



# Safe Ways To Remember

This Is Me

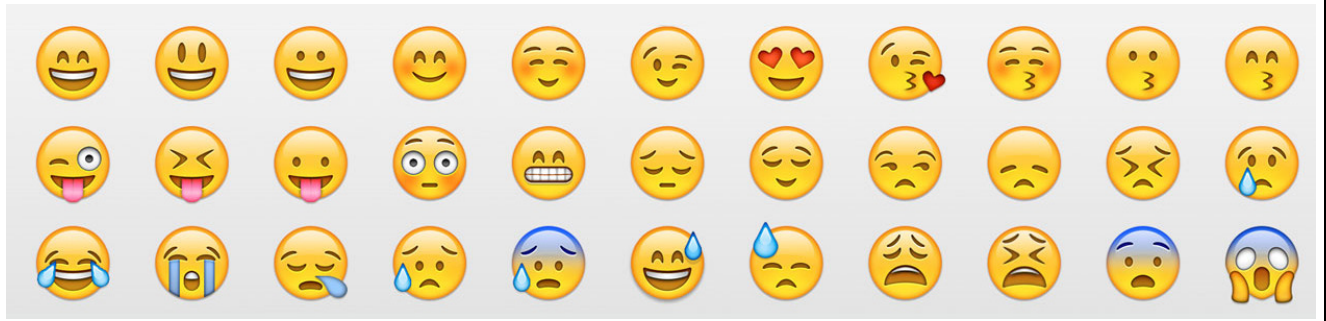
By

## HOW ARE YOU FEELING TODAY?

Look at the emoticons on the page and draw in the frame the one which represents you at the start of this session



Date: .....



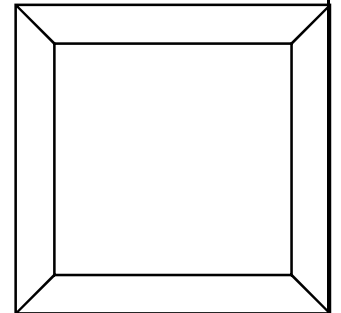
Why I feel this way:

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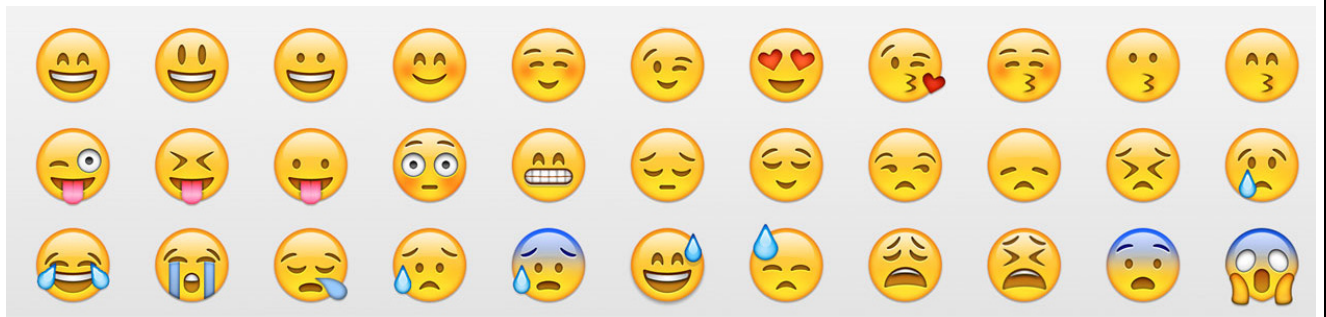
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Date: .....



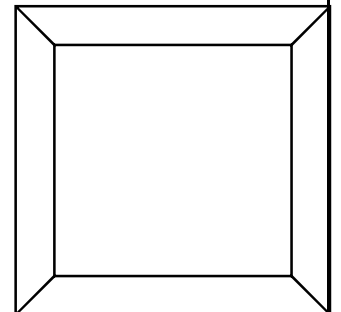
Why I feel this way:

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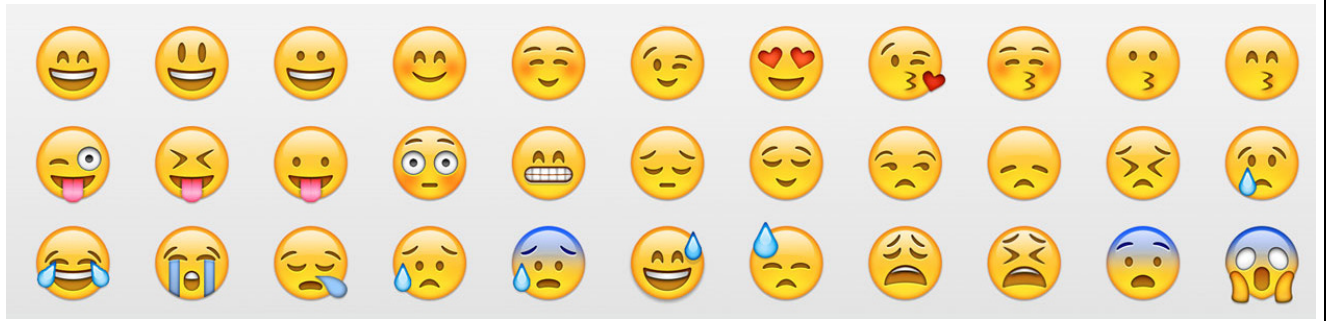
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Date: .....



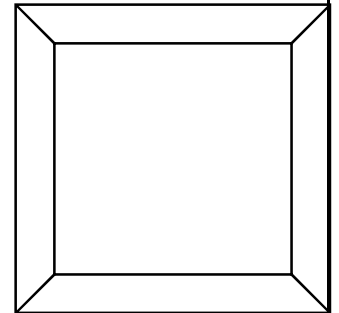
Why I feel this way:

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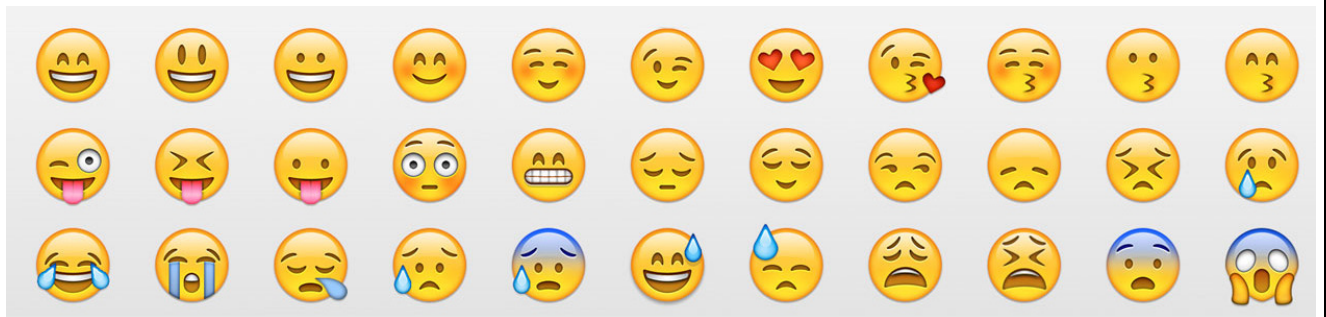
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Date: .....



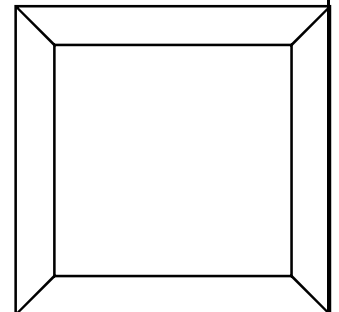
Why I feel this way:

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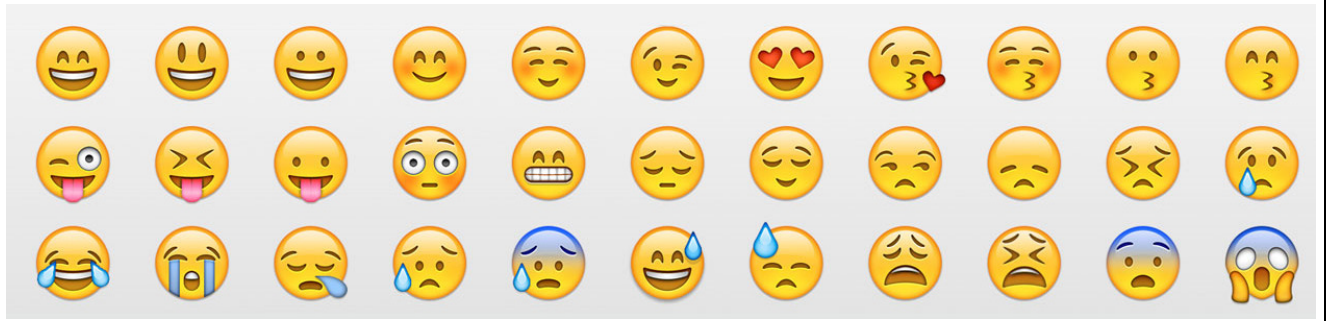
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Date: .....



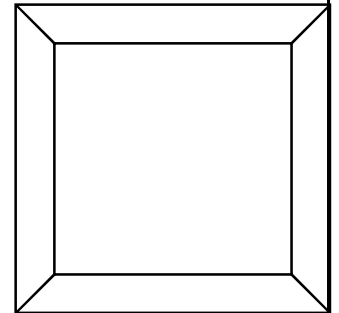
Why I feel this way:

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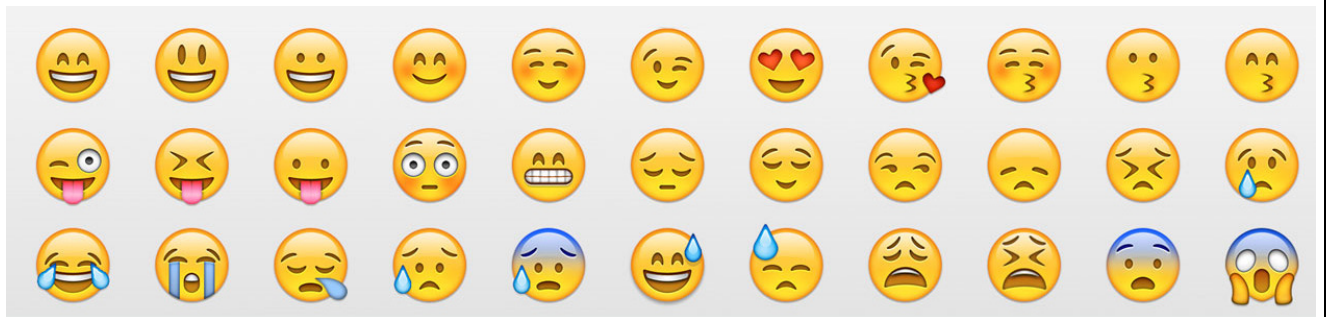
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Date: .....



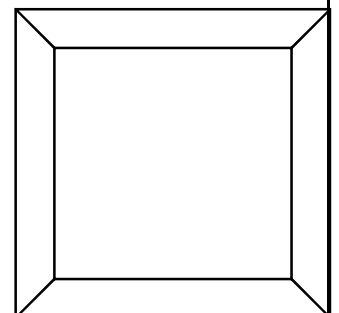
Why I feel this way:

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## HOW ARE YOU COPING?

Sometimes when you are dealing with grief you may feel many different emotions.

Look at the picture of the tree... where do you fit on the tree and why?

Date: .....

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Date: .....

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Date: .....

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## WHO IS THERE FOR YOU?

In the boxes write or draw:

- Who are you best friends
- Who do you live with
- Who else is important to you







## PEOPLE WHO CARE ABOUT ME

- Many people care about you. List the names of these people and put them in the circle where they belong.



**Family & Relatives**

**Friends & Neighbours**

**Others & Community**

## CHANGE IS NATURAL

Draw and colour some pictures



Spring



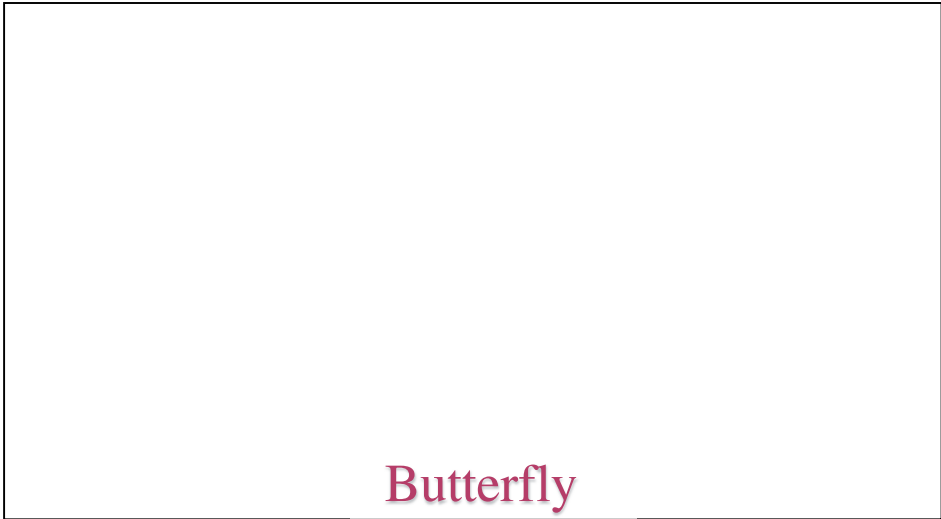
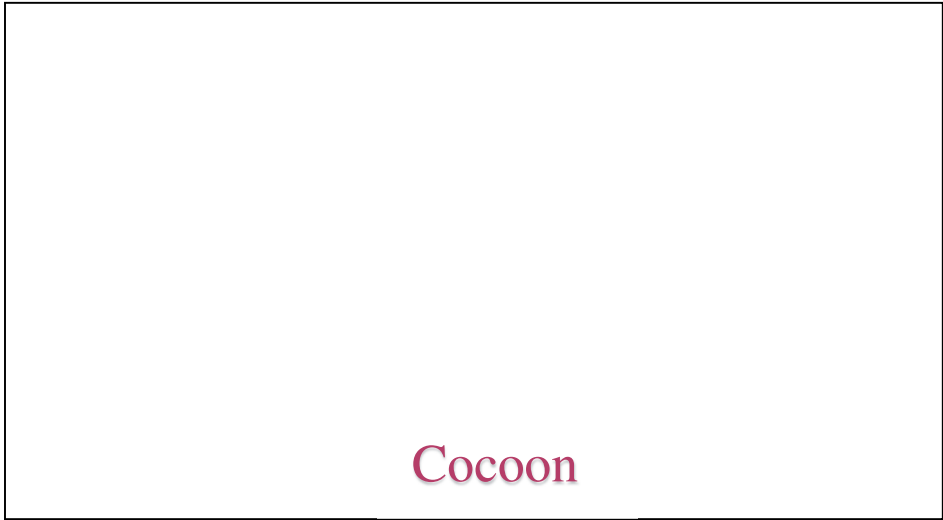
Summer

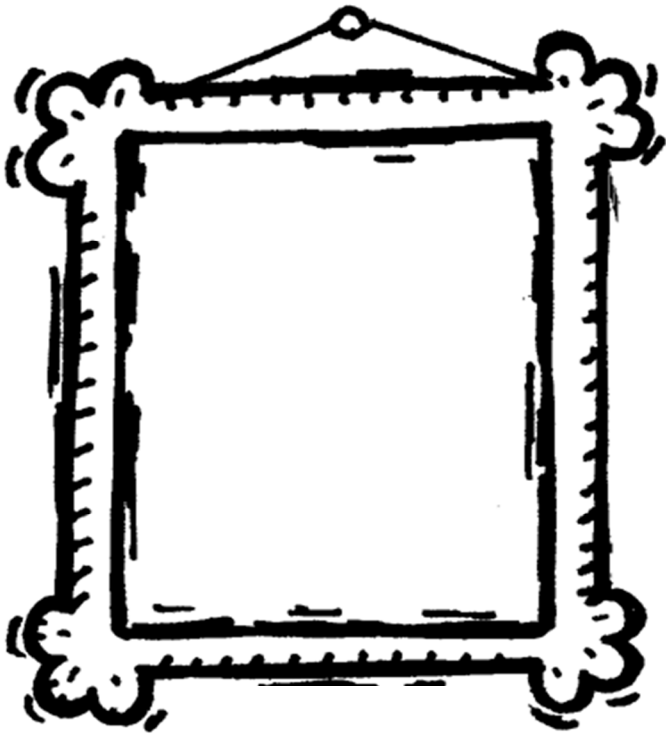


Autumn

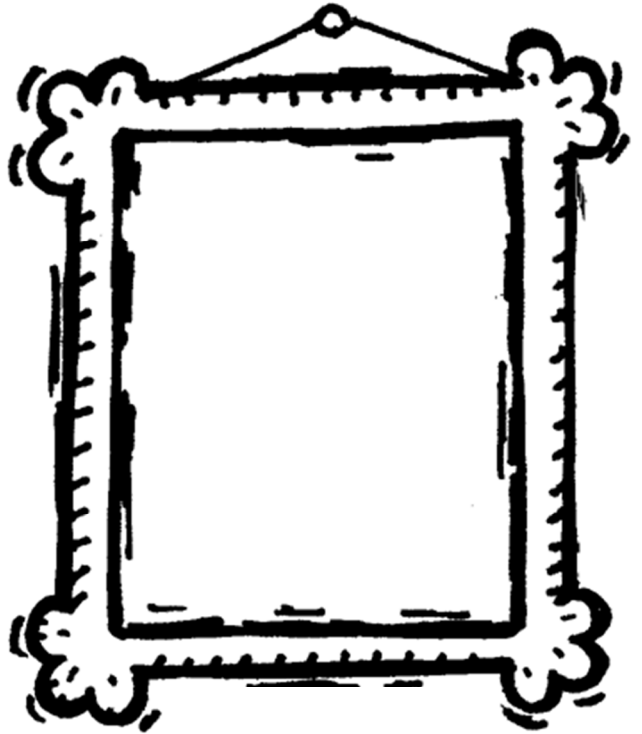


Winter

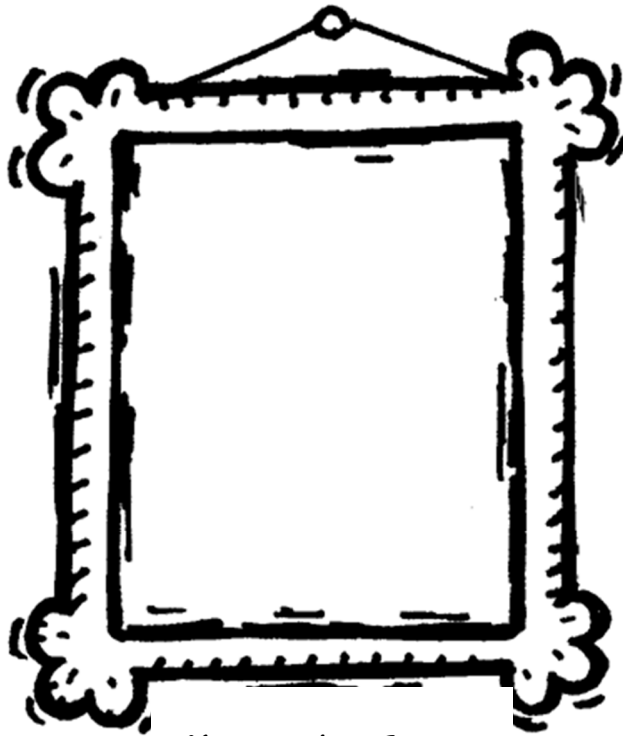




*Me as a baby*



*Me now*



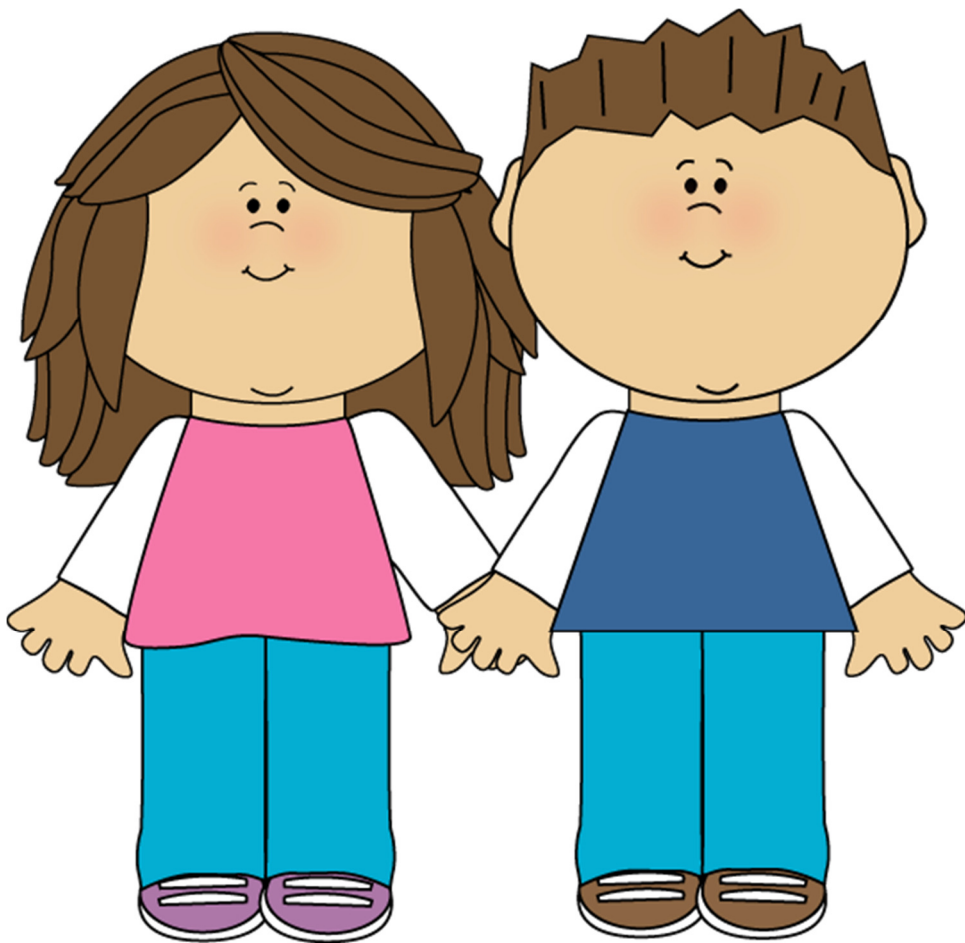
*Me in the Future*

## FEELINGS

If you keep feelings in for too long and don't talk about how you feel or let them out they can often cause aches and pains

On the picture colour in **light red** where is sometimes hurts

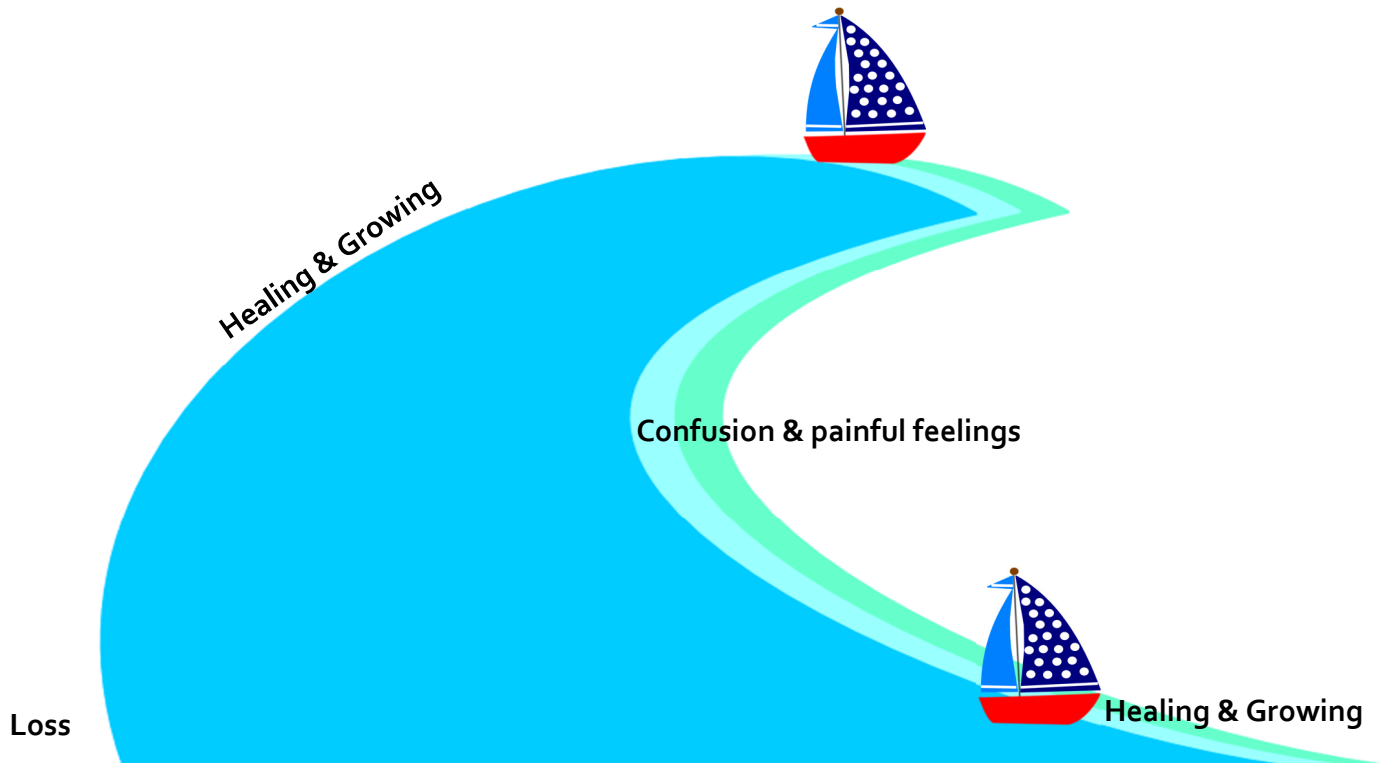
Colour in **bright red** where it hurts a lot



Remember that exercise, sports, play, music, art or writing and talking are all good ways to let feelings out

## CHANGE & LOSS

Change creates loss. The pain from loss is called grief.  
Grief comes and goes like waves in the ocean



When the boat is at the top of the wave how do you feel?

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When the boat is at the bottom of the wave how do you feel?

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## THE WATERFALL OF GRIEF

Look at all of the words to describe grief. Can you add any?



Someone I loved died.  
This is a picture of that person

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*(Name of person)*

Was important to me because

## SOMEONE TO TALK TO

It is important to have someone in your life you can talk to

That can even be a pet or something special

However, when feelings become unmanageable we need to have an adult that we can trust to help us.

Draw a picture and write the name of the person who helps you.

How does the person help you?

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## MOVING ON

It is ok to move on. The person who has died would want you to be happy and have fun.

Life is about changing and growing.

Below, write and draw the things that you like to do to have fun.



## PLANNING

Planning can help us feel calm and safe. In the jars write your plan for moving on:

When I feel down things  
that can help me are...

When I feel happy the  
things that keep me  
feeling happy are...

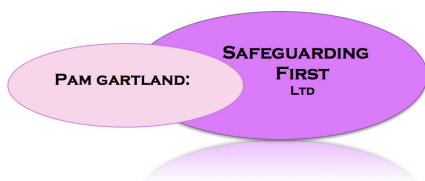
If I feel sad, I can talk to....



If I feel angry, I can....

Things that may change in  
my life are.....

Things that help me cope  
with change are.....



Designed & Produced by:Pam Gartland: Safeguarding First Ltd