



Counselling and Support
for Young People

Bereavement & Loss Resource Pack

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Introduction

This resource pack has been created as a means of support for schools should someone in your community suffer a bereavement. It has been drafted from some resources used to support training delivered by CASY for our counsellors and other professionals. It is purely an introduction and by no means an exhaustive list of resources, but we hope it will serve as a guide to be used as and when you need it.

Overview

Children and young people experience bereavement differently depending on their developmental stage and cognitive ability. When supporting a bereaved child, it is important to be aware that there are 2 major areas of grief:

- Primary Loss – the current situation for example pre-bereavement, bereavement, loss of health, serious or chronic long-term illness
- Secondary Loss – a chain reaction resulting from the primary loss, reactivating past losses, present losses and worries about future losses, all of which may be very real.

The young person will experience many changes during this time including:

- Loss of relationship – e.g. things they used to do together, special memories, times when you miss them the most, and things you wish you could do again
- Loss of material things – e.g. change in lifestyle, home or finances
- Loss of structure – e.g. routine, parental pre-occupation, taking on new roles and responsibilities
- Loss of function – e.g. extreme tiredness, difficulty concentrating, mood swings or change of mood, changes in behaviour including regression
- Loss of hopes and dreams
- Loss of security – e.g. will something happen to me or to someone else I love?

There are many models of grief, but it is widely acknowledged that grief is not a linear process and that people oscillate between denial, anger, bargaining, depression and acceptance. It is important that young people continue to maintain bonds with the deceased and create a new relationship with them.

Activities to support continuing bonds

- Memory book, memory box
- Incorporating your loved one into events and special days. How can you acknowledge the presence/absence
- What might you say if you had one more minute
- Drawing pictures of the things that made your loved one special
- Including your loved one in decision making-what would they have done or said
- Keeping something small in your bag/pocket that reminds you of them
- One thing I would like to do....
- Live your life in a way they would be proud of
- Talk about your loved one
- Keep photos around to stay connected
- Writing a Goodbye letter
- Understanding your stages of grief

Resources

Books

- Diana Crossley “Muddles, Puddles and Sunshine”
- Mollie Carlile “Sometimes Life Sucks: When Someone you Love Dies”
- Margaret Heegard “When Someone Very Special Dies: Children can Learn to Cope with Grief” Workbook

- Diane Leutner “Remembering”
- Di Stubbs ““A Child’s Grief: Supporting a child when someone in their family has died”

- Margot Sunderland:
 “The Day the Sea went out and Never Came Back” with accompanying activity book “Helping children with Loss”

 “The Frog who yearned for the Moon” with accompanying activity book “Helping children who yearn for someone they love”
- Alan D Wolfelt “Healing your Grieving Heart for Teens-100 Practical Ideas-Simple Tips for Understanding and Expressing your Grief”

Resources

Internet

www.beaconhouse.org.uk

<https://www.youtube.com/watch?v=bJHupiDtJKA&feature=youtu.be>

<https://beaconhouse.org.uk/wp-content/uploads/2020/03/Where-did-everyone-go.pdf>

<https://www.priorygroup.com/media/594863/understanding-childhood-anxiety-v1.jpg>

<https://www.annafreud.org/on-my-mind/self-care/>

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.therapistaid.com/therapy-worksheets/grief/adolescents>

https://www.cruse.org.uk/sites/default/files/default_images/pdf/Free-leaflets/94149%20After%20someone%20dies_school%20pack.pdf

<https://www.childbereavementuk.org/>

<https://www.hopeagain.org.uk/>

<https://www.childbereavementuk.org/Handlers/GetImage.ashx?IDMF=83b93110-8b6e-4a5e-b37f-8cdc71a9bf28&h=877&w=1240>

Appendices

My Stages of Grief

Instructions: Describe how each of the stages of grief has affected you.

Denial: “This can’t be happening.”

Anger: “Why is this happening to me?”

Bargaining: “I will do anything to change this.”

Depression: “What’s the point of going on after this loss?”

Acceptance: “I know what happened, and I can’t change it. Now I need to cope.”

Goodbye Letter

To: _____

I am saying goodbye because _____

Saying goodbye makes me feel _____

I remember a time when we _____

You taught me _____

Something I want you to know is _____

I will always remember _____

From: _____