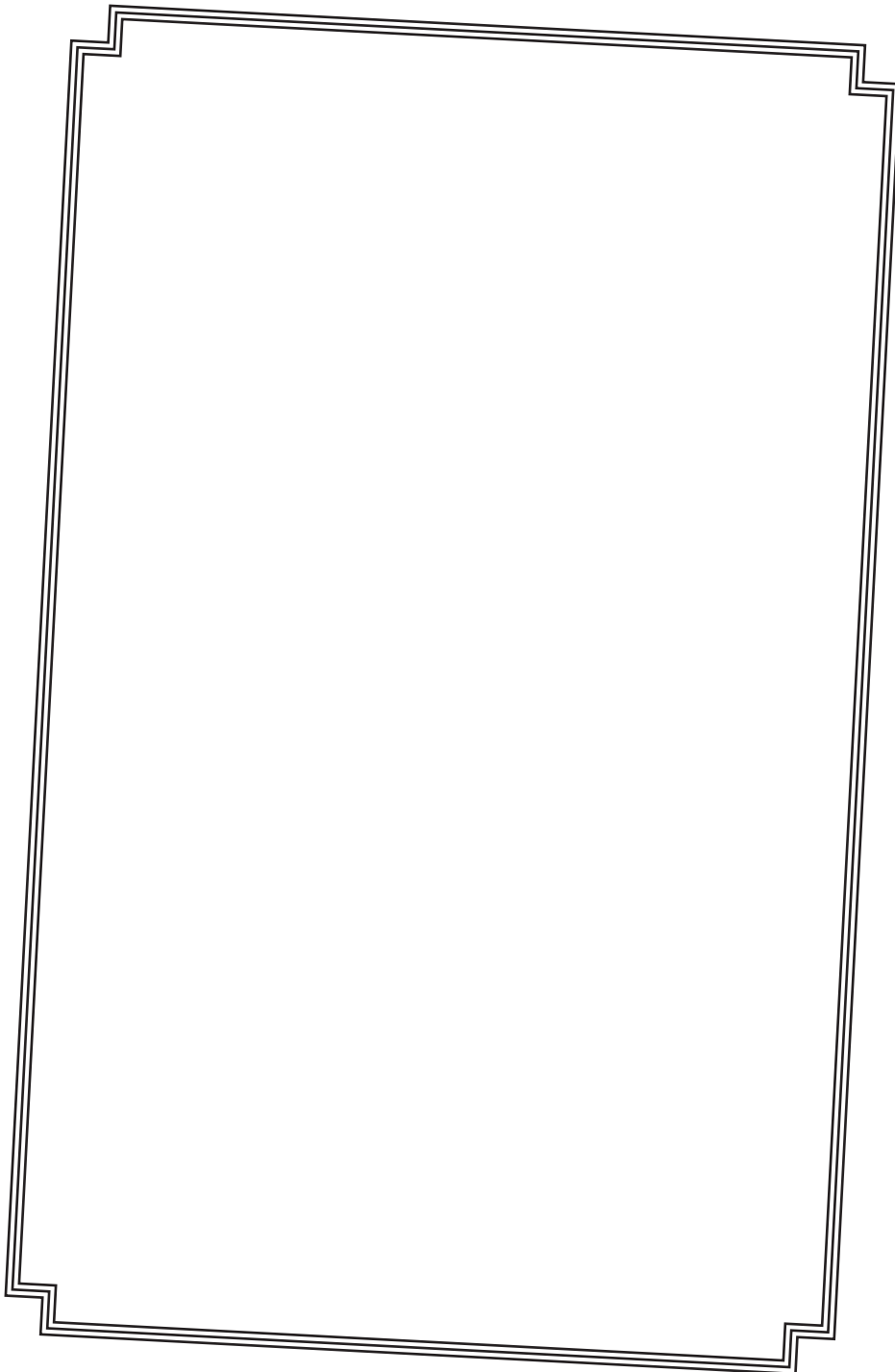
Sometimes it is helpful to make a memory book in order to remember a special person. This can include all sorts of things such as your favourite photos, poems, pictures or mementos. What would you include in your book? Make a list.

A list of things to go in my Memory Book:

A black and white line drawing of a spiral-bound notebook. The notebook is oriented vertically and has a metal spiral binding at the top. The pages are lined with horizontal lines, and the bottom edge of the pages is slightly wavy. The notebook is intended for the user to write a list of things to include in their memory book.

My Special Person

Draw a picture of something that reminds you of your special person. Sometimes it can help to remember special items such as a football, a book, a pair of glasses or a favourite scarf.



Farewell Messages

Sometimes when people die, they are placed in coffins which are then buried near to a holy place, or another special place of burial. Sometimes we put flowers on the grave and the dead person's family will put a special headstone over the grave to show where they are buried. Sometimes they will write or engrave a message on the stone.

What would you say in your message?

Magic Moments

Sometimes we wish that we could 'magic' our special people back when they have died. We can't do this but we can remember all those 'magic moments' that we had with them. Can you remember some of yours? Write or draw about them in the stars.



Dreams

When someone dies they are not asleep although it may look that way at first. When we go to sleep we may often dream about that special person. Some of these dreams will be happy while others may be sad or even frightening. Can you remember some of your dreams?

Happy Dreams

Sad Dreams

_____	_____
_____	_____
_____	_____
_____	_____



Who can help you if you have a sad dream? Can you explain what help you need?

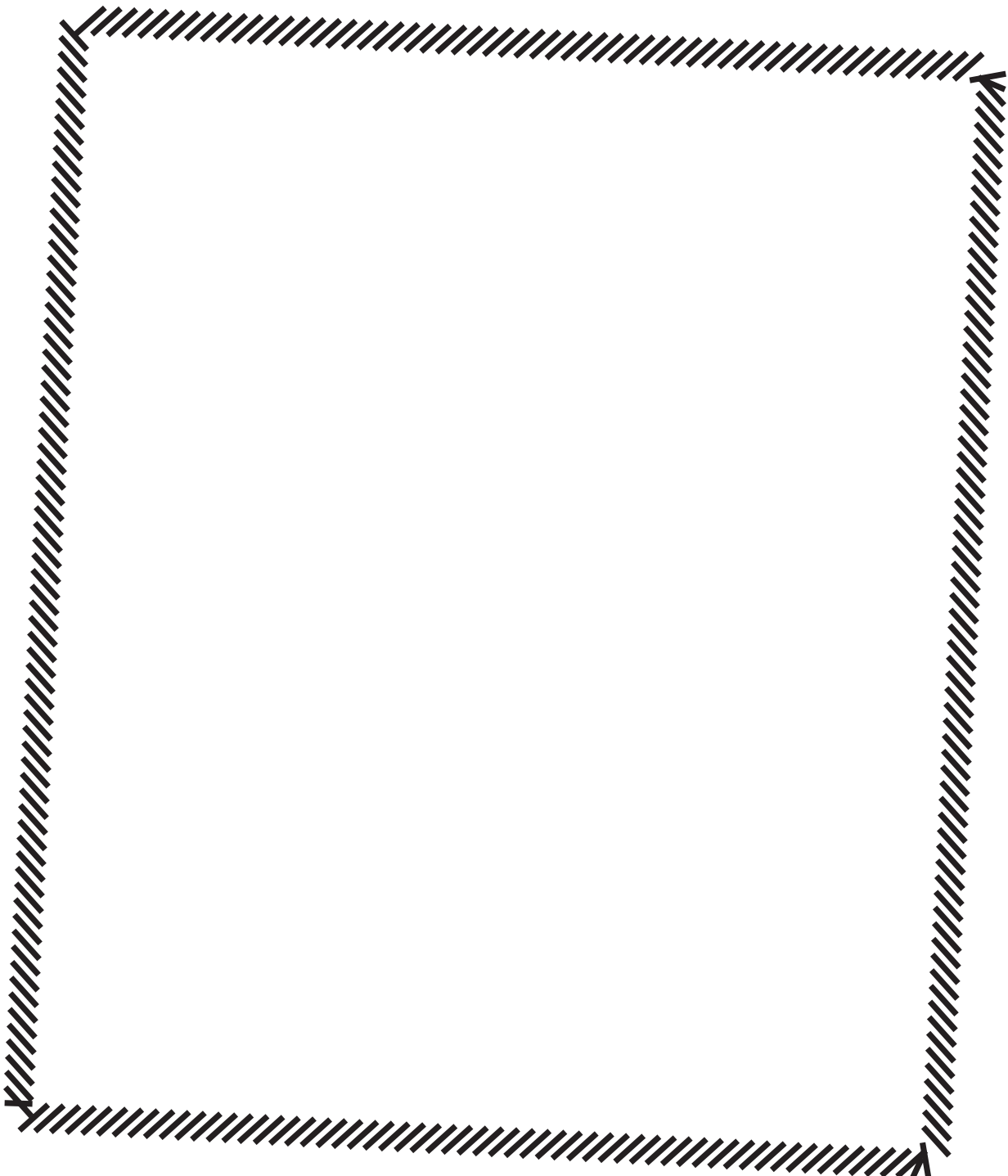
Best Bits

Write about your special person's best qualities in the thought bubbles.



New Life

The Qur'an says 'Every soul shall have a taste of death'. (21,35) Although this seems sad we need to remember that this is just one part of the life cycle. As one plant dies, another begins to grow and flower. Can you design a beautiful plant or flower in honour of your special person?



Visiting and Remembering

When we visit a place of burial we can experience lots of different things.

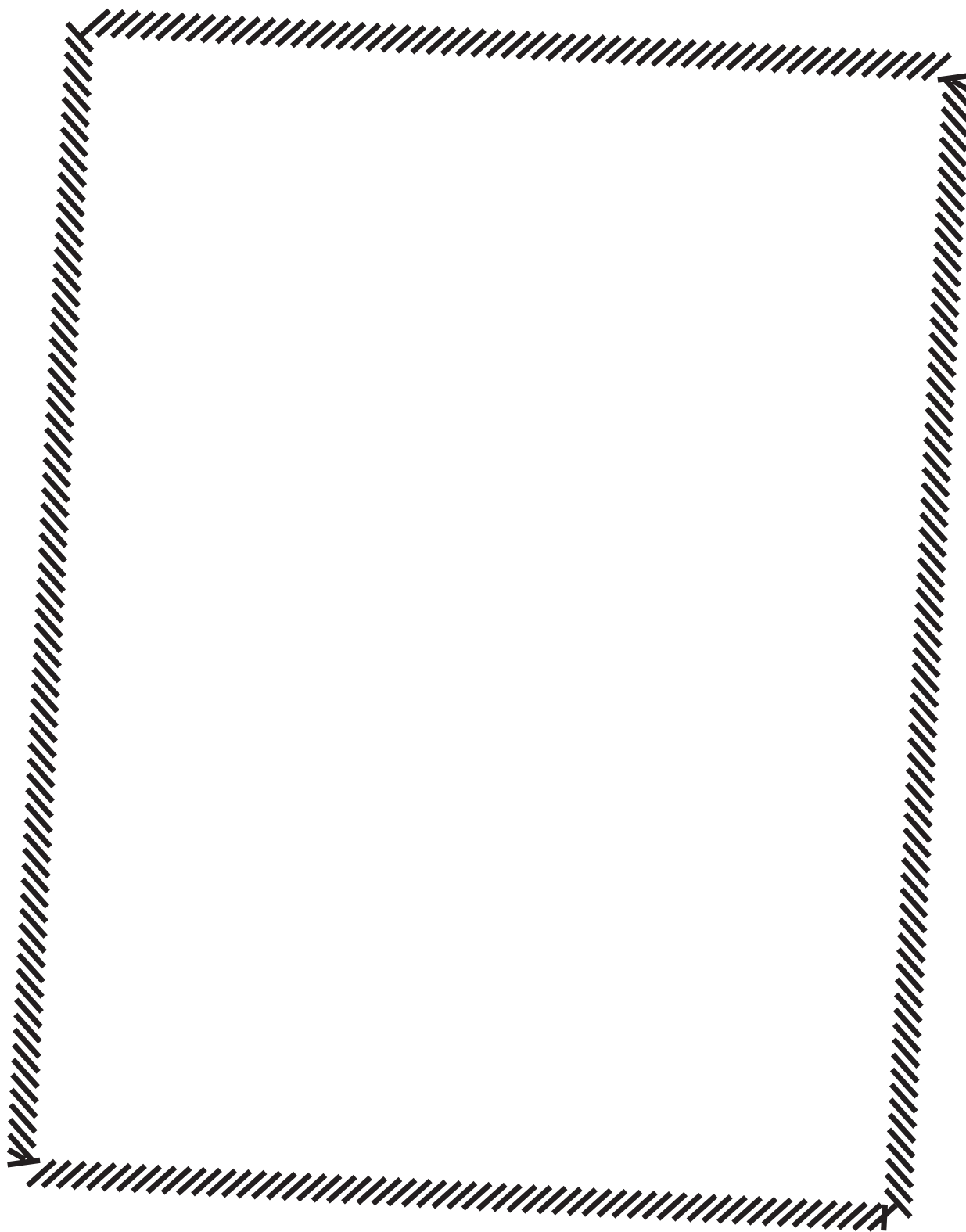
List some of your memories and feelings.

Memories

Feelings

Things I Loved About You

Draw these inside the frame.



Angry Feelings

When someone dies we can feel very angry. This is normal and we shouldn't be scared of showing these feelings. Sometimes we are angry that they have gone away and left us and sometimes we are angry with ourselves for some of the things we did or didn't do when they were alive.

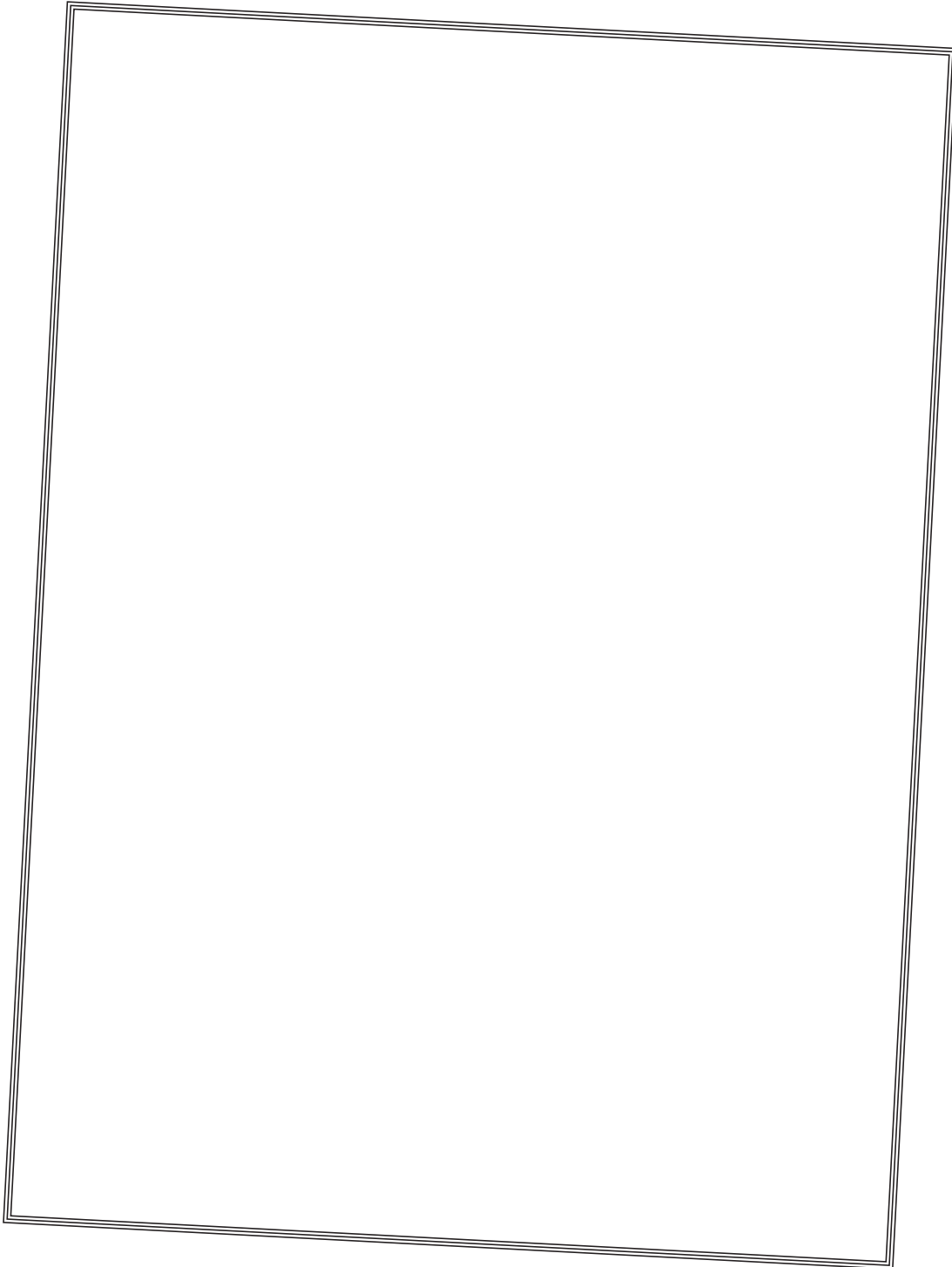
Can you record your angry thoughts and feelings in the speech bubbles? Who can talk to you about these? Who can help you deal with them?



Feeling Loved

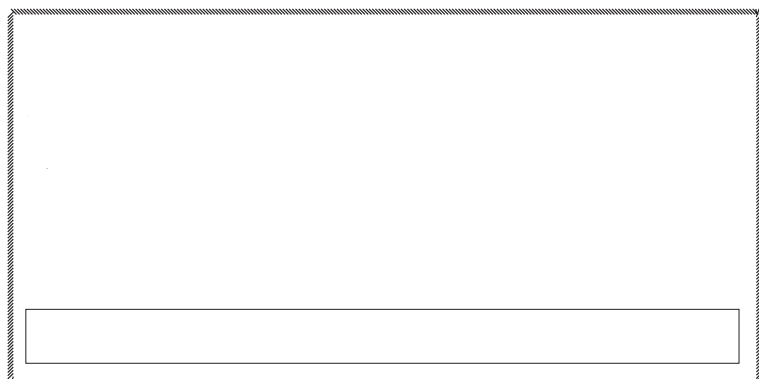
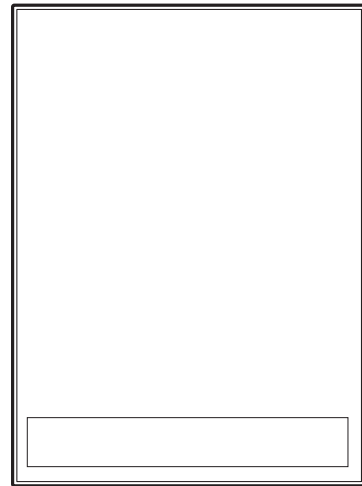
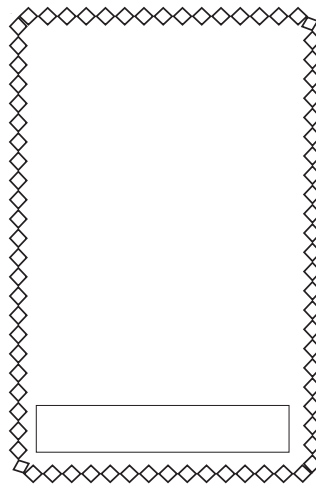
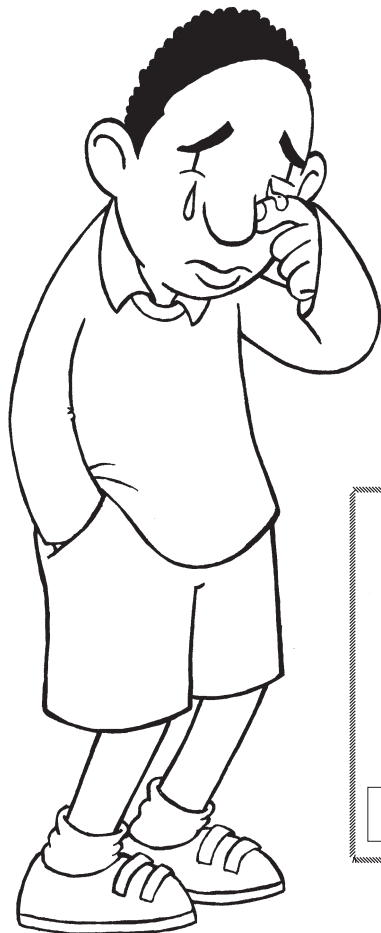
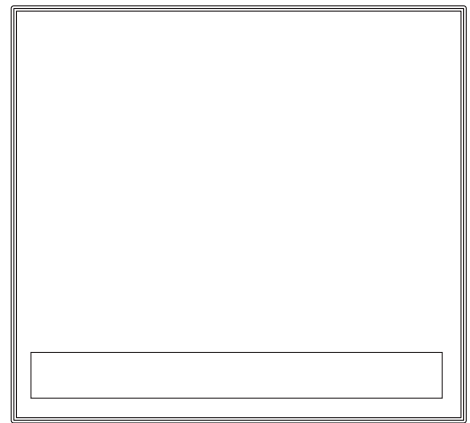
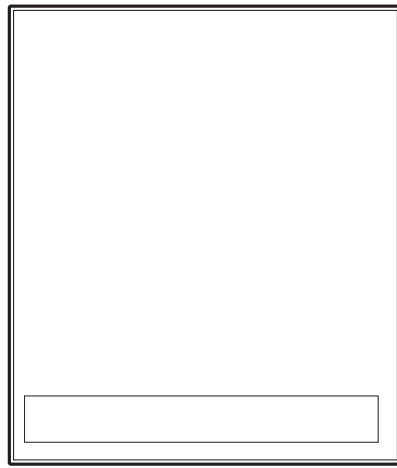
When people love you they will look after you even if you are naughty or do something wrong.

Draw a picture of your special person showing how and why they made you feel loved.



Crying

Crying is one way to show that we are feeling sad and to express that sadness. Sometimes we need to cry alone. Sometimes it is good to cry with others and share our tears. Can you draw the people that you cry with? Use the mini-portrait frames and label your pictures.

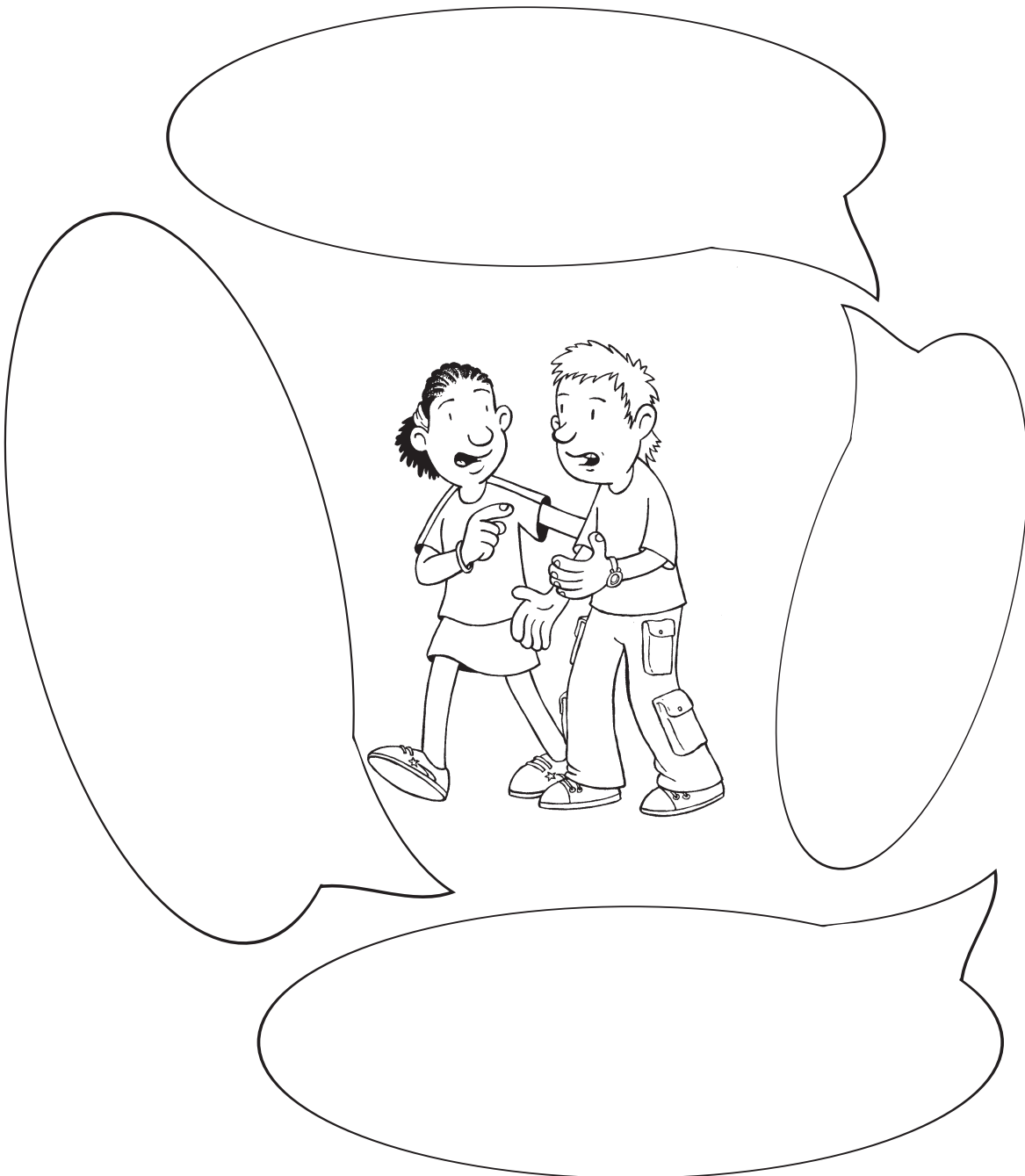


Time to Talk

We need to talk about special people in our lives and to say how we felt about them when they were alive and how we feel about them now that they are dead. We sometimes need to make 'time to talk'.

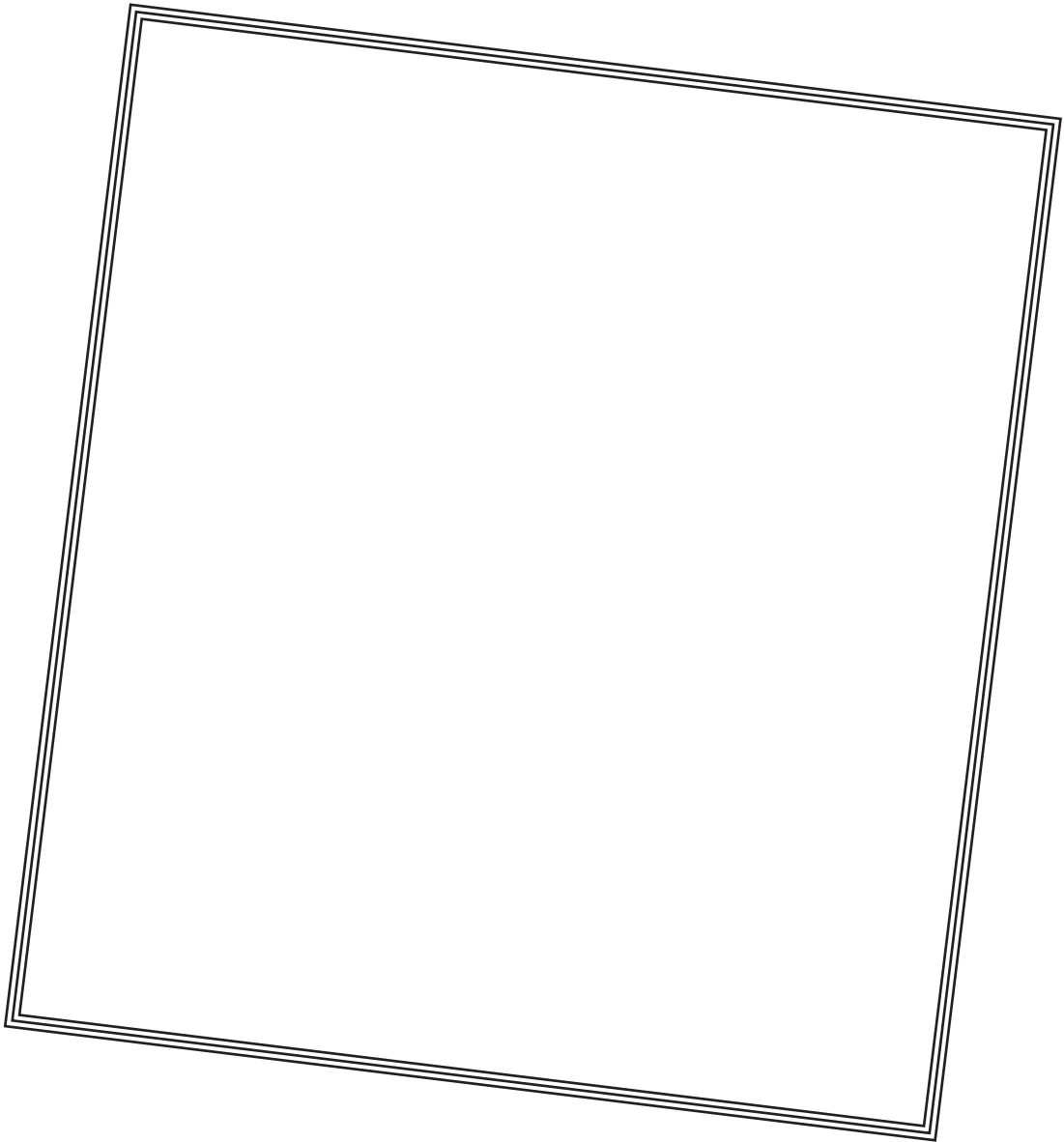
When can you talk about your special person?
Who can you talk to?

Write your ideas in the speech bubbles.



Draw the Anger

What does anger look like? When you feel angry what kind of things would you draw in order to show it? Have a go at drawing your anger in this frame.



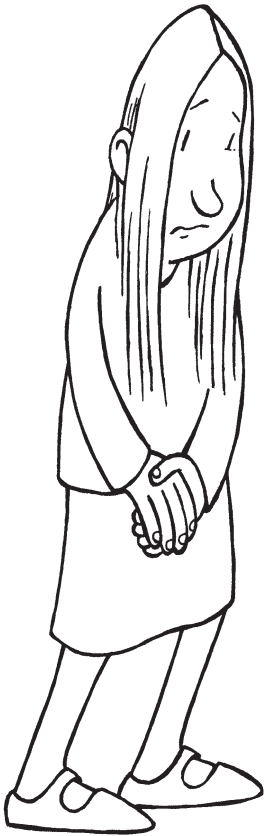
How do you feel once you have done this? Can you think of other ways of safely showing your anger?

Lonely Lorna

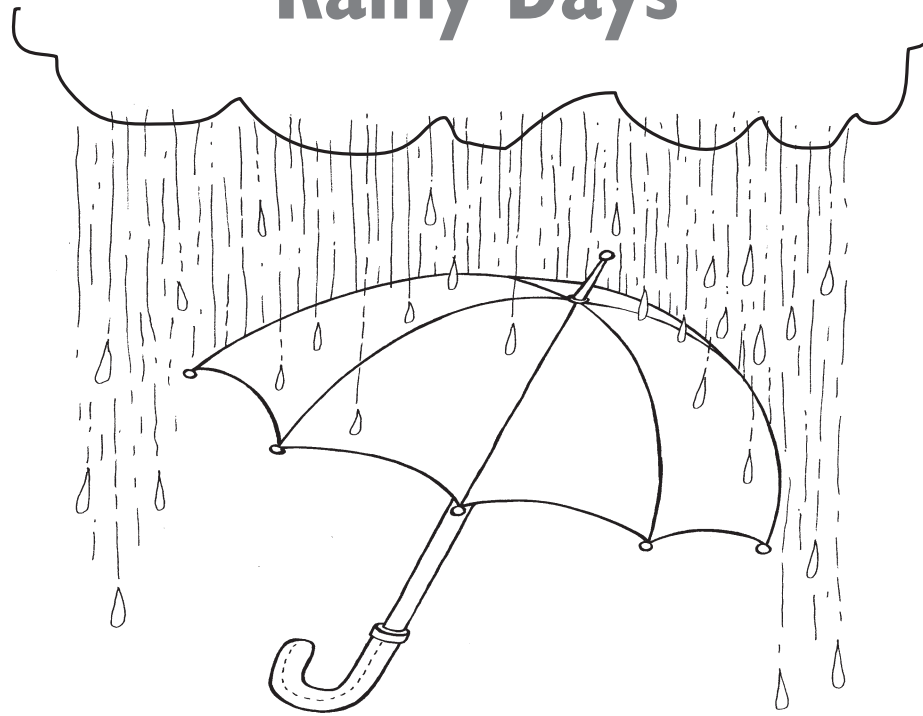
Lorna is feeling very lonely because her best friend has died. She is quite shy and finds it difficult to make new friends. She is also very sad and misses her friend a lot. Can you think of ways that you and your friends could help her? Write a list of ideas.

Lorna's List

We could help Lorna by:



Rainy Days



Draw how you might feel on a rainy day. Sometimes you might feel sad and miss your special person more. If you sit in front of a warm fire and think about some of the happy memories you might feel less sad. Think and reflect – then make your picture below.

Too Many Feelings

When someone dies we think and feel lots of different things. Put a tick next to those feelings on the list that you have felt or feel now. Can you add any more to the list?

Lost

Cold

Angry

Guilty

Worried

Confused

Afraid

It's my fault

Tired

Hurt

Stunned

Muddled

Sad

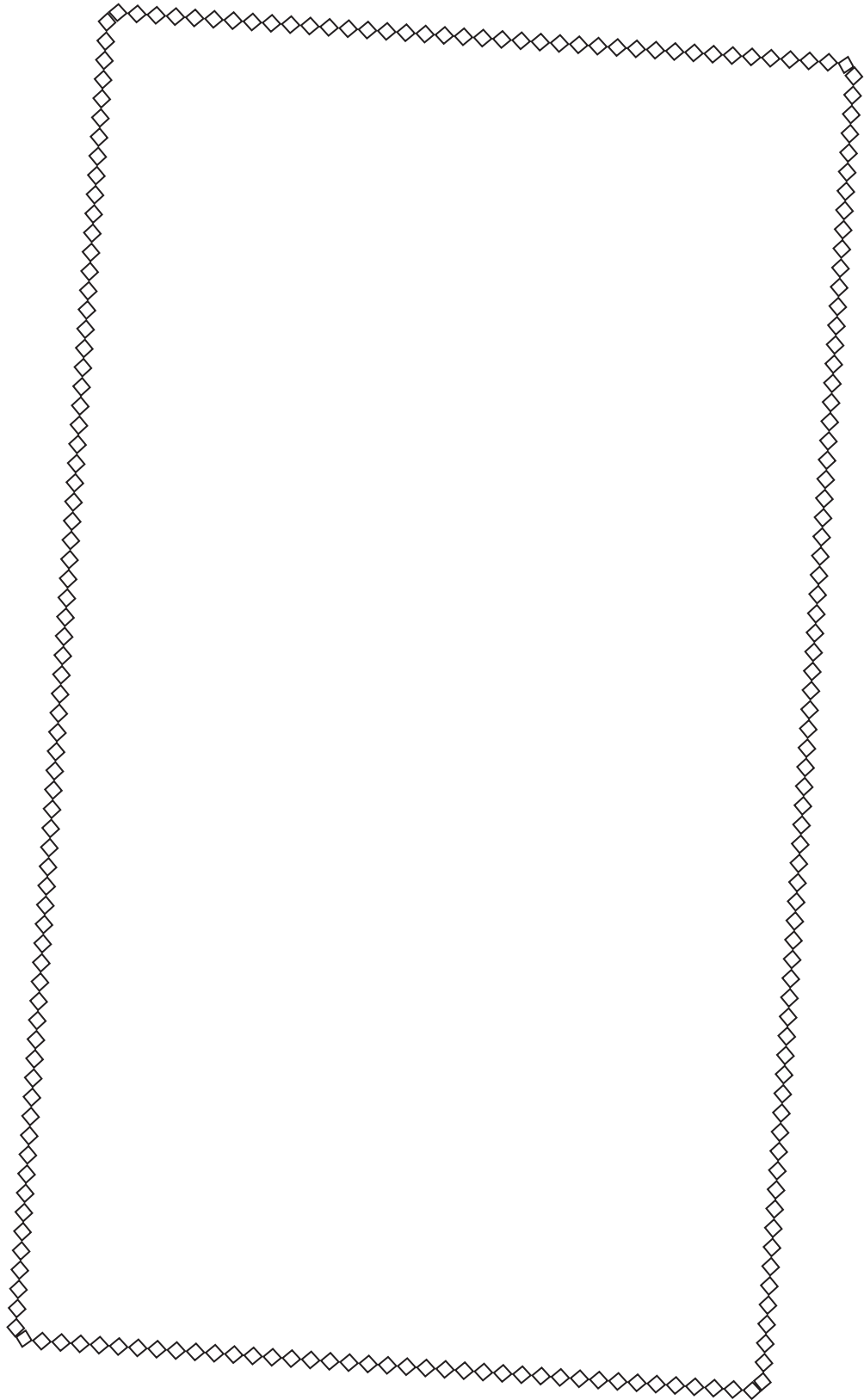
Fed-up

Lonely

Perfect Portrait

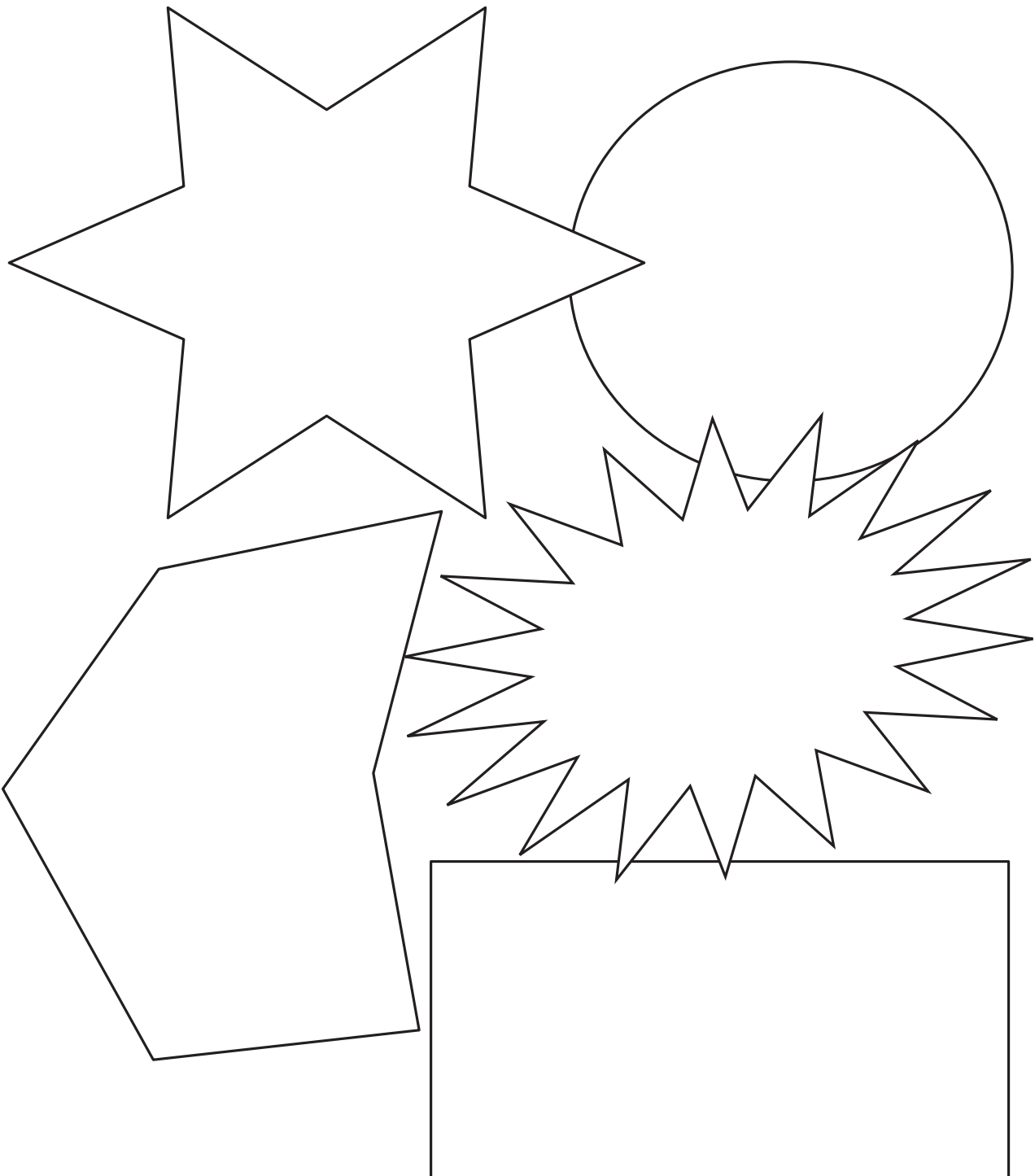
Can you draw a portrait of the person you loved?

Use the frame below.



Fabulous Friends

When we are feeling sad and lonely, and missing the people that we love, our friends can often help us. Imagine that you have a special friend. What would you like this person to do and say and how would you like them to act around you? Record your ideas in the shapes below.



It's Not Your Fault!

Gemma is feeling very guilty and sad. She had an argument with her dad because he would not give the money for some new clothes and trainers. She got angry with him and said he was really mean and that she hoped he'd die because if it were just her and her mum then she would have been allowed to have the money. Gemma's dad died of cancer eight months later. Now she feels that it was her fault and can't stop crying and thinking about the horrible thing she said to her dad. What would you suggest can help her? Can you write a note to Gemma and explain to her that it is not her fault?

Dear Gemma

From

Good and Bad Memories

Draw and label your good and bad memories in the two columns:

Good	Bad
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

How can you cope with these memories?

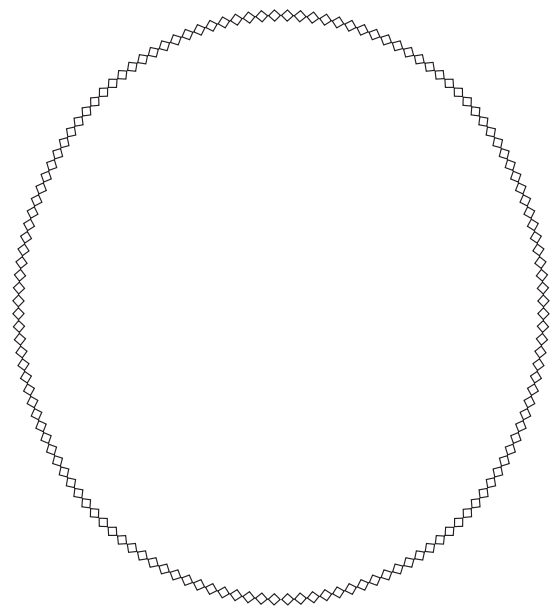
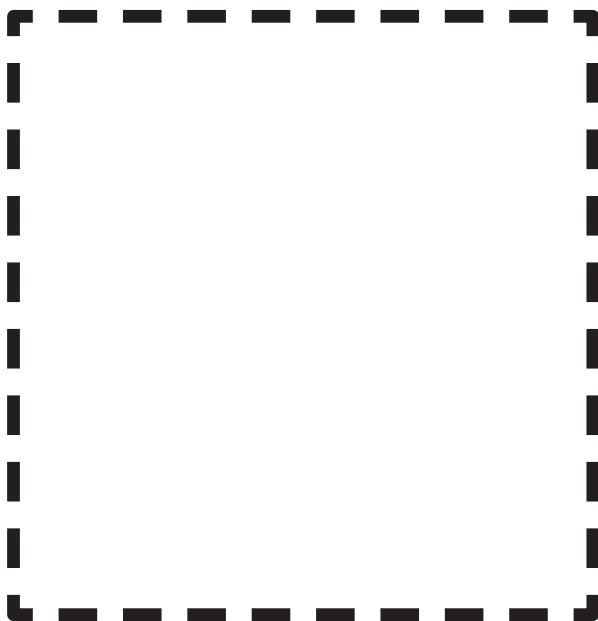
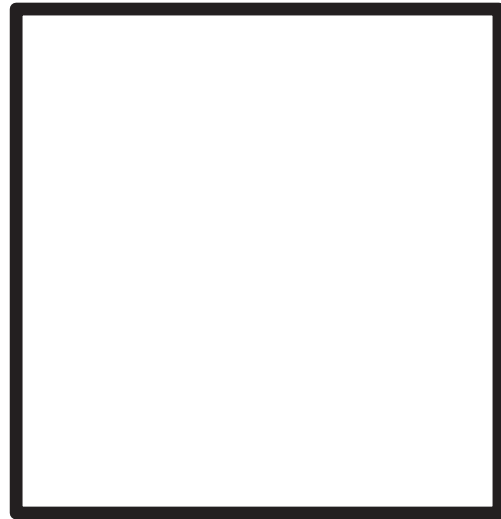
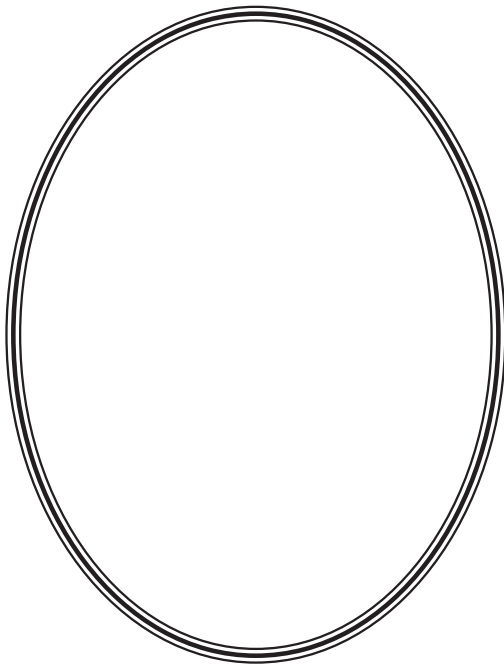
Who can help you?

Look and Listen

When someone in the family dies lots of people will be feeling sad and very upset. It is important for everyone to look out for each other and listen to what everyone has to say.

Who can you look out for?

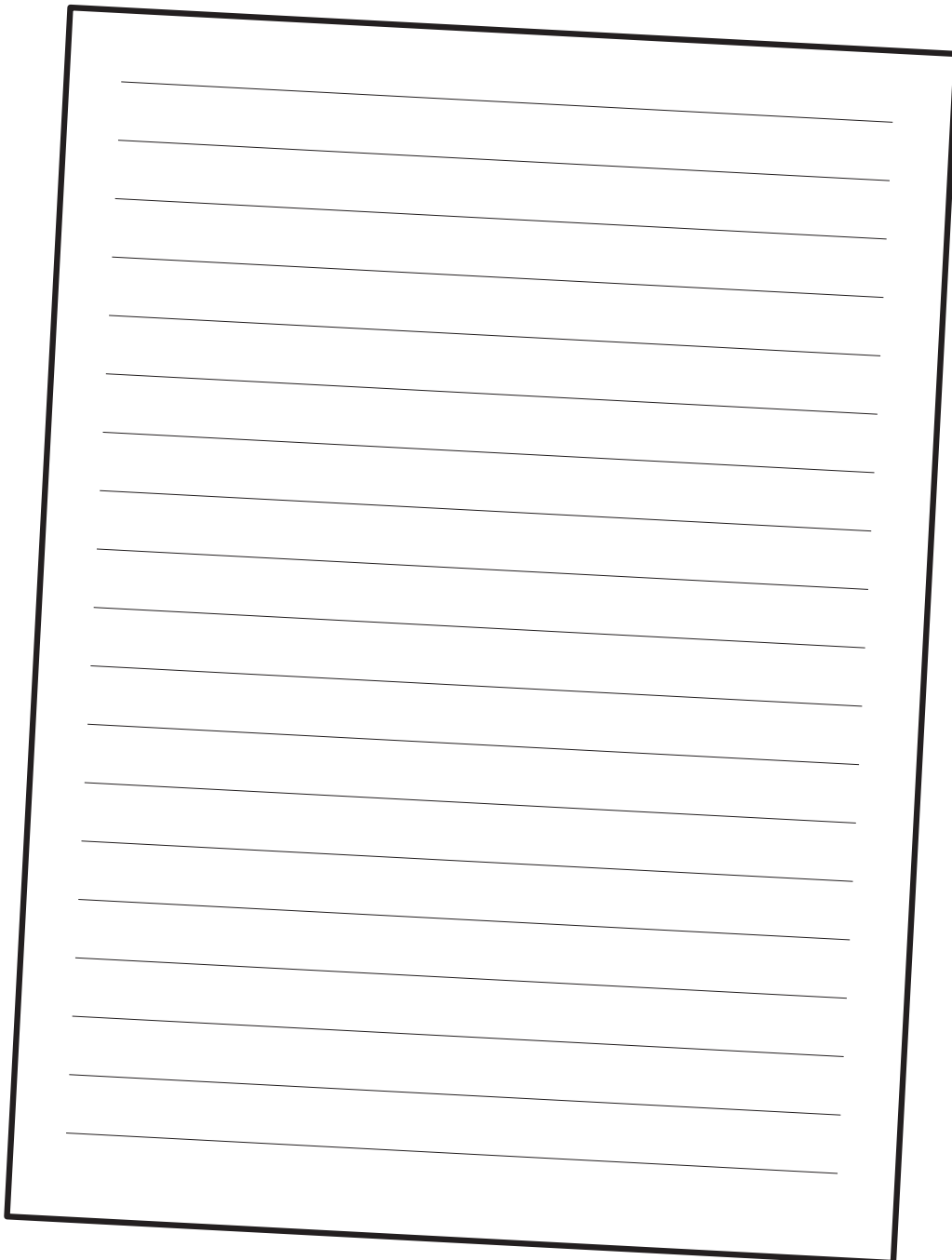
Draw them or write a message to each on in the frames.



Remembering a Loved One

Sometimes we can celebrate a person's life by doing something very special like holding a big party or arranging a family outing that we know that person would have loved. What would you do to celebrate your special person?

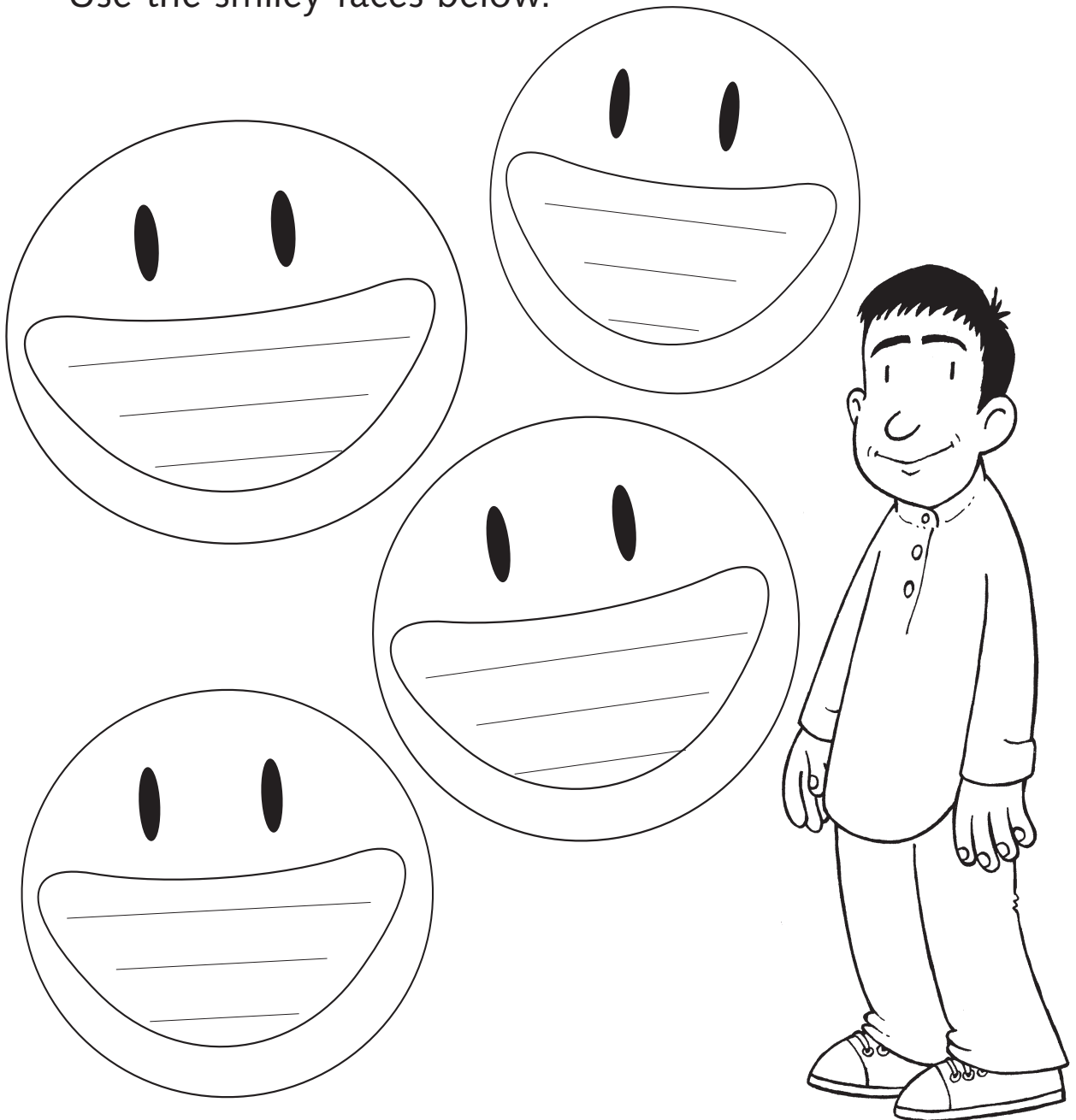
Record your ideas below:



A large rectangular box with a black border, tilted slightly to the right. Inside the box are 20 horizontal lines for writing.

It's OK to be Happy

When someone we were close to has died it is sometimes hard to believe that we will ever feel happy again. Then, later on, when we do feel more like ourselves and laugh at a joke or feel happy, we can also feel guilty – as if it's not OK to be happy. Of course, it is OK, and the person that has died would be glad to think that we were feeling happier. Record some of the things that made you feel happy or feel like laughing. Use the smiley faces below.



Leave Me Alone!

Sometimes we need to take time out when we are feeling sad. This is OK – as long as we know that we can talk to others when we need to as well. Can you complete the sentences?

I need to be on my own when:

I like being on my own because:

When I'm on my own I feel:

When I'm on my own I think:

I know when I've been on my own for the right amount of time because:

When I need company I can find:

New Life

In the spring time everything seems to come alive and grow. Things change quickly and people often feel happier or more hopeful when they see all the new life around them.

Can you write a poem or record your thoughts at this time?

New Life...



Reaching Out

When we are feeling really sad, we can sometimes go into our own worlds and not want anyone else around us. Sometimes this doesn't help because we get more lonely, sad, and even depressed. We need to be able to reach out to others and to show them that we need them. We don't always need to talk. Sometimes we just need a hug or to spend some time watching TV with a friend or someone special. How can you reach out to others? Think of five strategies and write them out below:

1. I could _____

2. I could _____

3. I could _____

4. I could _____

5. I could _____

Look After Yourself

Stress Busters

When you're feeling sad, angry or stressed, it is important to help yourself by making use of some 'stress busters'. Put a tick next to the strategies you might use and then record some of your own.

- 1. Going for a run.
- 2. Listening to some music.
- 3. Having a bath.
- 4. Reading a funny book.
- 5. Jogging or jumping.
- 6. Painting a picture
- 7. Deep breathing.
- 8. Speaking to a friend
- 9. Thinking positive thoughts
- 10. Having a treat
- 11. Buying something new
- 12. Taking time out
- 13. Counting to ten or twenty
- 14. _____
- 15. _____
- 16. _____
- 17. _____
- 18. _____

Which three strategies work best for you and why?

Peaceful Places

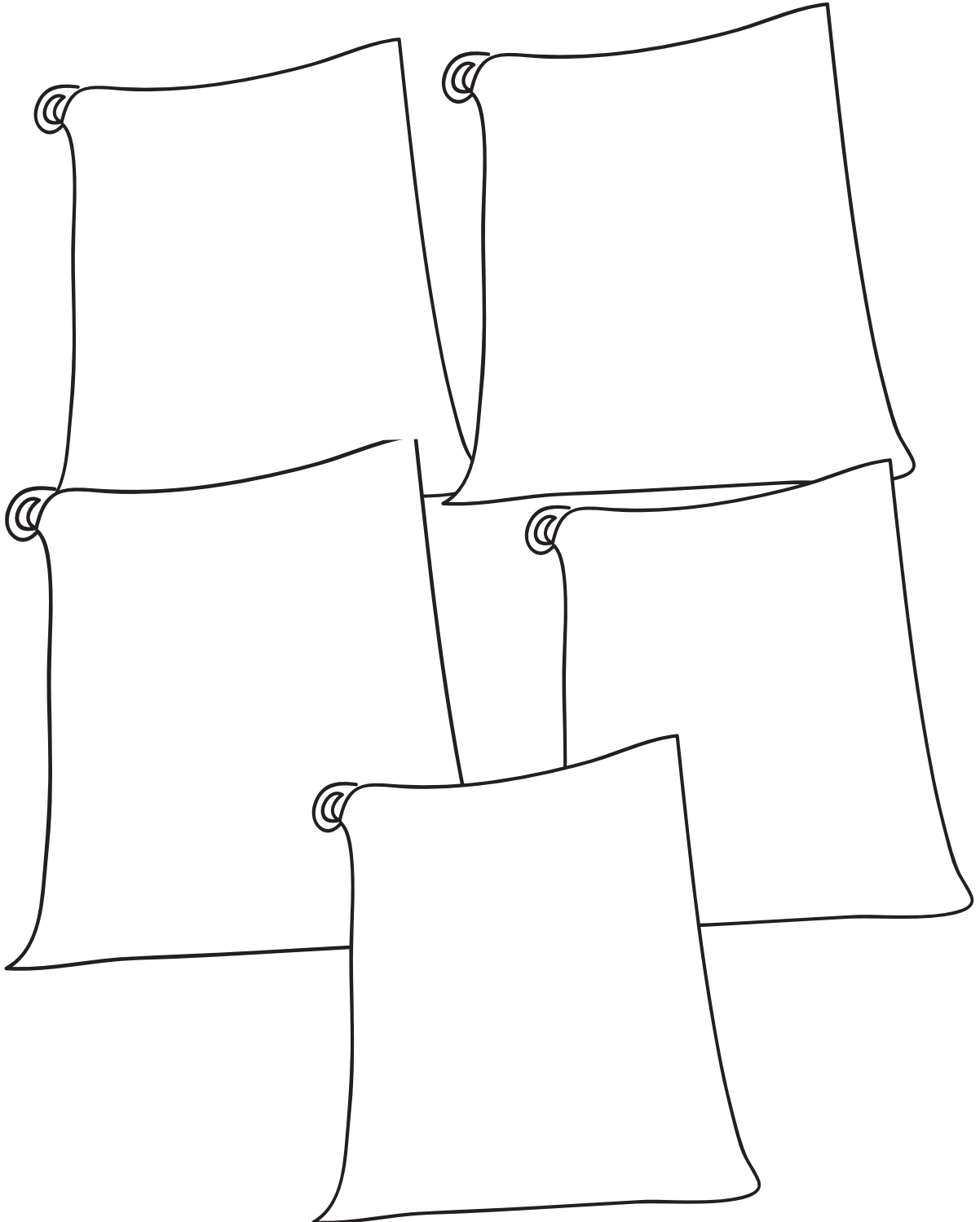
When we are feeling really sad, stressed, angry or upset we can sometimes help ourselves by imagining that we are in a beautiful and peaceful place. It is best to do this in the peace of your room. Shut your eyes and drift away...what do you see? Draw your peaceful picture below:

My peaceful picture



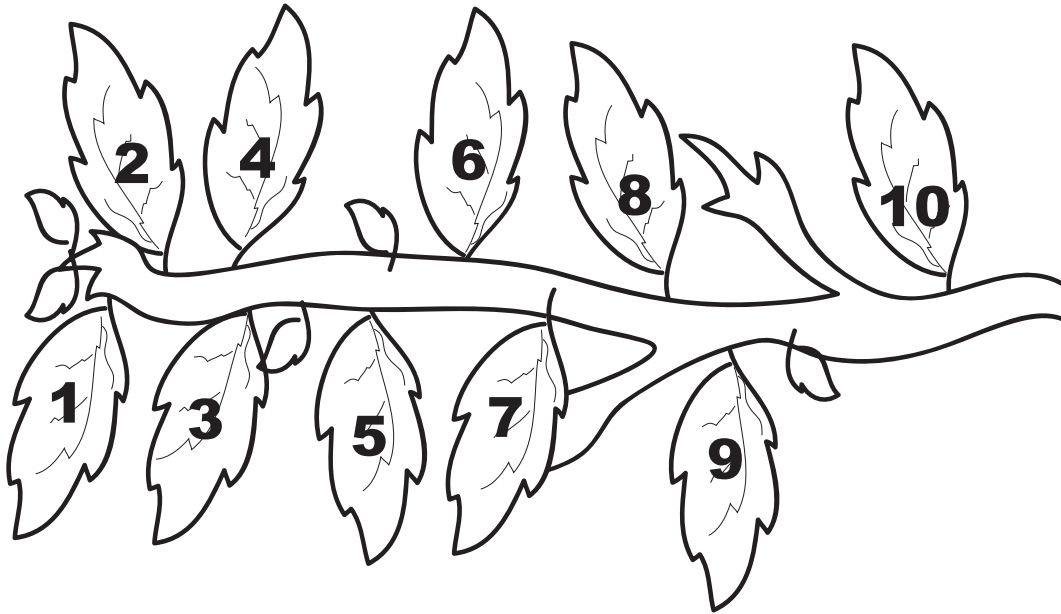
Write About It

Whatever you feel – record it! When we are feeling sad, angry or very upset we sometimes can't deal with it straightaway. Sometimes we need to think about it and discuss it or deal with it afterwards. We can write our feelings down.



Scaling Activity 2

Try this scaling activity when you feel you will find it useful...



Where am I now?

Why have I done to get to...?

Where do I want to go next?

How can I get there? What do I need to do?

Who else can help me?

How will I know when I've reached this point? What will I feel like? What will be happening around me?
