

Terms for using this resource pack

Due to Covid 19 we have relaxed our terms to enable you to support parents and children at home.

- ✓ yes you can link to our free resources from your websites using the url of the post or the share buttons on our website.
- ✓ yes you can share the actual resources either paid or free with parents via a secure sharing platform such as google class room, Class Dojo etc. Please ensure this is password protected so our resources are secure.
- ✓ yes you can email any of our resources to parents
- ✓ yes you can print any of our resources and send them to pupils
- ✓ yes you can share from our Facebook group, retweet from our Twitter account or share to your stories on Instagram.
- ✗ no you **cannot** upload any of our resources to a school website to be shared publicly.
- ✗ no you **cannot** upload any of our resources to Facebook groups or share from a google drive.

If in doubt please ask. We need to support our children but also protect the future of the ELSA Support website. Please email info@elsa-support.co.uk if you need to ask me anything at all.

We really appreciate how wonderful everyone is being about protecting our resources. Thank you!

Some of the clipart used in making these resources is licensed to use from



Grief Pack

These activities are suitable for parents or school staff dealing with bereavement due to Covid 19 or to any other cause.

It is important that bereavement work is child led initially and children are given the opportunity to label and express their feelings. A good way to do this is through activities, crafts and colouring.

Children also need to understand they have people around them who can and will support them.

In this pack there are 16 activities to choose from. There are supporting worksheets for some activities. A lot of the things you will have at home or school.

I have also added some mindful colouring sheets which can be done anytime. You can do those together and just chat.

Parents

These cards are in PDF format and also in PowerPoint format. The PDF can be printed or you can simply read the PDF on your phone or on an IPAD. You will need to print out the supporting worksheets.

School staff

You can print the PDF or you can use the PowerPoint for whole class or group participation. Click the slides on the PowerPoint to take you to each activity, click the return button to go back to the slides.



School Staff – Questions/statements you can ask to open up conversation

The main aim is to show you are there and will support them

Express how sorry you are

I am so sorry to hear about _____

I just heard about _____ I am so sorry

I am so sorry for your loss

Acknowledge any personal memories you might have of the person who died

I remember a time when ...

Invite them to talk

How are you doing?

Do you want to talk about what happened?

Reassure them that ALL feelings are ok. Validate their feelings. Praise them for opening up and saying how they feel.

Anything you are feeling right now is totally normal

I am so pleased you have shared how you are feeling with me.

Let them be heard and acknowledge how difficult it is for them

It must be so difficult right now

I am so sorry this must be so hard for you

Offer help or ask if they need anything

Is there anything I can do to help?

Is there anything you need right now?

Is there anything you are worried about that I can help with?

If you can't be with them right now to support then let them know you are there and thinking of them

Send a card with a 'thinking about you' message

Send a card or letter to show you care.

You don't always have to talk, just being there with them might be enough right now. Let the child lead with this. They might open up by just doing something with you.

Shall we colour one of these sheets together?

Shall we make something?

Shall we play with some lego?

It is important to mention that you can't possibly know how they feel right now. Grief is personal and is different for each child. Avoid saying 'I know how you feel'.

Don't tell them they will get over it or how long these feelings will last.

Don't talk about religious ideas unless the child brings this up.

PARENTS

Young Minds have a fantastic guide on how to talk to children about death.

[YOUNG MINDS LINK PLEASE CLICK](#)

Download the 'Conversation Starters' and 'Parents Helpline guide'

Grief Pack

What is included in this pack?

- 18 activity cards – PDF
- 18 activity cards PowerPoint for using on an IWB or Computer
- 11 supporting worksheets
- 12 mindful colouring sheets
- Grief PowerPoint for using on an IWB or Computer
- Grief PDF (this is an old one I did when my mum died)



Healing Steps Grief Intervention

Healing steps – group planning and
individual planning
Support children through bereavement

All paper resources included



We do have a FULL Grief Group Intervention on the website at a very reasonable price. This can be used with small groups or with children individually. It is called Healing Steps and is very much about supporting children through Grief. You can find out more by clicking this image

School staff

**LOSS AND BEREAVEMENT
LAPBOOK**

Who helps me?

RAINBOW OF FEELINGS
How do you feel today?

FIRST AID KIT
How to make yourself feel better

We have a Loss and Bereavement lapbook which is perfect for working one to one with a child.

School staff