To: Mum  Dad  Teacher  Friend

I am:
Happy  Sad  Cross  Scared

Please:
Talk to me  Hug me  Play with me  Leave me alone

From:

This card’s guide age is 5–8.
I NEED TO TELL YOU...

To: Mum  Dad  Brother  Sister  Grandma
Grandpa  Teacher  Friend  Other

I'm feeling: Sad  Angry  Worried  OK  Lost
Mixed up  Happy  Everything  I don’t know  Other

Can you: Talk to me  Give me a hug  Treat me like normal
Not ask me questions  Leave me alone  Other

Please don’t: Bring it up  Hug me  Make a fuss
Ignore me  Talk to me  Leave me alone  Other

From:

This card’s guide age is 9–12.
Dear

I need to tell you that

To help me, can you

Please don’t

Thank you, from

This card’s guide age is 13+.
Activity sheet 1: My favourite memory

My favourite memory of my special person is...

It’s my favourite memory because...
Activity sheet 1: My favourite memory

My favourite memory of my special person is...

It's my favourite memory because...
Activity sheet 2: The last time

Think about your special person. What were some of the last things you did together? Write or draw them here...

I do this in memory of them...

The last time I saw them... The last time we spoke...
Think about your special person. What were some of the last things you did together? Write or draw them here...

I do this in memory of them...

The last time I saw them...  The last time we spoke...

Activity sheet 2: The last time
Activity sheet 3: My questions

There are difficult questions that we can have when someone dies. You can ask those questions here...
Activity sheet 4: I feel…

Sometimes feelings can be really confusing. On the person colour in what you are feeling and where...

- Happy
- Confused
- Hurt
- Worried
- Lost
- Sad
- Angry
- Lonely
- Peaceful
Activity sheet 4: I feel…

Sometimes feelings can be really confusing. On the person colour in what you are feeling and where...

- Happy
- Confused
- Hurt
- Worried
- Lost
- Sad
- Angry
- Lonely
- Peaceful
Activity sheet 5: Please don’t say that

There are some words that I don't like people using when they are talking to me about what happened...

Died
Passed away
Went to sleep
Gone to heaven
Gone away
Resting in peace
In the ground
No longer with us
Been taken
Deceased
Lost

You can use...

Please don’t say...
Activity sheet 5: Please don’t say that

There are some words that I don’t like people using when they are talking to me about what happened...

- Died
- Passed away
- Went to sleep
- Gone to heaven
- Gone away
- Resting in peace
- In the ground
- No longer with us
- Been taken
- Deceased
- Lost

You can use...

Please don’t say...
Activity sheet 6: My letter

Write your special person a letter...
Activity sheet 7: It still hurts, but…

Things will still hurt but they will start to get a little better over time. What are the things that have got better so far?

It still hurts, but…

It still hurts, but…

It still hurts, but…

It still hurts, but…