

A large, thick yellow cross symbol is positioned in the upper left corner of the page, partially overlapping the purple background.

Coping with Grief

RESOURCE PACK

A PACK TO HELP YOU
COPE WITH THE DEATH
OF A LOVED ONE





IN THIS BOOKLET YOU WILL
FIND WORKSHEETS TO
HELP YOU PROCESS AND
UNDERSTAND YOUR GRIEF.
BELOW ARE EXPLANATIONS
OF HOW TO USE EACH
WORKSHEET. YOU CAN DO
THEM ON YOUR OWN OR WITH
AN ADULT YOU TRUST.



BLGC Bereavement Support Service
For Young People Aged 8-18yrs
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+ TANGLED GRIEF SHEET

As previously mentioned grief can include lots of different feelings and when we have lots of different feelings at the same time we can struggle to name them or understand them. The tangled grief sheet will help you to name all the feelings you have felt and might still be feeling since your loved one died.

- Colour in each feeling you have had or still are experiencing since your loved one died.
- You can do this on your own or with someone.
- You can talk about each emotion with that person if you want to.

+ NAME ANAGRAM

A great way to remember the things we loved about someone who has died is to make an anagram of their name.

Take each letter from their name, or what you would call them, and use the letters to describe them.

Naming our feelings can help us to understand what is going on inside for ourselves. It can also be useful to share this with a parent/carer/teacher so they too can have a better understanding of what you are feeling.

For example:

Daring

Adventurous

Nice

Noisy

Young

You can colour it in and decorate it however you want. This can be a great way to talk about the person, things you liked about them and memories you have of them.

+ A LETTER TO THE PERSON WHO DIED

Sometimes we have things we wish we had said before they died and it can help to write these things down in a letter rather than holding on to them. They may be things we want to share with them, things that have happened after they have died.

- You can use the letter template provided or create your own unique letter
- You could let them know how you feel, when you miss them most, what you miss about them, perhaps write about a favourite memory, tell them about your life since they died
- Afterwards you can share the letter with an adult you trust, keep it with some other things that remind you of the person, with a picture, bury it, whatever you want to do with the letter is ok.

+ THE INVISIBLE STRING

Even when we cannot see the people we care about, and who care about us, we are still connected to them. It can help us to remember all the people we care about that we can see in person and those we can't.

- Write or draw yourself in the picture frame
- Write or draw out all the people you care about, including those who have died in the hearts
- If you want you can put this sheet up where you can easily see it to remind you of all the people you are connected to, and who care about you.

+ SENSES EXERCISE

This is an exercise you can do anywhere when you are feeling anxious, stressed, worried, or overwhelmed. When our emotions feel too big for us it helps us to focus on the here and now rather than what has happened in the past or what may happen in the future.

- Work your way round the sheet starting at 5 things you can hear, down to 1 thing you can taste.
- For 1 thing you can taste you can eat or drink something slowly and really focus on taste. Try to describe it out loud.
- You can do this exercise on your own or with other people.
- Notice how you felt before you started the exercise and how you feel at the end. Has it changed at all.



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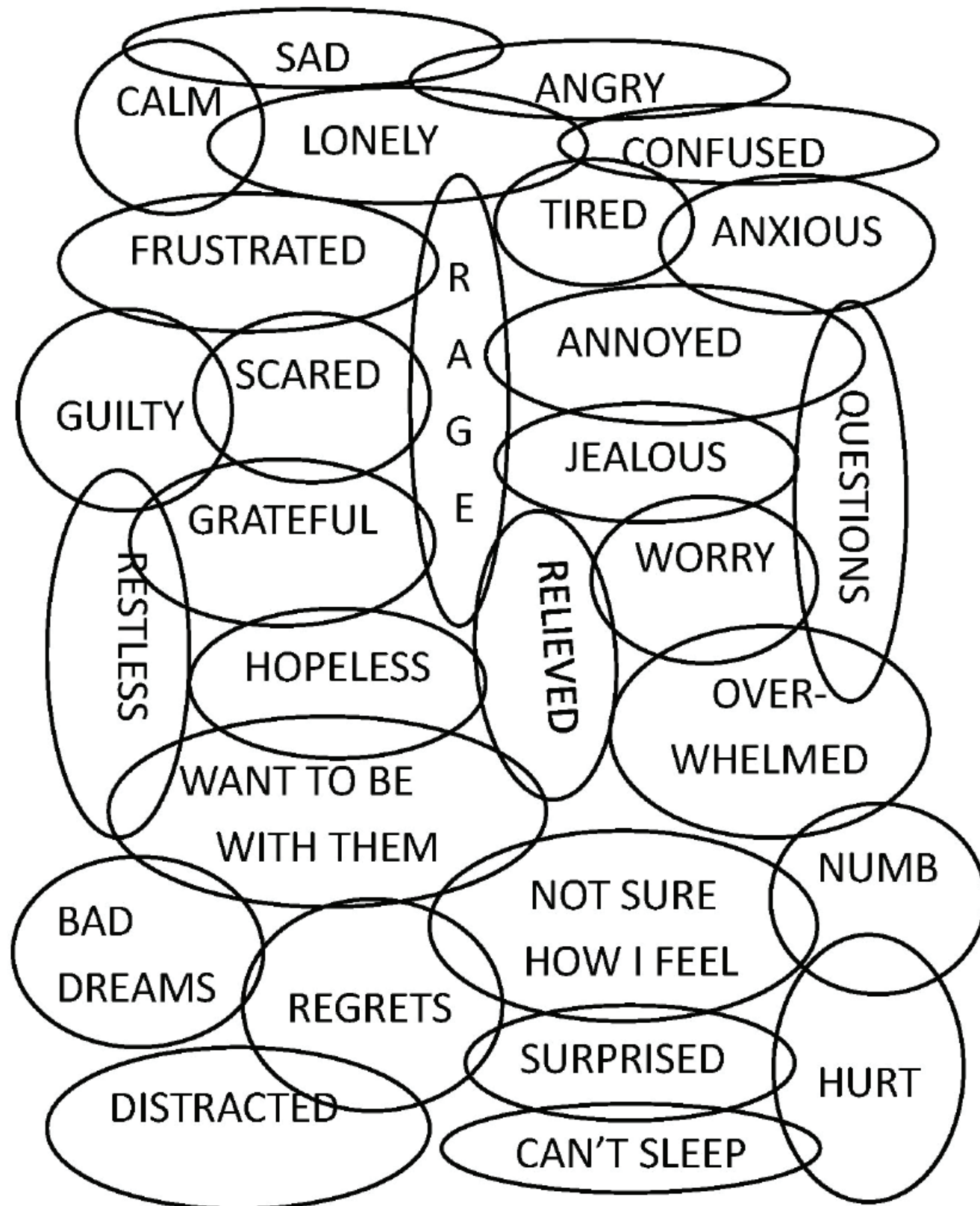
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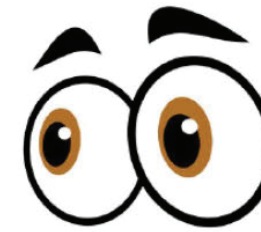
+ Tangled Grief Sheet



+ The Senses Exercise

This exercise helps you to be present in the here and now, which can ease stress. Give it a try.

You can do this exercise anytime, anywhere and as many times as you need.



5 things you can see ...

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4 things you can hear ...

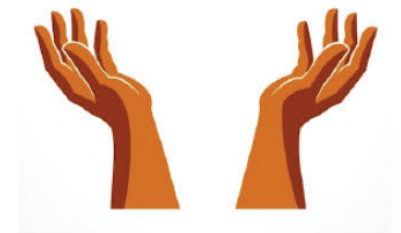
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3 things you can touch

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2 things you can smell ...

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1 thing you can taste ...

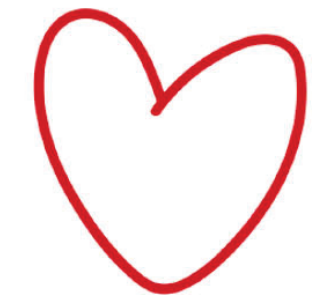
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How you feel inside

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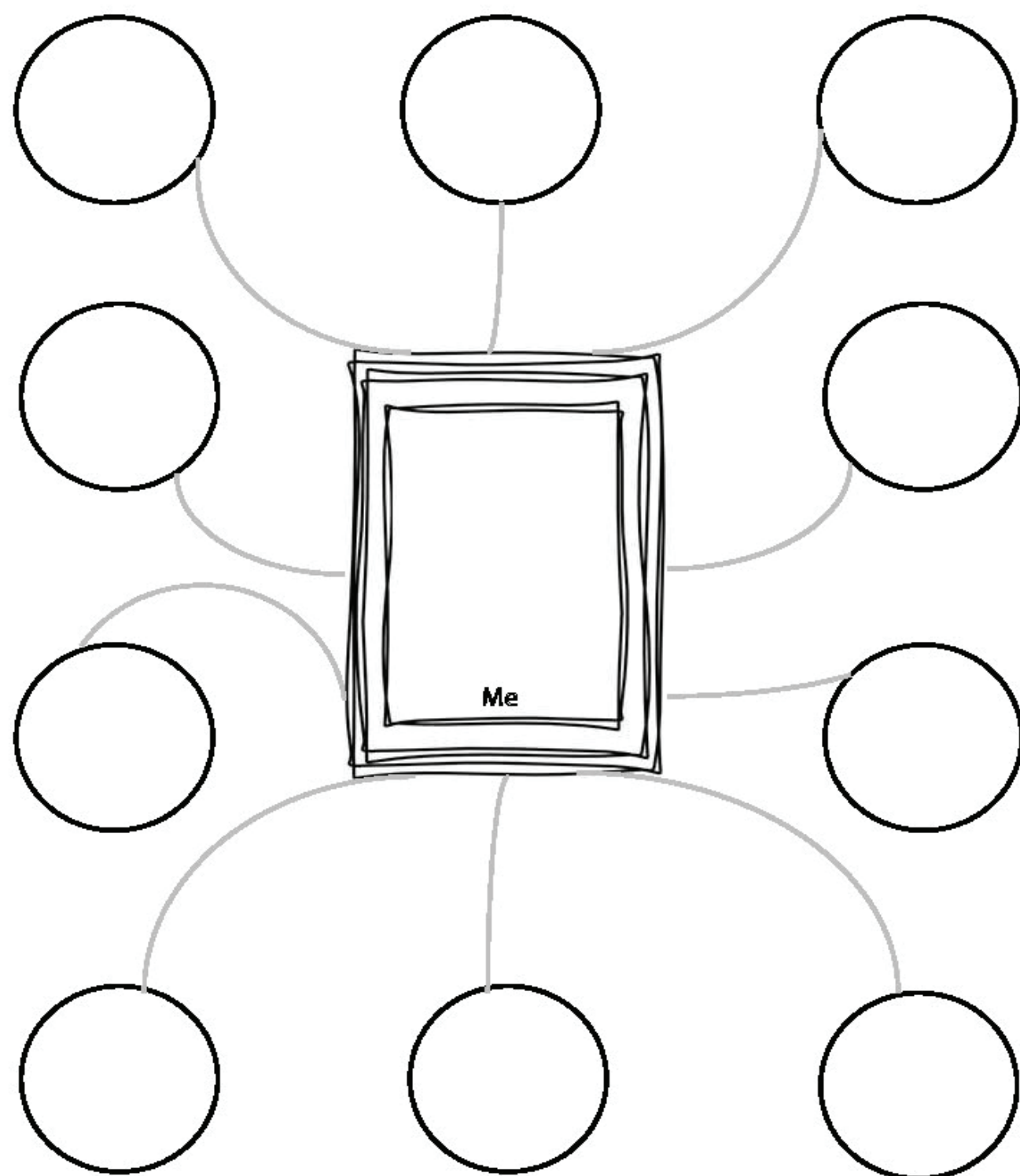
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+ Invisible String

We are connected to everyone we care about by an invisible string.

Who are you connected to?



My letter to

Date

Dear

Since you died ...

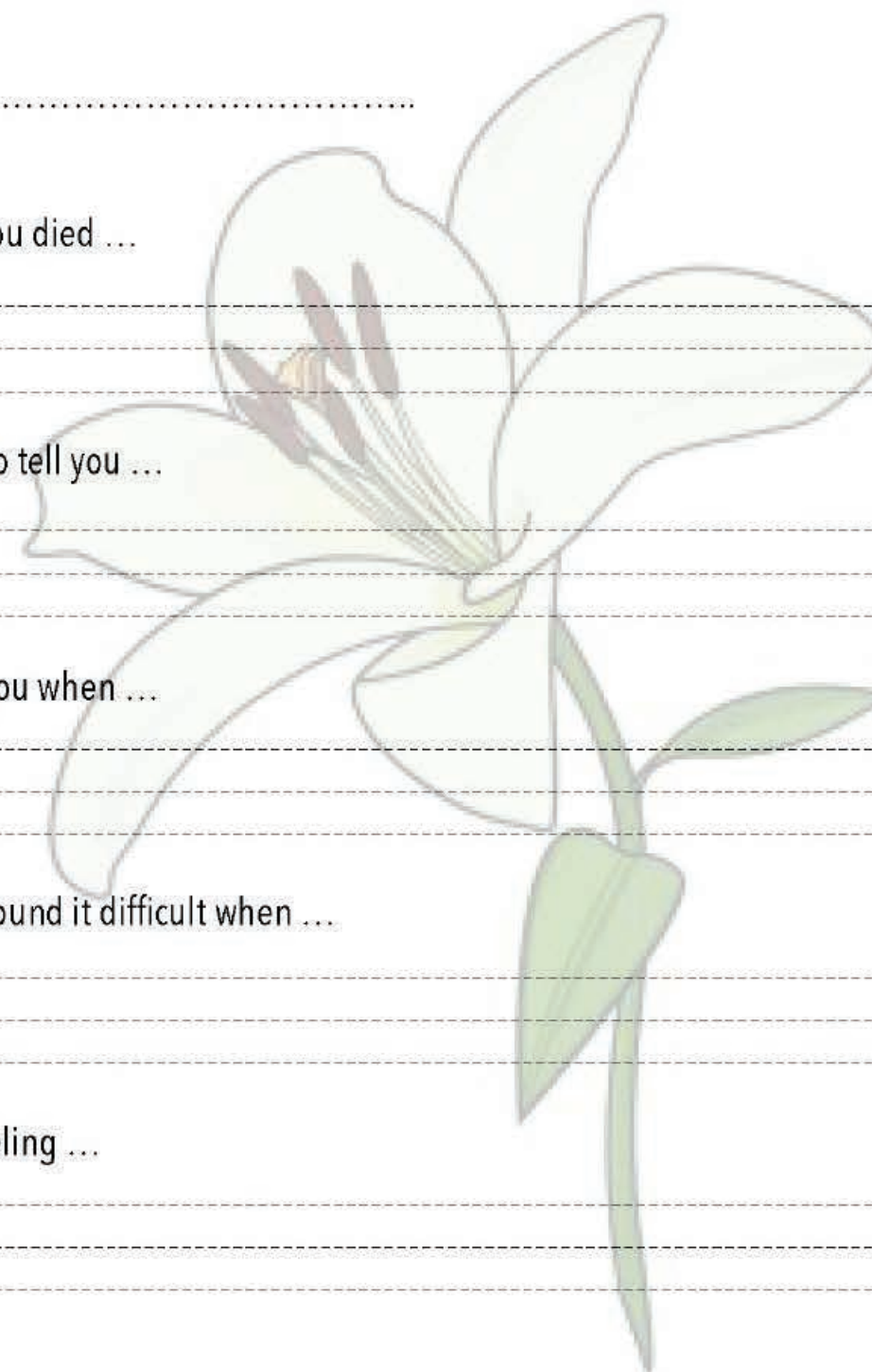
I want to tell you ...

I miss you when ...

I have found it difficult when ...

I am feeling ...

Love



+ ENRICHING YOUNG LIVES

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