

Charlie's Children & Young People Missing Loved Ones

BEREAVEMENT

It's ok to feel upset, angry, cross and cry lots or not at all..... Everyone feels differently at different points and adults around you may be feeling the same as well.

Remember all these feelings are ok and there is not a right or a wrong way to miss someone, your loss is as unique as your relationship with that person.



You must remember that this is not your fault!!!

Make sure you have time to speak to an adult/family member that you trust about how you feel.

Build your own memories.

MEMORIES

Make time to build your own memories; maybe think about making a Memory Box. This is to include all your pictures, cards, photos, and items that remind you of your special person. This is your box and therefore it is important that you record the items/details that mean the most to you. Also include notes about places you went, your favorite thought of them, something that they did that made you laugh and something that made them special. This box is for you to have somewhere safe so that you can look in it when you're missing them and when you want to remember them. Also decorate the outside of the box, with maybe their favorite colour, photos and/or their name.

WE DIDN'T REALISE WE WERE
MAKING MEMORIES. WE JUST KNEW
WE WERE HAVING FUN



You could do a scrapbook instead, use the photos, cards, letters, postcards, tickets from places you went together. If you are a creative person you could draw a picture of your special person. Be colourful and remember that it is something that you can add to. Add things you remember, photos of things you may have planned to do together.

June 2020

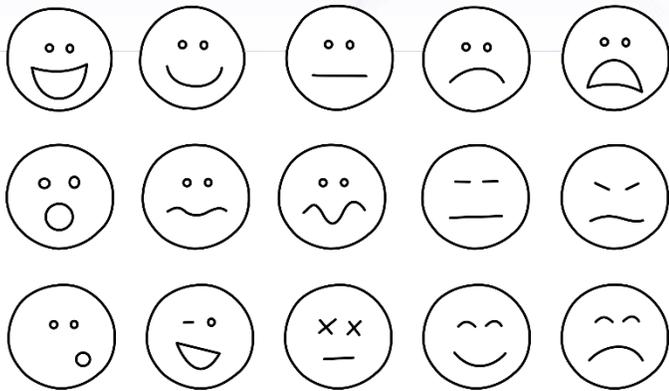
Take time for you



REMINDERS

Use a journal/dairy to record how your feeling, your emotions, and things you would like to say to the adults/loved ones around you if you do not feel able to tell them.

Write do things that you would like to do with your special person again, miss doing or how your feeling. Include things that you would like to say to your special person and things you want to tell them.



Always remember that your memories are yours and no one can change those or take them away.

Talk about your special person, how much you miss them with other family members. Talk about funny things that happened, favourite jokes they used to say. It maybe nice to plant a tree or plant in the garden so that you can all sit there when you want to talk to the special person or you would like quiet time to think about them.

SPECIAL DAYS

Ways to remember your special person on their birthday, anniversary, Mother's/Father's Day;

- Blow some bubbles and imagine they are carrying messages to them
- Have their favorite meal - Pizza, Takeaway, Pudding
- Write them a write/poem/song.... Maybe start with "If I could see you again" or "What we could do if you were to visit"
- Ask other family members to share their memories of your special person and put together a book of their life

Let people around you know how you feel!
Be honest about your feelings and tell those you trust. They will be able to support you and hopefully make things better if you know how your feeling.



Your not alone

