

# Dealing with Grief during lockdown.



The loss of a loved one is often a difficult time for everyone in a normal situation. During lockdown, this can prove even more challenging.

If you or a member of your family is grieving for a lost loved one, firstly, look after your own health and well-being.

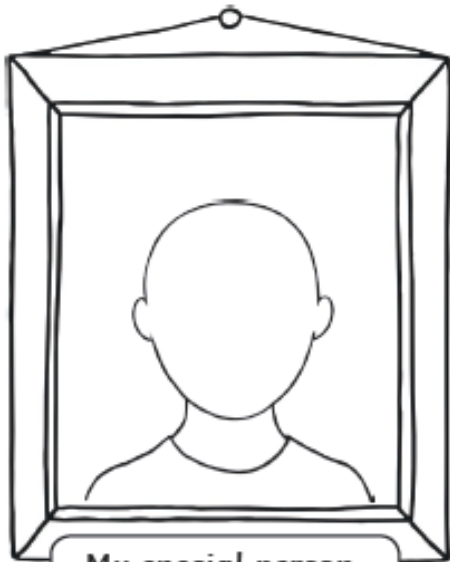
Speak to family and friends and share your feelings.

It is important to talk about the person who has died, to remember happy times with them, to speak about how you are coping and to not hide your emotions.

On the following slides are some ways in which you can support your child/children with their grief.

If you are struggling and need further support, please call the school and we will try to help in the best way we can.

# My Special Memories

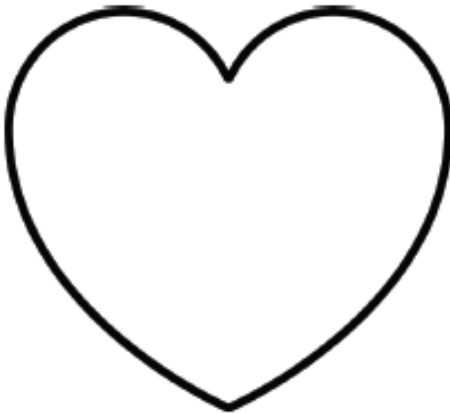


My special person.



I remember when...

I laugh when I think about...



When I think about them, I feel...



Sharing happy times and good memories will make you smile.

It will help you to process all the emotions that are involved with grief.



Looking to the future, that future without a loved one, is painful but can help think about the impact that person had, and will continue to have, upon your lives.

# My Special Memories

My favourite memory is...

I hope...

I miss...

By making a memory bracelet or necklace, you can physically see a reminder of a loved one. At a time when we can't share our grief with our wider family and friends, this might help bring a smile to someone's face.

To make these bracelets or necklaces please follow these simple instructions:

1. Take a selection of different coloured beads and different coloured pieces of wool.
2. As you think of a memory, talk about it together. Try to be open and honest about your memories when you share them.
3. Put a knot at one end so that your beads will not fall off.
4. Choose a bead and talk about a memory. Keep doing this until you have created your bracelet or necklace.
5. You can make all the beads or the wool the same colour or use different coloured beads to remember different thoughts. You can make it however you wish because it should be special and unique to you.

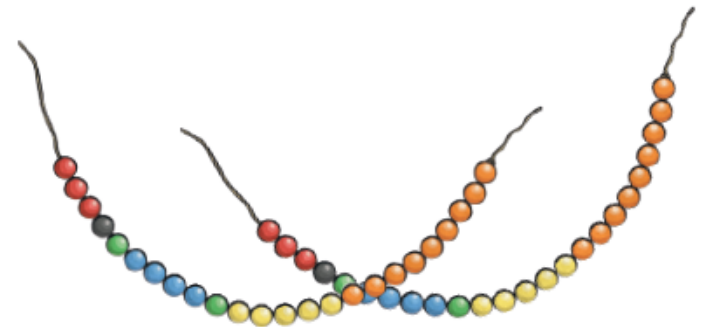
If you want to colour co-ordinate, this useful guide might help.

**Blue** = holidays

**Green** = people

**Purple** = places

**Yellow** = Objects



# Useful websites



<https://www.cruse.org.uk/get-help/coronavirus-dealing-bereavement-and-grief>

This web page has lots of resources to explore coping with grief in many different situations.



<http://www.childhoodbereavementnetwork.org.uk/help-around-a-death/what-you-can-do/parents-carers.aspx>

This web page offers more advice on how to help your child/ children with bereavement as well as more resources for adults.



<http://www.suddendeath.org/covid-19-bereavement/advice-for-bereaved-people>

This web page offers advice with specific COVID-19 details.