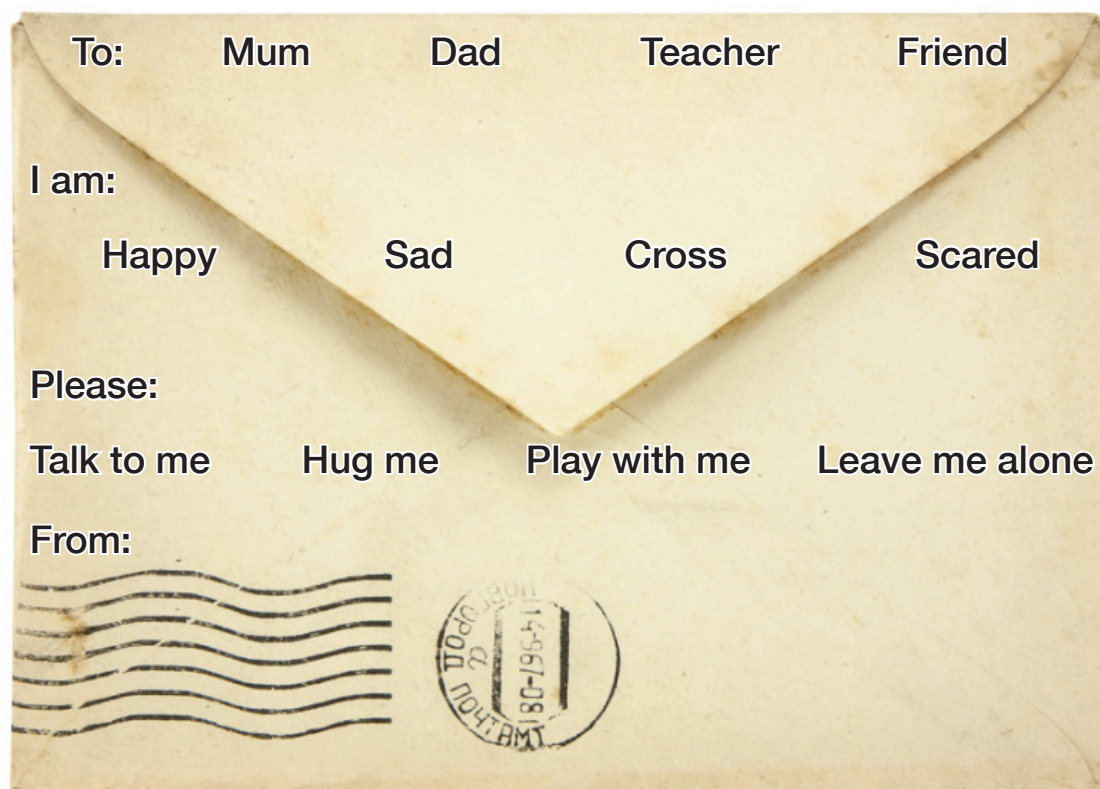
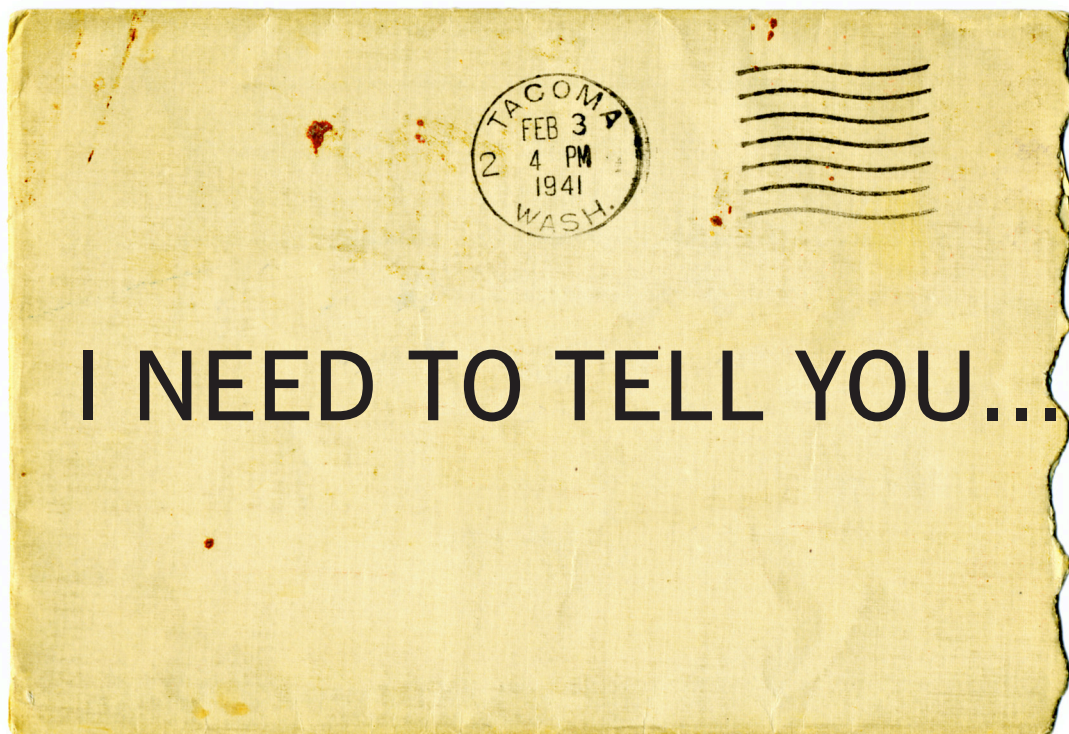


This card's guide age is 5–8.



This card's guide age is 9–12.



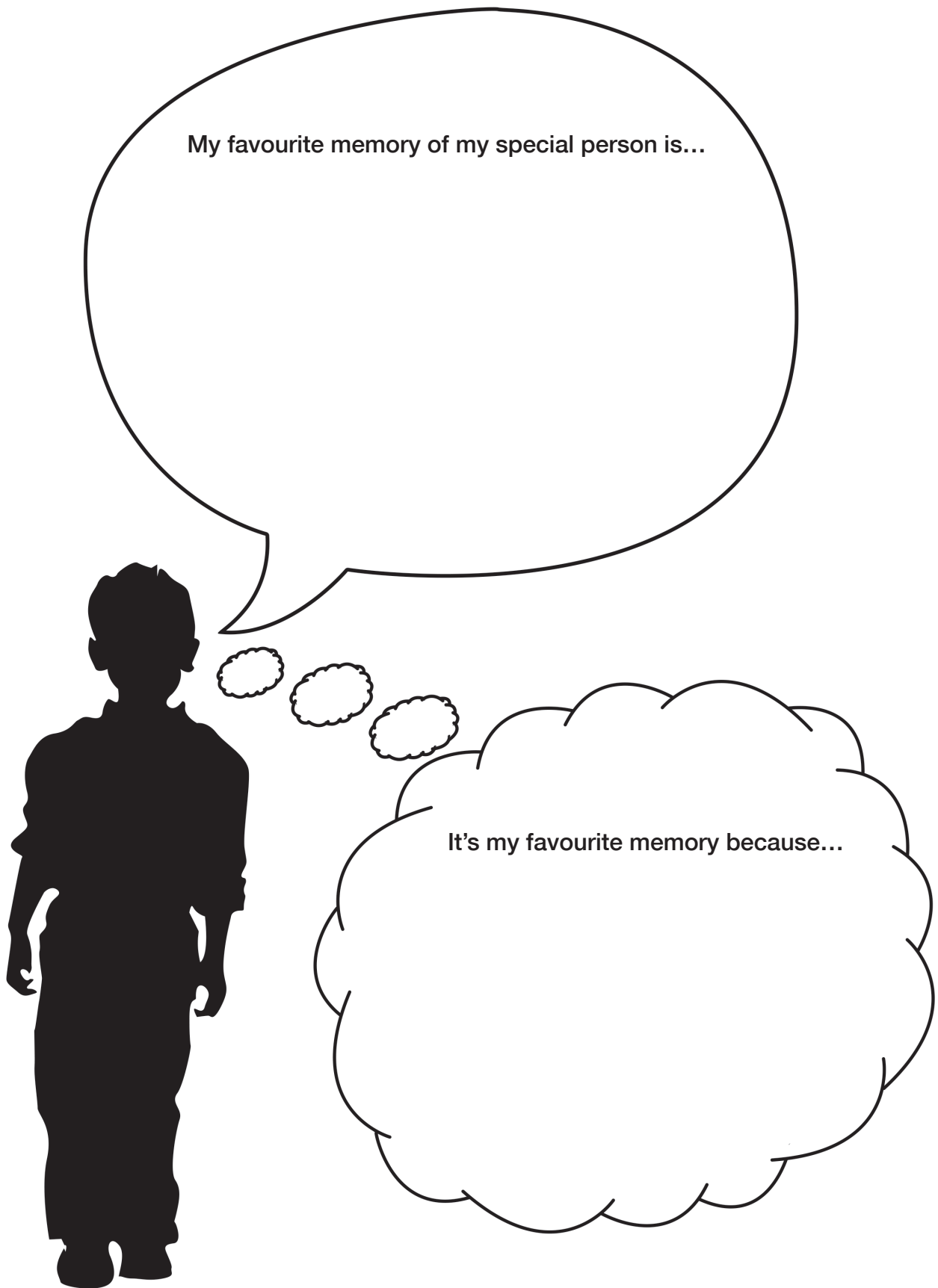
I NEED TO TELL YOU...

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 13+.



Activity sheet 1: My favourite memory



Activity sheet 1: My favourite memory



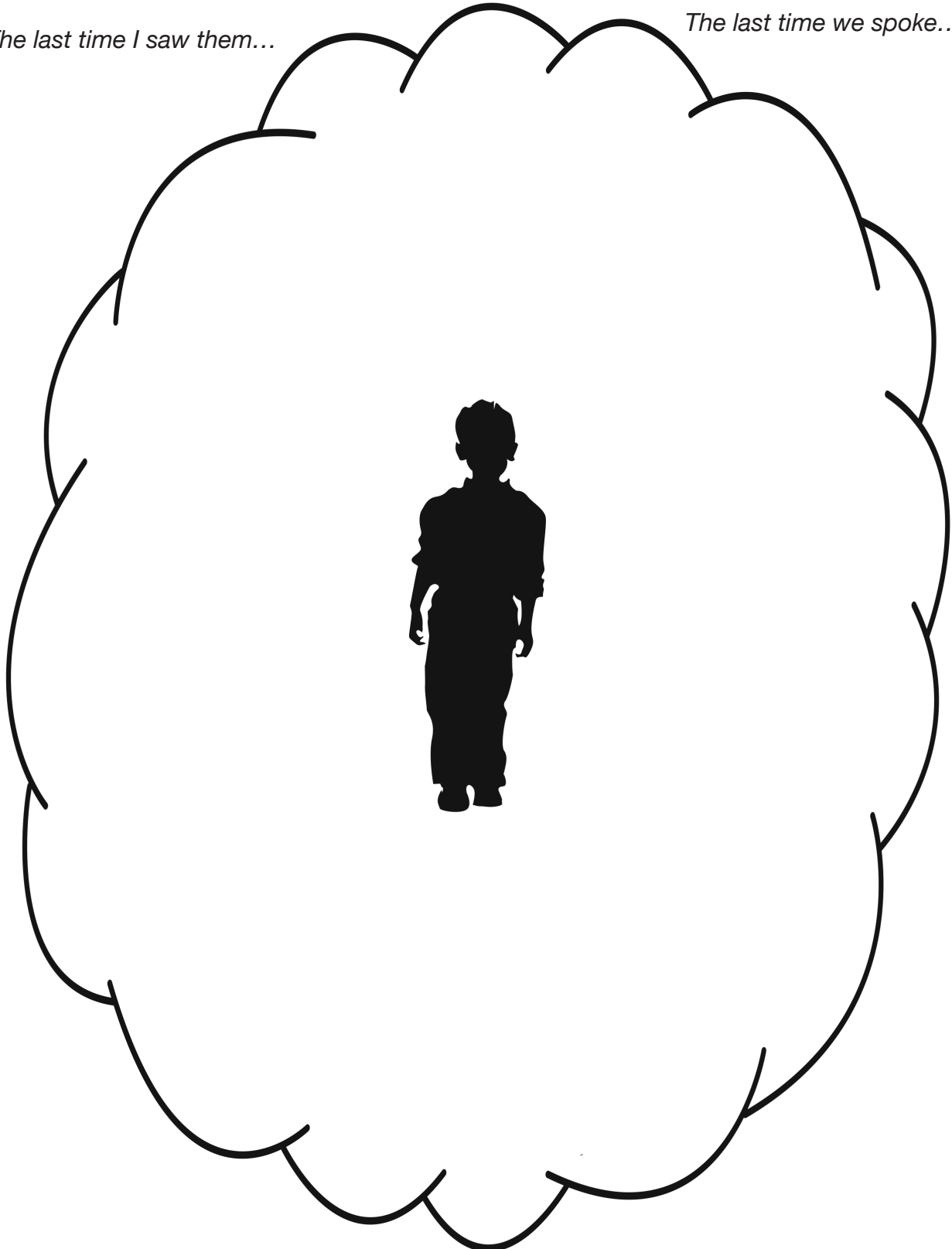
Activity sheet 2: The last time

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...



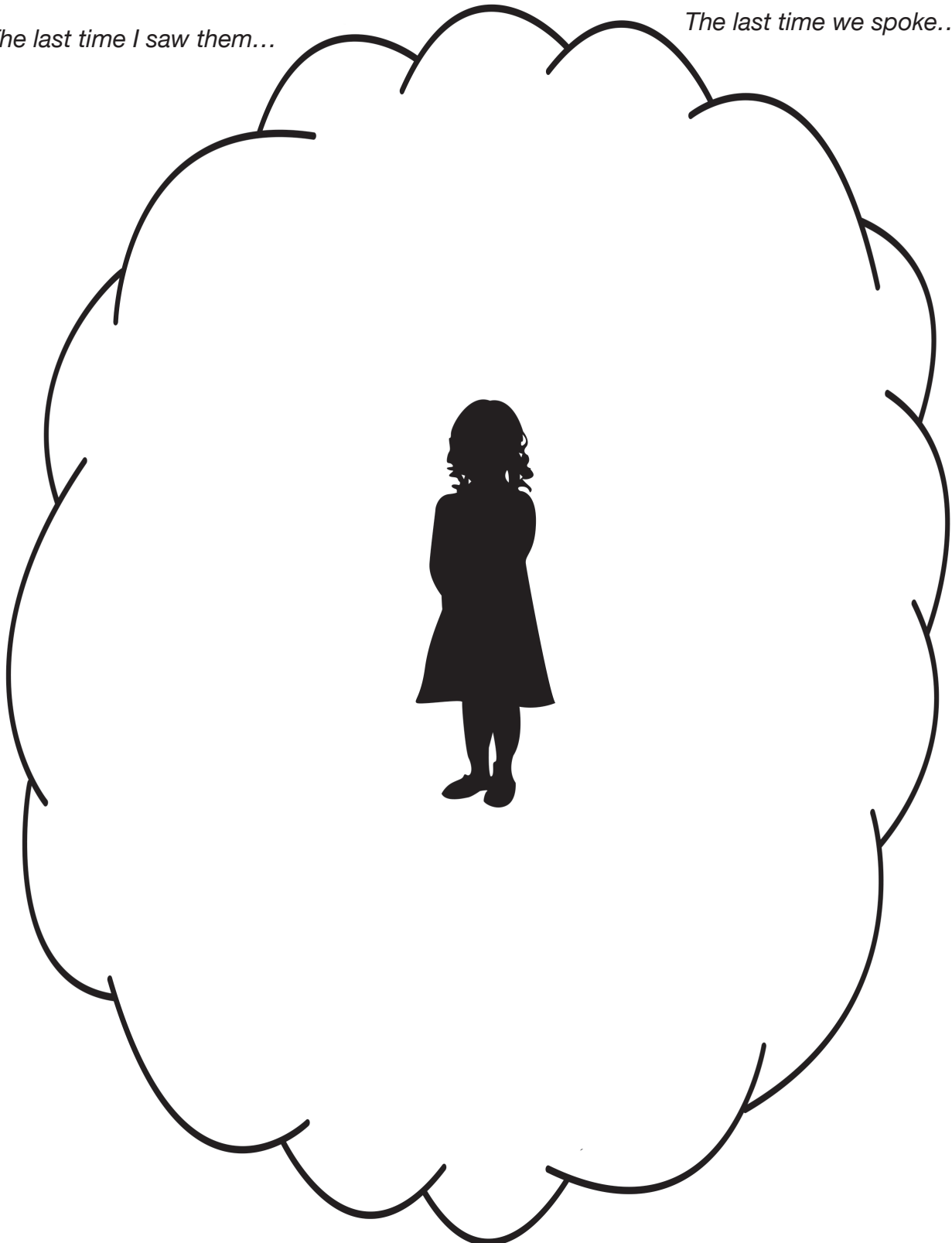
Activity sheet 2: The last time

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...



Activity sheet 3: My questions

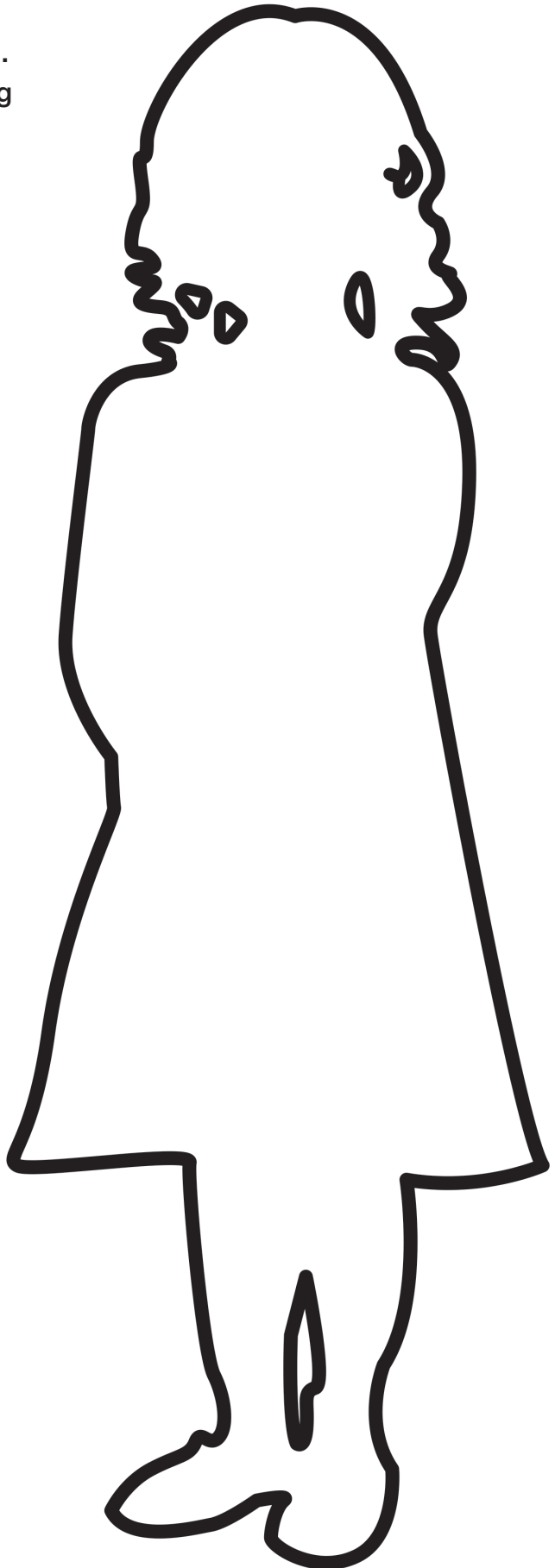
There are difficult questions that we can have when someone dies. You can ask those questions here...



Activity sheet 4: I feel... _____

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

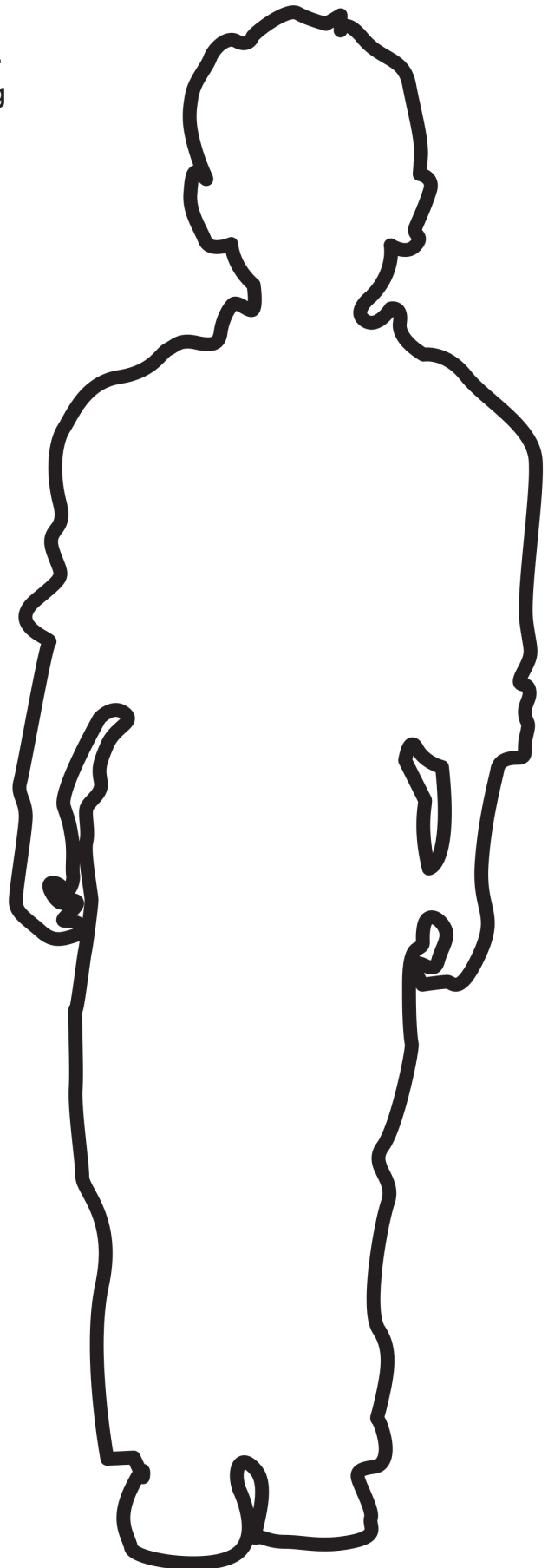
<input type="checkbox"/>	Happy
<input type="checkbox"/>	Confused
<input type="checkbox"/>	Hurt
<input type="checkbox"/>	Worried
<input type="checkbox"/>	Lost
<input type="checkbox"/>	Sad
<input type="checkbox"/>	Angry
<input type="checkbox"/>	Lonely
<input type="checkbox"/>	Peaceful



Activity sheet 4: I feel...

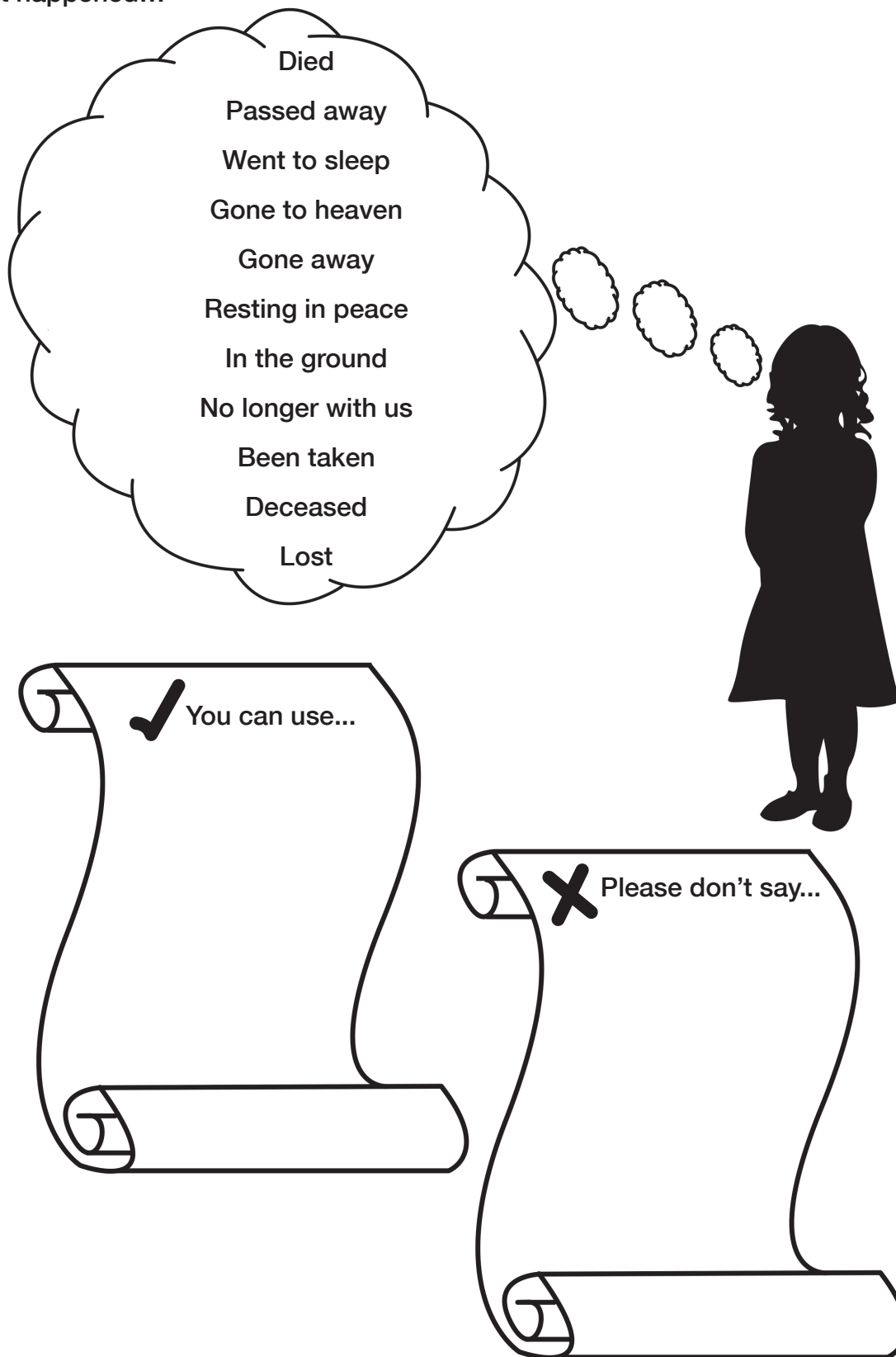
Sometimes feelings can be really confusing.
On the person colour in what you are feeling
and where...

<input type="checkbox"/>	Happy
<input type="checkbox"/>	Confused
<input type="checkbox"/>	Hurt
<input type="checkbox"/>	Worried
<input type="checkbox"/>	Lost
<input type="checkbox"/>	Sad
<input type="checkbox"/>	Angry
<input type="checkbox"/>	Lonely
<input type="checkbox"/>	Peaceful



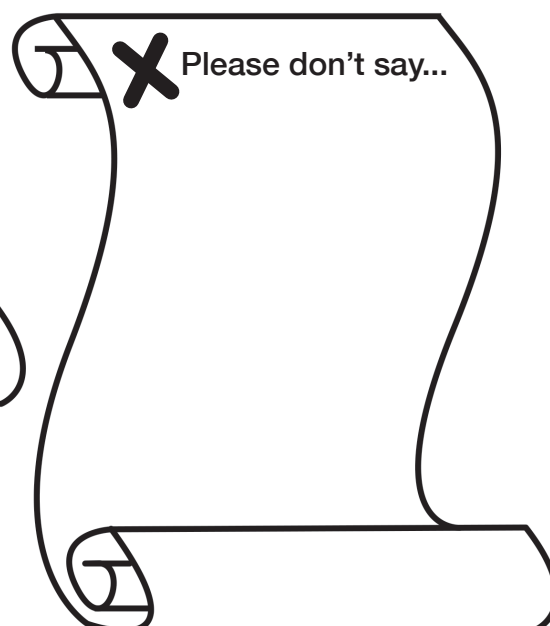
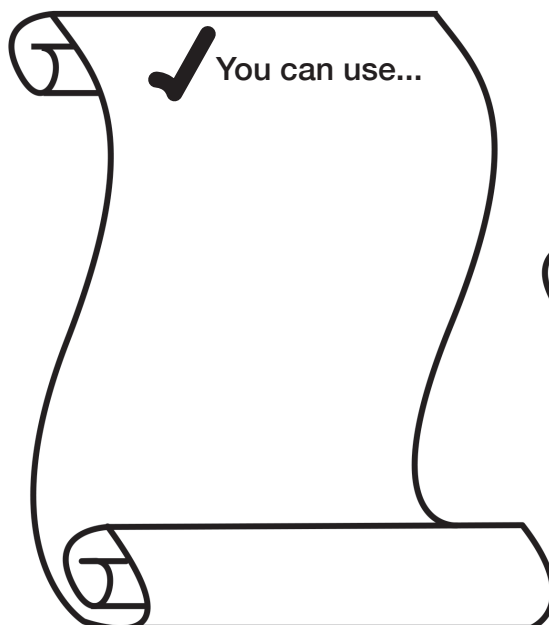
Activity sheet 5: Please don't say that

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



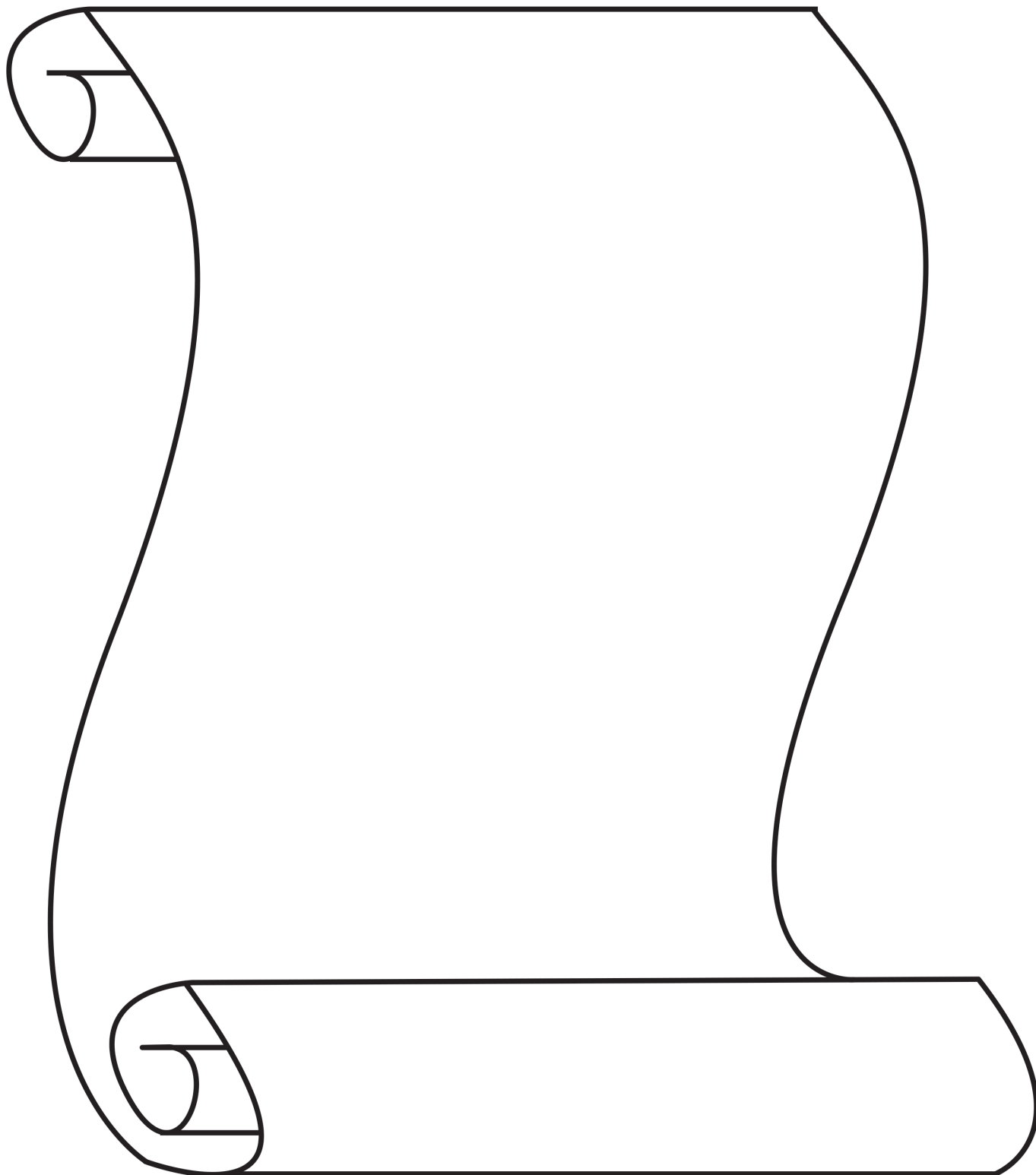
Activity sheet 5: Please don't say that

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



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?

