



Someone I know has died

Activity Cards

Activities to help children feel better



Memory Bracelet 1



You need:

- Coloured beads
- String

Make a bracelet and each bead represents something about your special person. It could be their:

- Favourite colour
- Month they were born
- Happiest memory with them
- Favourite food
- Favourite season

Wear your bracelet to represent other memories or special things about them.

Keep your bracelet and remember all the lovely things about them. This will help you feel better.

How do I feel after making my bracelet?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Pebble Painting 2



You need:

- Acrylic paints or dyes
- Varnish to protect your pebbles if it is going outside

Paint a pebble with something that reminds you of your special person.

It might be:

- A little heart like the one in the picture.
- It might be something that reminds you of them.

You can keep it in your pocket, and it will help to give you comfort when you feel sad.

You could also do one to put on your special person's grave or you could make a little memorial garden at home and lay your pebble there.

How do I feel after painting my pebble?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Growing something 3



You need:

- A pot
- Compost
- Seeds or a small plant

You can grow something that your special person liked.

Can you think of anything your special person liked? You could plant:

- A favourite flower in their favourite colour
- A seed
- A tree
- An vegetable (might be one they liked to eat)

Take care of it and watch it grow. It will help to remember your special person.

How do I feel after planting my seed?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Memory Box 4



You need:

- An old cardboard box with a lid
- Photos
- Glitter or things to decorate

Paint a cardboard box and decorate with stickers, glitter, sequins or anything at all that you choose. Put your treasures in the box for safe keeping.

You might want to put things in such as:

- some photographs
- a letter, or postcard
- a drawing

You can add things to it as you remember things. From time to time you can take it out and look at those things and remember your special person.

How do I feel after making my box?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Calendar 5



You need:

- A calendar or diary with dates
- Coloured pens
- A list of special dates you want to remember (sheet 1)

Create a calendar with all the significant events marked onto it. You could write what they are.

They could be:

- Your special person's birthday
- Day of their funeral
- Day they died

You can add things to your calendar as you remember them. You can look at your calendar from time to time and celebrate those special days.

How do I feel after making my calendar?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Memory Book 6



You need:

- Blank notebook or scrapbook
- Coloured pens
- Photos

Decorate the cover and fill your book with anything of all that reminds you of your loved one.

You will, most certainly want to include:

- Photographs
- Drawings of things you did together

You can write about your thoughts and feelings in your book. This book is for you and you can share it with others if you want to.

How do I feel after making my book?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Regrets 7



You need:

- Blank note paper or post-its
- A shredder or pair of scissors

Do you have regrets? Is there something you wish you hadn't said to your special person or there something you did that you wish you hadn't?

Write all your regrets on pieces of paper. Then tear them up into tiny pieces or shred them with some help from an adult. Throw them up in the air.

Let go of all those regrets. Regrets are not good for us to hold onto. Releasing your regrets like this will help you to feel better.

Remember that your special person loved you and would not want you to feel sad in any way.

How do I feel after letting go of my regrets?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Thank you letter 8



You need:

- Writing paper (Sheet 2)
- A special pen to write with

What do you want to say thank you for to your special person? Think about all the things they did for you and what you are grateful for.

Write them all down in your best handwriting and make a huge list of things. You can decorate your thank you letter and read it up after-wards. You could put it in a special bottle for safe keeping or you could put it in a memory box.

How do I feel after writing my letter?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Memory Bauble 9



You need:

- A plain bauble
- Sharpie pens
- Bauble design (sheet 3)

Make a special Christmas bauble for your special person.

Think about something that you want to say or something you want to draw to remind you of your special person.

Design it first on paper so you know what you want to say or draw and then use a sharpie to draw on your bauble and colour it in.

You can hang your bauble on the tree every Christmas time to remember your special person and all the good times you had together.

How do I feel after making my Christmas bauble?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Photo frame 10



You need:

- Photo frame printed onto card (sheet 4)
- Photo frame minimalist colouring (sheet 5)
- Cardboard (optional)
- Pens, glitter, pencils, feathers, paints

Do you have a special photo you want to keep? Make a frame for your special photo. You can either cut out a frame from an old cereal box or cardboard or use one of the frames provided. You can either decorate the frame or just colour the one with feathers.

You can:

- Stick glitter to it
- Stick glitter to it
- Paint on it

Display your photo in your room or just keep it in a memory box and look at it from time to time.

How do I feel after making my photo frame?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Salt Jar 11



You need:

- An old jar
- Salt
- 5 different coloured chalks

List 5 things you want to remember (sheet 6)

Write down 5 things you want to remember on the sheet of paper. Colour in each one with one of the coloured chalks. Separate the salt into 5 different saucers or containers. Crumble the different coloured chalks into each container to colour the salt.

Fill the jar layer by layer with different colours. Each colour representing something about the person who has died. Keep your salt jar to help you remember your special person.

How do I feel after making my salt jar?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Paper Chain Memories 12



You need:

- Paper chain links
- Pens or pencils
- Paper chain links to cut out (Sheet 1)

Start making a paper chain about your special person. On each link you can write something about them. Keep adding to your paper chain when ever you feel like it.

You could write things such as:

- Their favourite colour
- Their favourite food
- Memories you have of them

Decorate your room with your paper chain.

How do I feel after making my paper chain?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Dream Catcher 13



You need:

- Player plate
- Wool
- Hula punch
- Feathers and beads

When you have lost someone special it can give you nightmares and bad dreams. Try making a dream catcher to catch all those bad dreams.

Cut the middle out of your paper plate. Punch holes around the edge of your plate. You could paint this now or decorate it. Then thread wool through the holes across the circle in different patterns. This creates a web effect which will catch your nightmares. Leave some bits of wool to hang down and thread some beads onto the wool and finish with a feather.

Hang near your bed to catch all those bad dreams.

How do I feel after making my dream catcher?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Grief First Aid Kit 14



You need:

- A plain box with a lid
- Pens, paints and sharpies
- First aid cover optional (sheet 8)

Decorate your plain box in any way that you choose. It is good to be prepared and have a box of things that you like to do when you are feeling sad. You can go to your first aid kit and choose something to do. There are so many things you could do with your first aid kit such as:

- A favourite movie
- A favourite snack
- A favourite book
- Some colouring
- Headphones
- Some puzzles
- Cards with things written on like 'You're still playing piano' when you need a boost just choose something to do out of your kit.

How do I feel after making my first aid kit?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Tree of Support 15



You need:

- A tree template (sheet 10) or you can draw your own
- Leaves for writing on
- Pens, pencils, colours

Who are people who can you talk to if you are feeling big feelings? Create a tree of support. Decorate the tree with all the people who can support you written on drawn on the leaves.

Whenever you have big feelings look at your tree and choose someone to share your feelings with. They will help you and support you. Help yourself to feel better by talking to them.

How do I feel after making my tree of support?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Tree of Memories 16



You need:

- A tree template (sheet 10) or you can draw your own
- Leaves for writing on
- Pens, pencils, colours

Decorate this tree and ask people who know your special person to write something about them on the leaves. Cut out the leaves and stick them to your tree.

Enjoy reading all the lovely memories of your special person.

How do I feel after making my tree of memories?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Colour your Feelings 17



You need:

- A heart template (sheet 11)
- Coloured pencils/pens

Give each emotion a colour and then colour in your heart with all the emotions you are feeling. It will probably be quite mixed up right now with lots of different feelings. Use the big hearts for big feelings and the small hearts for small feelings. You can do this over a whole day or over a whole week if you want to. What will your finished heart look like?

Remember that all feelings are completely normal.

Do this activity several times and see the difference in how you are feeling each day or each week? Feelings will come and go all the time. Sometimes they are big feelings and sometimes they are smaller.

How do I feel after colouring my heart?

sad ok happy

How big is my feeling?

1 2 3 4 5

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Box of Worries 18



You need:

- A tissue box
- Coloured pencils/pens
- Wrapping paper

A plain tissue box is brilliant to putting worries into. Decorate your tissue box with some wrapping paper. Ask someone to help you if you need help. You could even make it into a scary monster and make the hole into a mouth, add some big eyes and let the monster eat up your worries.

When someone we love dies we can get lots of worries about different things. Sometimes we need to deal with these worries and make a plan on what to do. Other times we just need to talk about them. Sometimes it can help just to post your worry into your box and leave it there. Some worries you just can't do anything about so it is best to just stop thinking about them and letting them go. Your tissue box is great for that.

How do I feel after making my box of worries?

sad ok happy

How big is my feeling?

1 2 3 4 5

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How do I feel after making my bracelet?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Memory Bracelet

1

You need:

- Coloured beads
- String

Make a bracelet and each bead represents something about your special person. It could be their:

- Favourite colour
- Month they were born
- Happiest memory with them
- Favourite food
- Favourite season

Add other beads to represent other memories or special things about them.

Wear your bracelet and remember all the lovely things about them. This will help you feel better

Pebble Painting

2

You need:

- Pebbles
- Acrylic paints or sharpies
- Varnish to protect your pebble if it is going outside

Paint a pebble with something that reminds you of your special person.

It might be

- a little heart like the one in the picture.
- It might be something that reminds you of them.

You can keep it in your pocket, and it will help to give you comfort when you feel sad.

You could also do one to put on your special person's grave or you could make a little memorial garden at home and lay your pebble there.

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How do I feel after painting my pebble?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Growing something

3



You need:

- A pot
- Compost
- Seeds or a small plant

You can grow something that your special person liked.

Can you think of anything your special person liked?

You could plant:

- A favourite flower in their favourite colour
- A seed
- A tree
- A vegetable (might be one they liked to eat)

Take care of it and watch it grow. It will help to remember your special person.

How do I feel after planting my seed?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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How do I feel after making my box?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Memory Box

4

You need:

- An old cardboard box with a lid
- Paints
- Glitter or things to decorate

Paint a cardboard box and decorate with stickers, glitter, sequins or anything at all that you choose. Put your treasures in the box for safe keeping.

You might want to put things in such as:

- some photographs,
- a letter, a pebble
- a drawing

You can add things to it as you remember things. From time to time you can take it out and look at those things and remember your special person.



How do I feel after making my calendar?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Calendar

5

You need:

- A calendar or diary with dates
- Coloured pens
- A list of special dates you want to remember (sheet 1)

Create a calendar with all the significant events marked onto it. You could write what they are.

They could be:

- Your special person's birthday
- Day of their funeral
- Day they died

You can add things to your calendar as you remember them. You can look at your calendar from time to time and celebrate those special days.



How do I feel after making my book?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Memory Book

6

You need:

- Blank notebook or scrapbook
- Coloured pens
- Photos

Decorate the cover and fill your book with anything at all that reminds you of your loved one.

You will most certainly want to include

- Photographs
- Drawings of things you did together

You can write about your thoughts and feelings in your book. This book is for you and you can share it with others if you want to.



How do I feel after letting go of my regrets?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Regrets

7

You need:

- Blank note paper or post its
- A shredder or pair of scissors

Do you have regrets? Is there something you wish you hadn't said to your special person? Is there something you did that you wish you hadn't?

Write all your regrets on pieces of paper. Then tear them up into tiny pieces or shred them with some help from an adult. Throw them up in the air.

Let go of all those regrets. Regrets are not good for us to hold onto. Releasing your regrets like this will help you to feel better.

Remember that your special person loved you and would not want you to feel sad in any way.



Thank you letter

8

You need:

- Writing paper (Sheet 2)
- A special pen to write with

What do you want to say thank you for to your special person?

Think about all the things they did for you and what you are grateful for.

Write them all down in your best handwriting and make a huge list of things. You can decorate your thank you letter and roll it up afterwards. You could put it into a special bottle for safe keeping or you could put it in a memory box.

How do I feel after writing my letter



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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How do I feel after making my Christmas bauble?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Memory Bauble

9

You need:

- A plain bauble
- Sharpie pens
- Bauble design (sheet 3)

Make a special Christmas bauble for your special person.

Think about something that you want to say or something you want to draw to remind you of your special person.

Design it first on paper so you know what you want to say or draw and then use a sharpie to draw on your bauble and colour it in.

You can hang your bauble on the tree every Christmas time to remember your special person and all the good times you had together.



How do I feel after making my photo frame?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Photo frame

10

You need:

- Photo frame printed onto card (sheet 4)
- Photo frame mindful colouring (sheet 5)
- Cardboard (optional)
- Pens, glitter, pencils, feathers, paints

Do you have a special photo you want to keep?

Make a frame for your special photo. You can either cut out a frame from an old cereal box or cardboard box or use one of the frames provided. You can either decorate the frame or just colour the one with patterns.

You can:

- Draw patterns
- Stick glitter to it
- Paint on it

Display your photo in your room or just keep it in a memory box and look at it from time to time.

Salt Jar

11

You need:

- An old jar
- Salt
- 5 different coloured chalks
- List of 5 things you want to remember (sheet 6)

Write down 5 things you want to remember on the sheet of paper. Colour in each dot with one of the coloured chalks.

Separate the salt into 5 different saucers or containers. Crumble the different coloured chalks into each container to colour the salt.

Fill the jar layer by layer with different colours. Each colour representing something about the person who has died. Keep your salt jar to help you remember your special person.



How do I feel after making my salt jar?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
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Paper Chain Memories

12

You need:

- Paper chain links
- Pens or pencils
- Paper chain links to cut out (Sheet 7)

Start making a paper chain about your special person. On each link you can write something about them. Keep adding to your paper chain when ever you feel like it.

You could write things such as:

- Their favourite colour
- Their favourite flower
- Their favourite food
- Memories you have of them

Decorate your room with your paper chain.

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How do I feel after making my paper chain?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---



How do I feel after making my dream catcher?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Dream Catcher

13

You need:

- Paper plate
- Wool
- Hole punch
- Feathers and beads

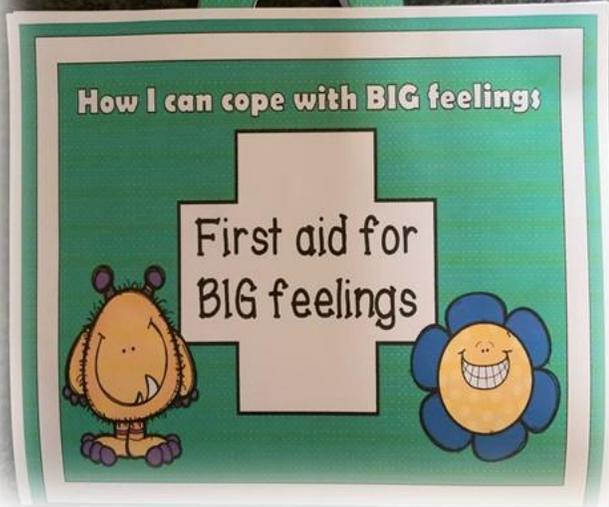
When you have lost someone special it can give you nightmares and bad dreams. Try making a dream catcher to catch all those bad dreams.

Cut the middle out of your paper plate. Punch holes around the edge of your plate. You could paint this now or decorate it. Then thread wool through the holes across the circle in different patterns. This creates a web effect which will catch your nightmares. Leave some bits of wool to hang down and thread some beads onto the wool and finish with a feather.

Hang near your bed to catch all those bad dreams.

Grief First Aid Kit

14



How do I feel after making my first aid kit?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

You need:

- A plain box with a lid
- Pens, paints and sharpies
- First aid cover optional (sheet 8)

Decorate your plain box in any way that you choose.

It is good to be prepared and have a box of things that you like to do when you are feeling sad. You can go to your first aid kit and choose something to do. There are so many things you could put into your first aid kit such as:

- A favourite movie
- A favourite snack
- A favourite book
- Some colouring
- Playdough
- Some puzzles
- Cards with things written on like 'football', 'playing piano'.

When you need a boost just choose something to do out of your kit.

Tree of Support

15

You need:

- A tree template (sheet 9) or you can draw your own
- Leaves for writing on
- Pens, pencils, colours

Who supports you? Who can you talk to if you are having big feelings. Create a tree of support. Decorate the tree with all the people who can support you written or drawn on the leaves.

Whenever you have big feelings look at your tree and choose someone to share your feelings with. They will help you and support you. Help yourself to feel better by talking to them.



How do I feel after making my tree of support?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Tree of Memories

16

You need:

- A tree template (sheet 10) or you can draw your own
- Leaves for writing on
- Pens, pencils, colours

Decorate this tree and ask people who knew your special person to write something about them on the leaves. Cut out the leaves and stick them to your tree.

Enjoy reading all the lovely memories of your special person.



How do I feel after making my tree of memories?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Colour your Feelings

17

You need:

- A heart template (sheet 11)
- Coloured pencils/pens

Give each emotion a colour and then colour in your heart with all the emotions you are feeling. It will probably be quite mixed up right now with lots of different feelings. Use the big hearts for big feelings and the small hearts for small feelings. You can do this over a whole day or over a whole week if you want to. What will your finished heart look like?

Remember that all feelings are completely normal.

Do this activity several times and see the difference in how you are feeling each day or each week? Feelings will come and go all of the time. Sometimes they are BIG feelings and sometimes they are smaller.



How do I feel after colouring my heart?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---

Box of Worries

18

You need:

- A tissue box
- Coloured pencils/pens
- Wrapping paper

A plain tissue box is brilliant to posting worries into. Decorate your tissue box with some wrapping paper. Ask someone to help you if you need help. You could even make it into a worry monster and make the hole into a mouth, add some big eyes and let the monster eat up your worries.

When someone we love dies we can get lots of worries about different things. Sometimes we need to deal with these worries and make a plan on what to do. Other times we just need to talk about them. Sometimes it can help just to post your worry into your box and leave it there. Some worries you just can't do anything about so it is best to just stop thinking about them and letting them go. Your tissue box is great for that.



How do I feel after making my box of worries?



sad



ok



happy

How big is my feeling?

1	2	3	4	5
---	---	---	---	---