



St Wilfrid's Hospice



name .....

someone special  
to me has died

## This book is to remember .....

**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.

The next page is a record of the agreement between you and your counsellor about how you will work together. If you are looking through the book on your own then simply ignore that page.

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 died**

# My agreement with my counsellor

## Meeting up

Where? When? Timings.  
How often? How to contact?

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## Confidentiality

What do we mean by confidentiality at St Wilfrid's?  
Who will we tell? Who might we need to tell if we are really worried about you?

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## Support that I want

How can St Wilfrid's help you?

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## Achievements

How will we know if we have been successful?

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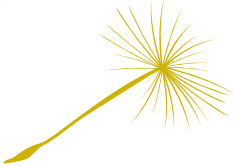
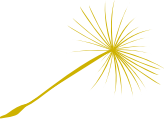
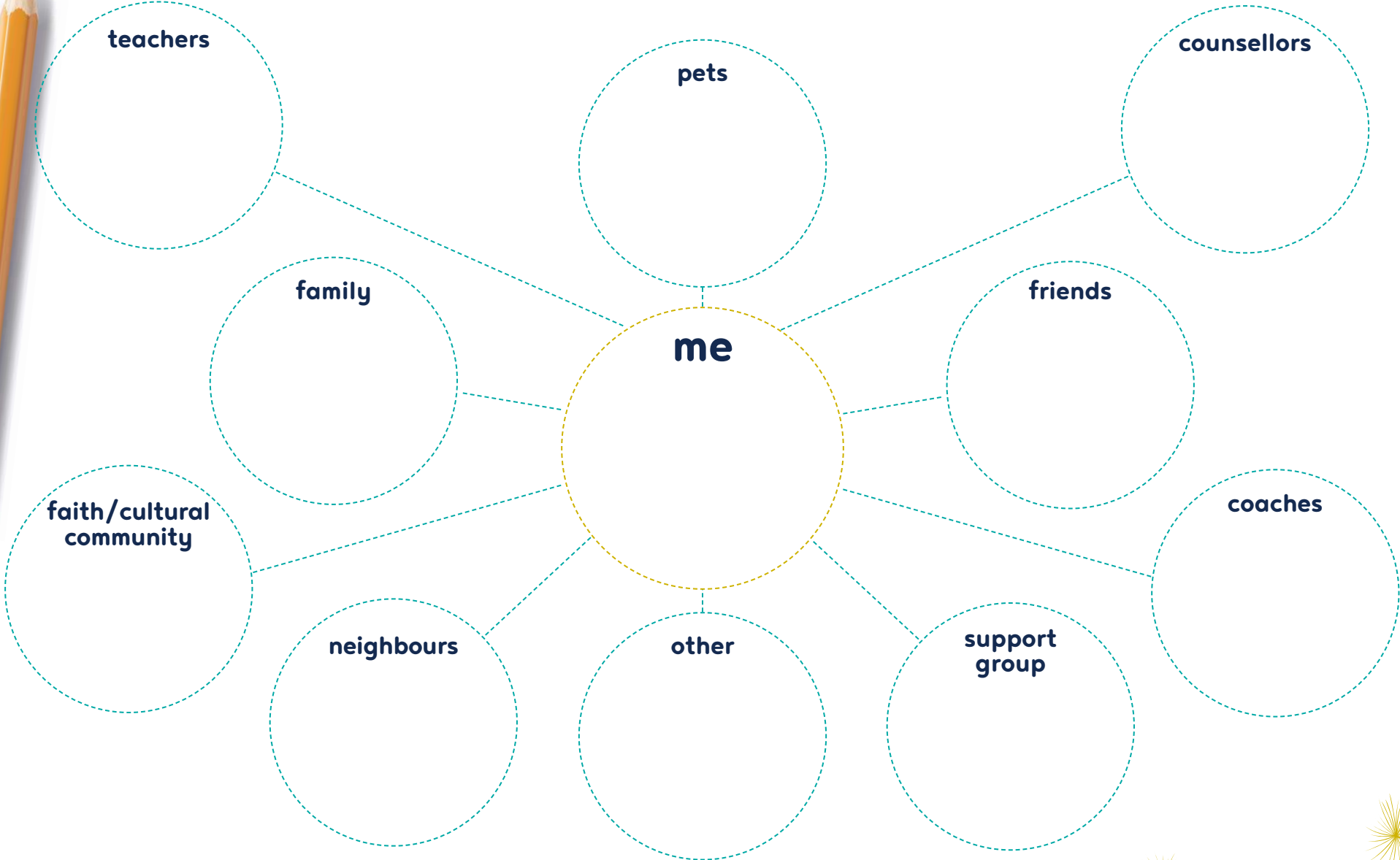
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Signed by child/young person ..... Name: ..... Signed by staff: ..... Staff initials: ..... Date: .....

# Who is around for me?



**Change creates loss**  
the pain from loss is called grief



Grief **comes** and **goes** like waves on the ocean

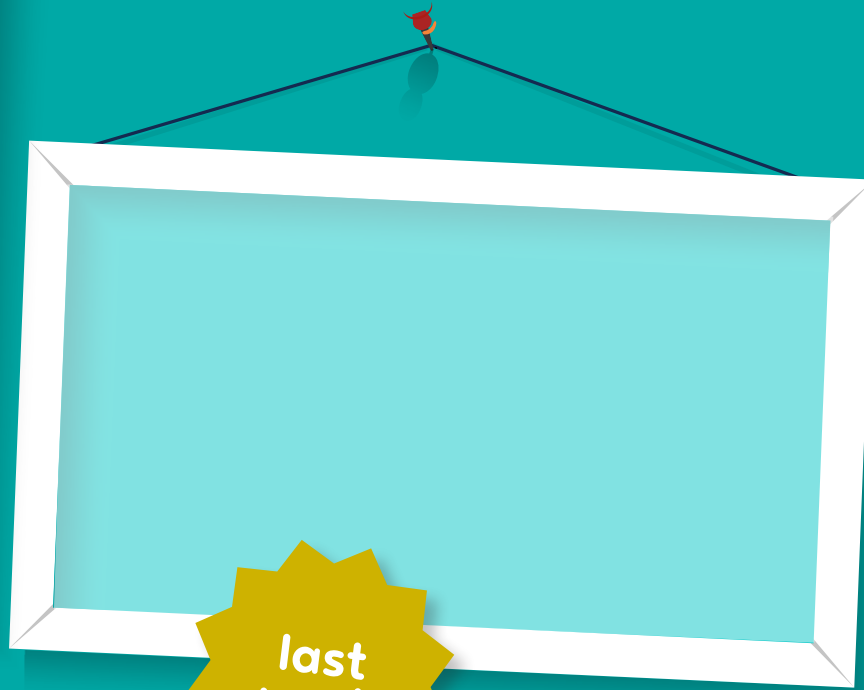
There will be **stormy times** and **calm times**



# Things in my life have changed



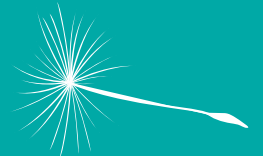
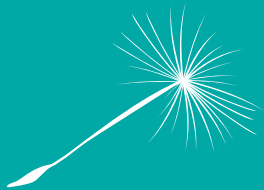
two  
years  
ago



last  
week



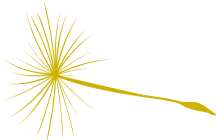
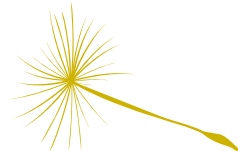
today



Many different things cause people to die



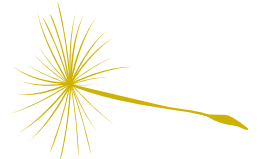
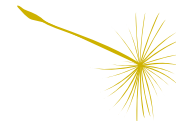
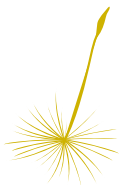
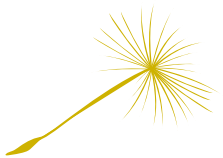
But people can't die because of anything we **think** or **say**!!



Family and friends gather for a funeral service to honour the dead,  
remember the good they did, and show their love for you

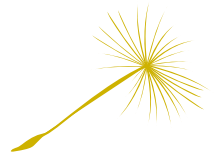
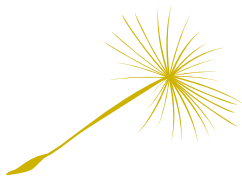
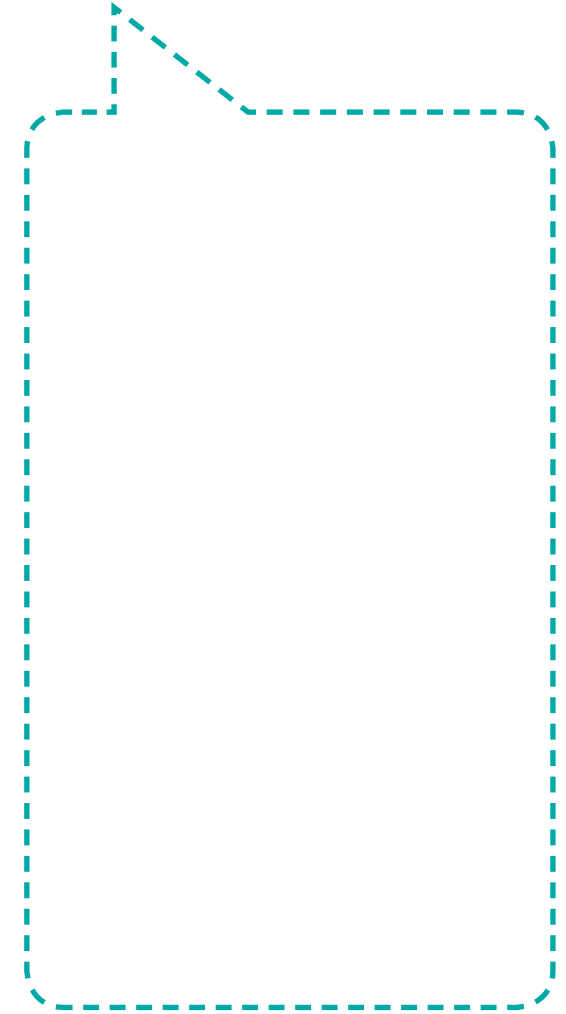
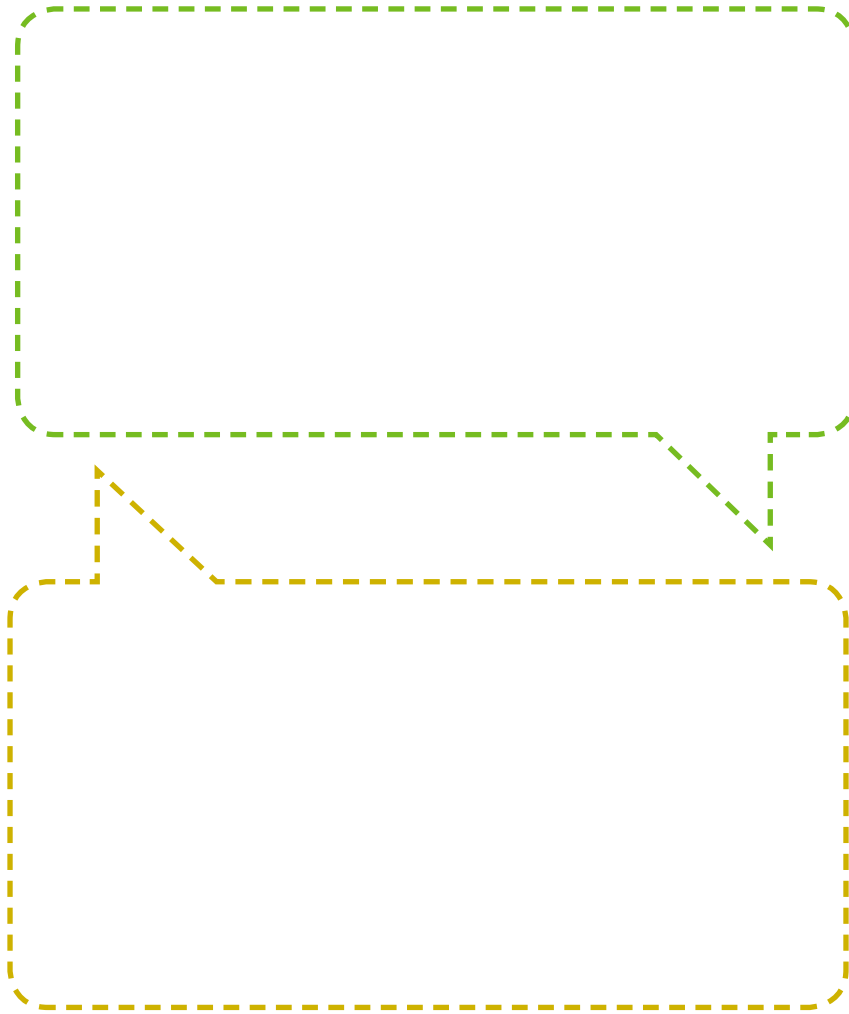


It's hard to say **goodbye** to someone you love!





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

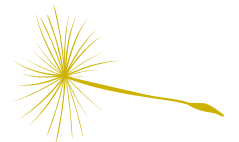
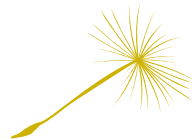
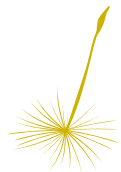
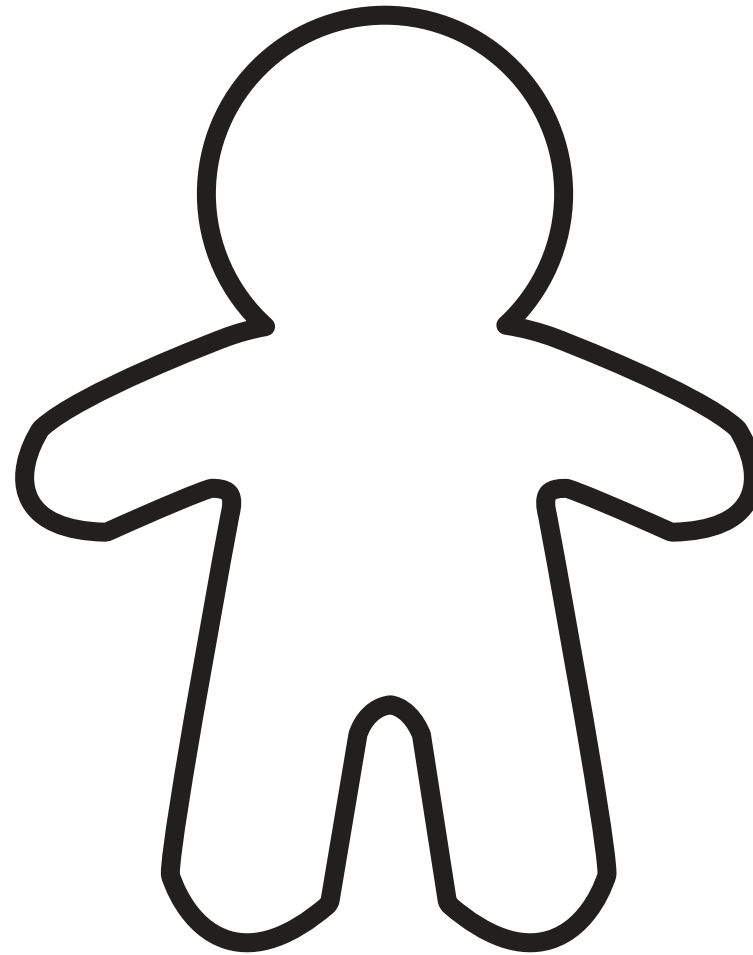


# Feelings are something we feel in our body

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

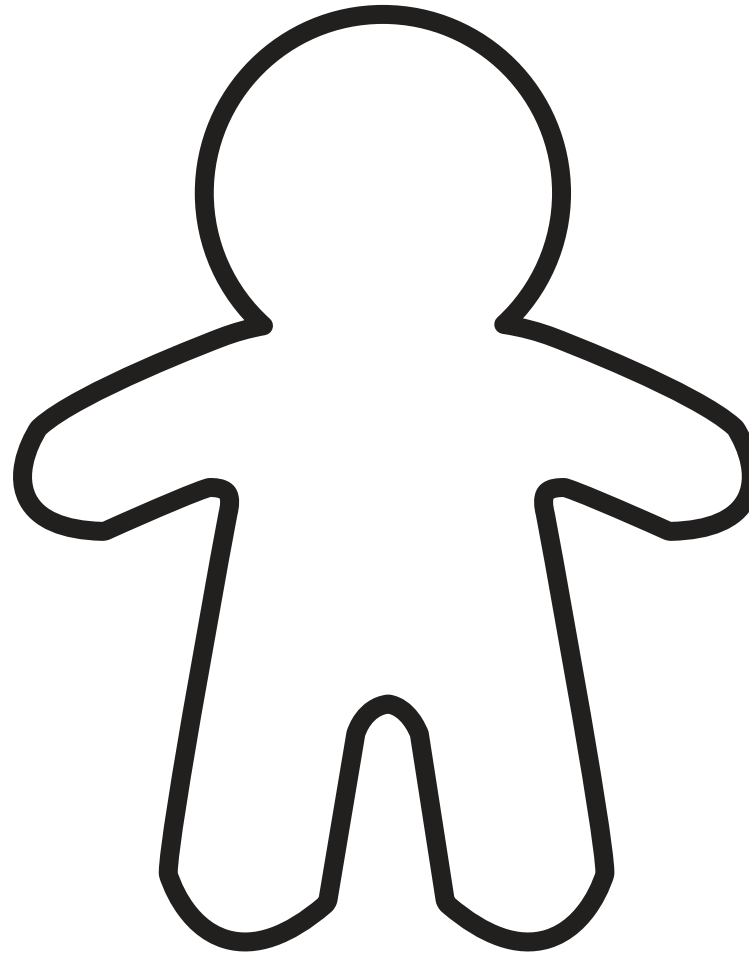


# If feelings are stuffed inside too long, they often cause **aches** and **pains**

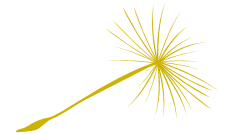
Colour red **lightly** where  
you get **little** hurts

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



# It is important to let anger out in ways that will not hurt people or things. Okay ways are:

1

Saying 'I am angry because...'

2

Scribbling with a red crayon on an old newspaper (hard!) and scrunching it into a ball and throwing it away

3

Punching a ball or a pillow

4

Yelling into a pillow or in the shower

5

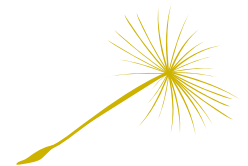
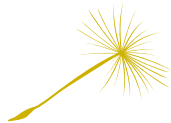
Writing an angry letter and then tearing it up

6

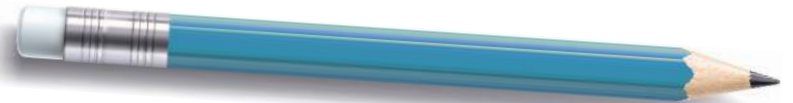
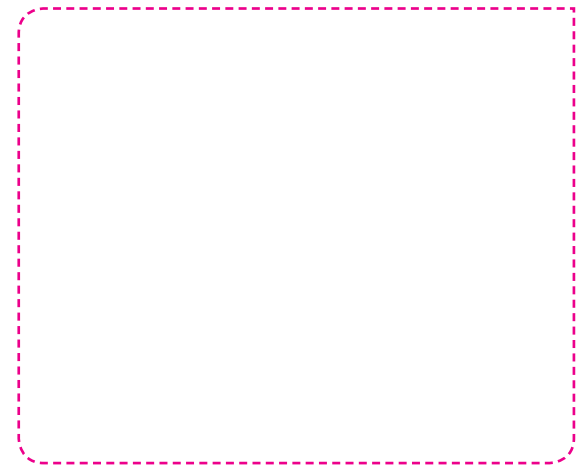
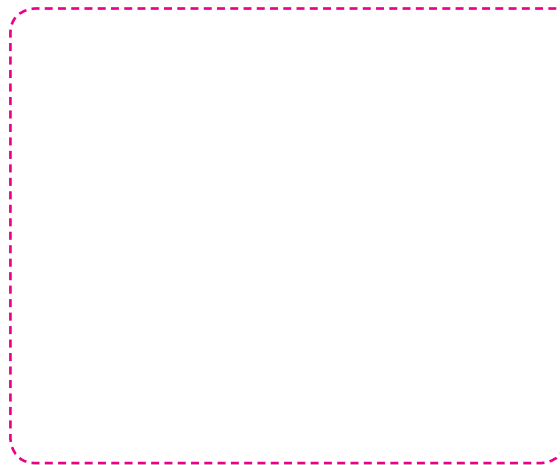
Running or walking fast

7

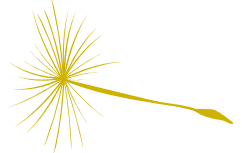
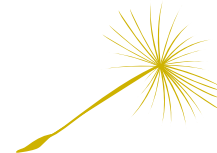
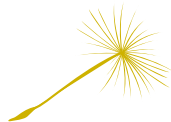
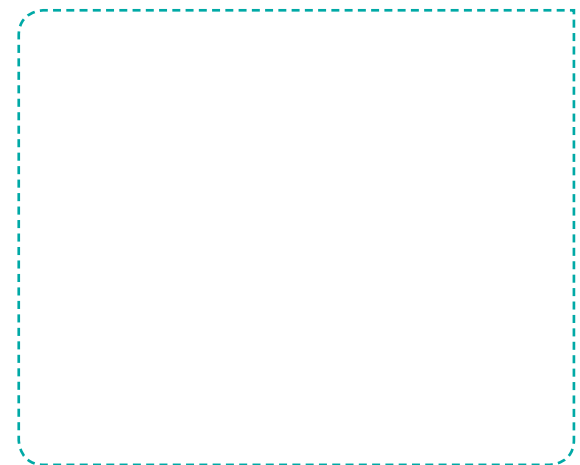
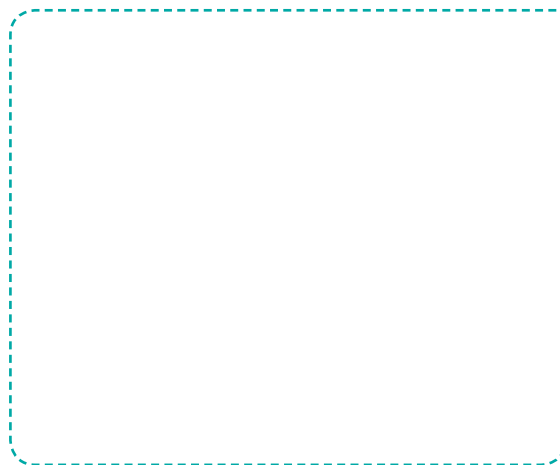
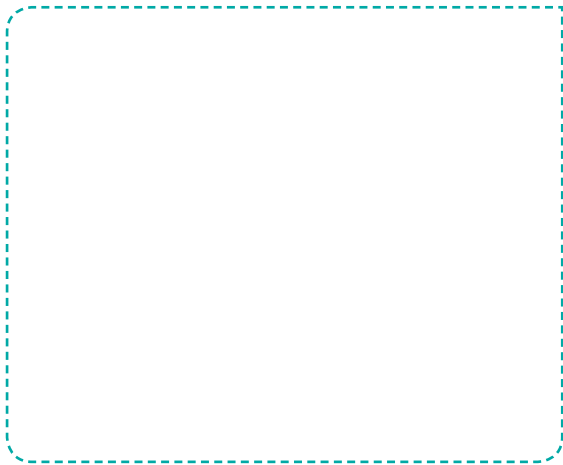
Stomping your feet or clapping your hands - or both!



Sometimes I feel **different** because:



But I like these things about me:

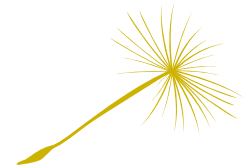
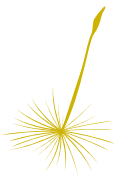


If only before

died, I had...



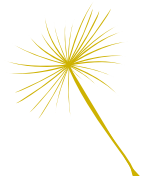
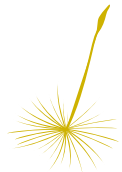
Everyone has something they wish they **did...** or **didn't** do...



**My favourite memory of**



**and other good memories are mine to keep!**







**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](http://www.childhoodbereavementnetwork.org.uk)

Child Bereavement UK

[www.childbereavementuk.org](http://www.childbereavementuk.org)

Grief Encounter

[www.griefencounter.org.uk](http://www.griefencounter.org.uk)

Hope Again

[www.hopeagain.org.uk](http://www.hopeagain.org.uk)

Riprap

[www.riprap.org.uk](http://www.riprap.org.uk)

Winston's Wish

[www.winstonswish.org](http://www.winstonswish.org)

**Family Support Coordinator at  
St Wilfrid's Hospice Eastbourne  
01323 434257**

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

**someone special  
to me has died**