

## Making your lapbook

This lapbook couldn't be simpler to make up.

You need one sheet of A3 card.

Measure 12 cm on the left side of the sheet of card and make a fold. It is better to score it using a ruler as a guide before folding.

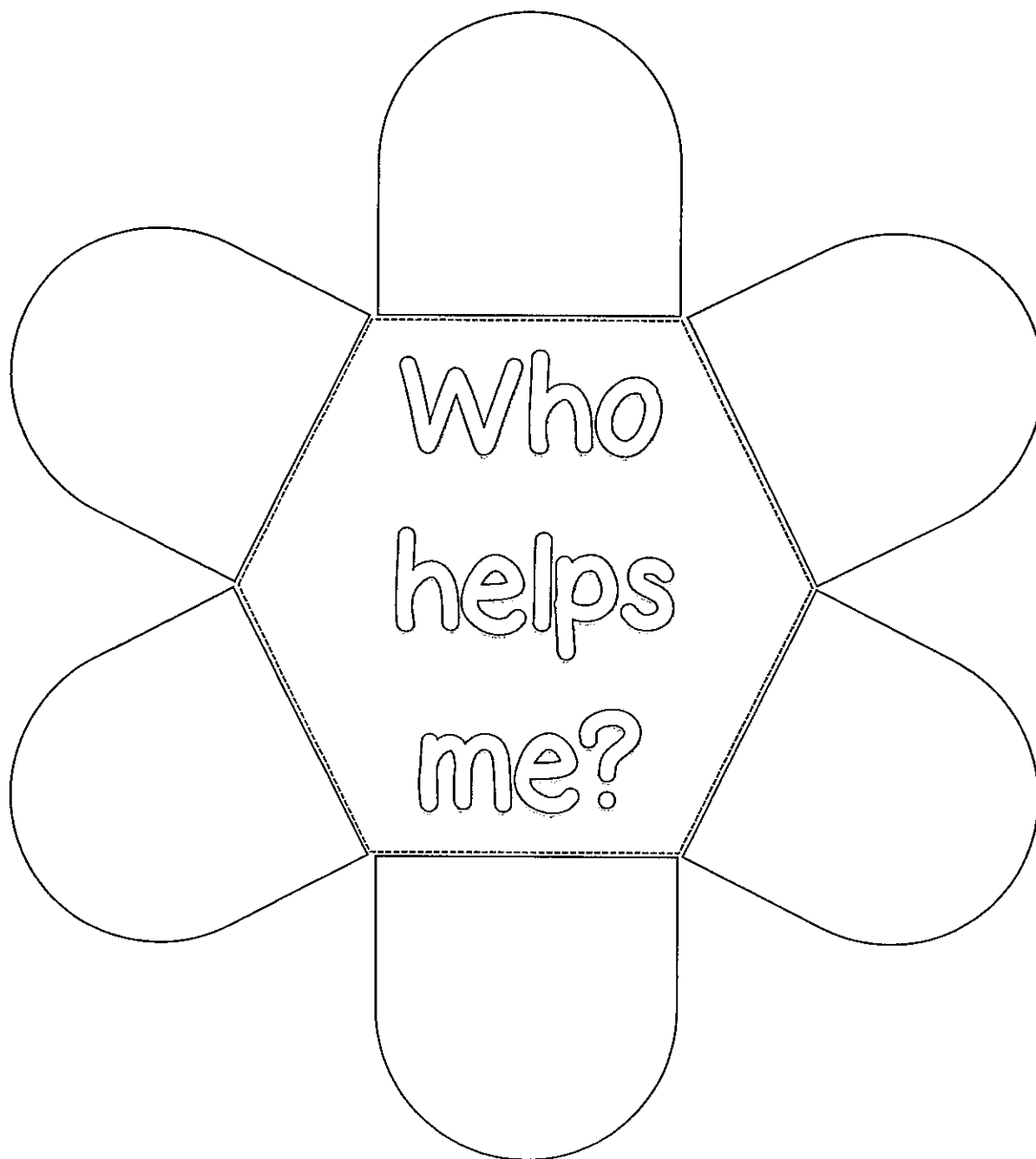
Measure 11 cm on the right hand side of the sheet of card and make a fold.

You can add a bit of sticky Velcro to fasten the front covers at the front but it isn't necessary.

That is it! Your lapbook is ready to fill with lots of wonderful activities.





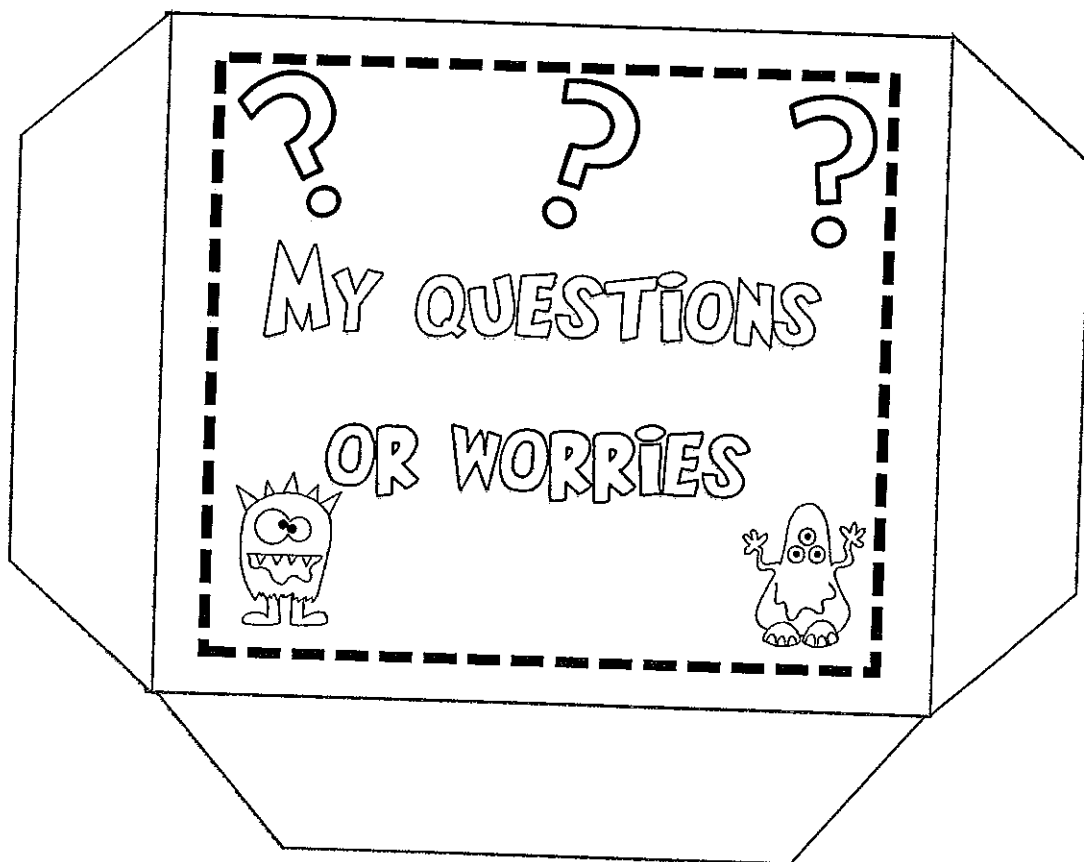


It is important that children are aware of the support network around them when they have lost someone close to them. Print onto card or paper and on each flap ask the child to write either:

- A family member (or members)
- Teachers, ELSAs, Teaching Assistants
- Their religion
- Friend's names
- Any counsellors involved
- A pet's name
- Any clubs or groups that they belong to – Brownies, cubs etc.
- Any neighbours
- Any other thing or person that the child can think of.

Cut out the shape and fold all the petals inwards. Remind the child often of all the things that are there to support and help them through this difficult time.





Children may have lots of questions about why their loved one has died or has left. You can't answer all those questions for them but you can give them the opportunity to write them down. You can certainly reassure them that no matter what has happened it isn't their fault. Some questions might be able to be answered by family or friends and you can encourage the child to ask these questions at home. Any worries can be discussed with you and reassurance given where possible. If there are a lot of worries and the child appears very anxious then please refer to a professional for support.

Print out the pocket, fold back the sides and stick to the lapbook. Print out the blank writing templates and pop into the pocket.



Handwriting practice box with five horizontal lines and a large question mark on the right.

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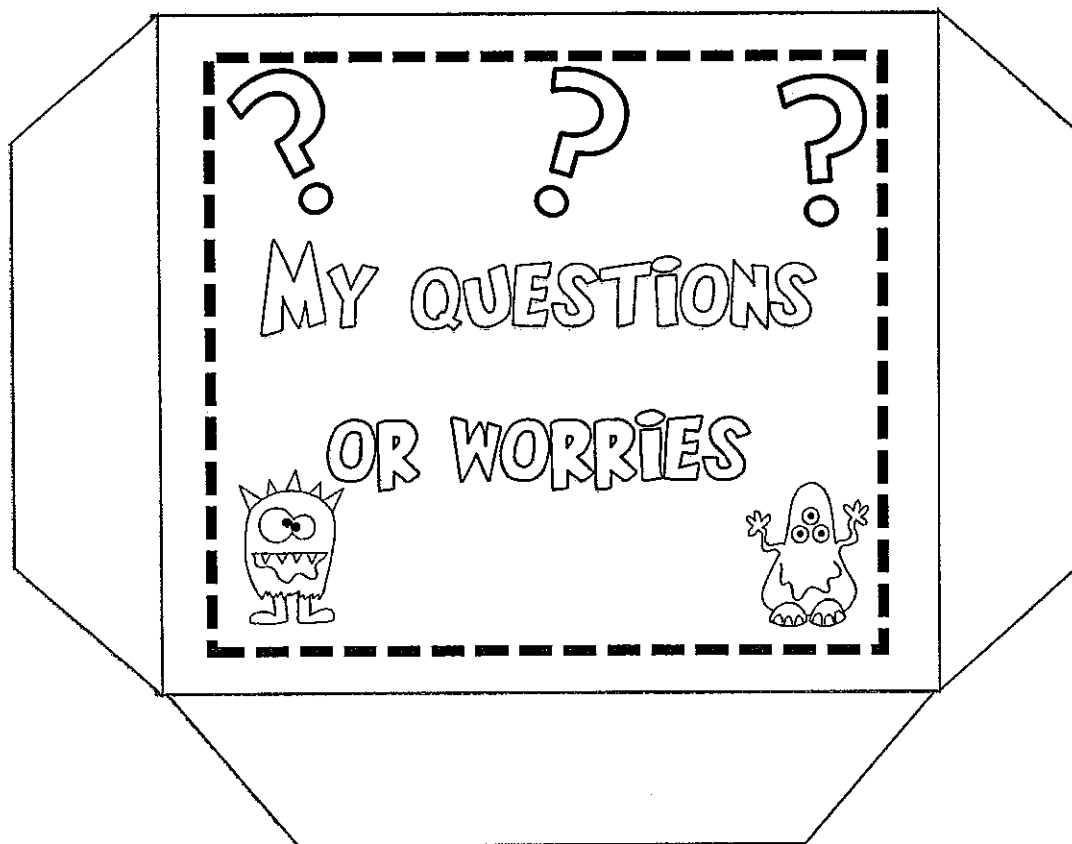
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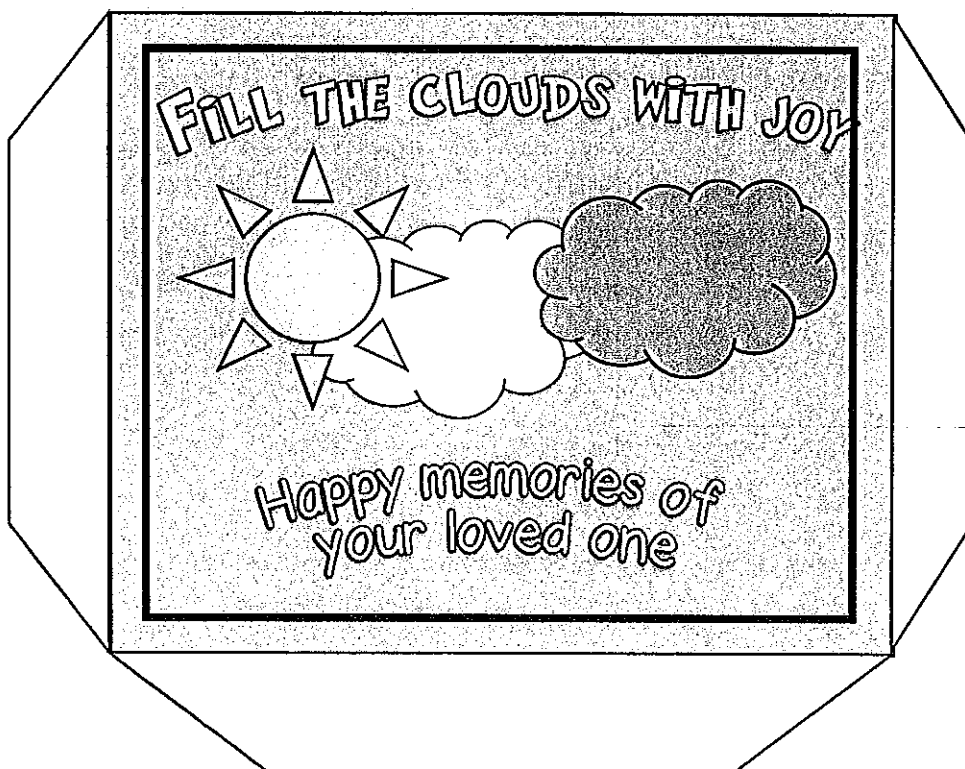
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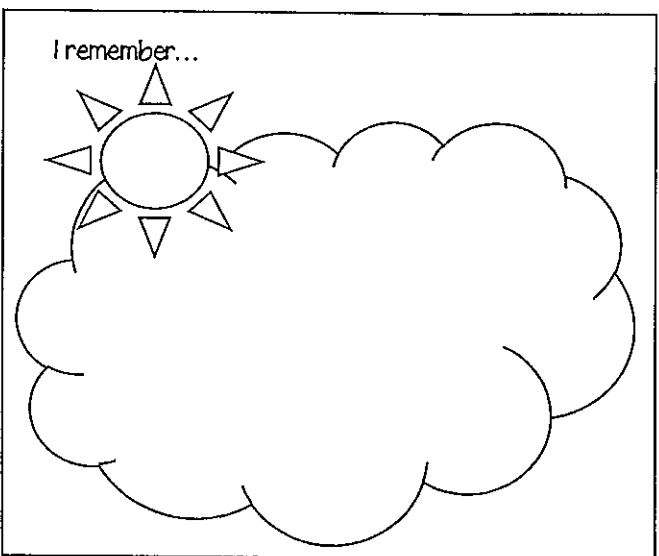
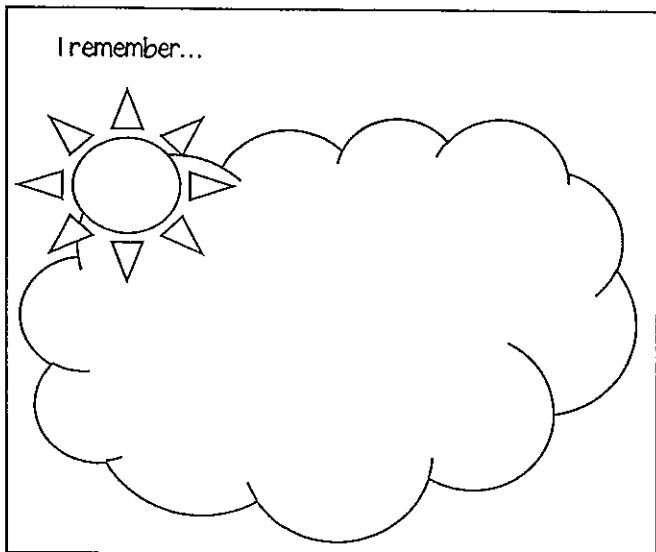
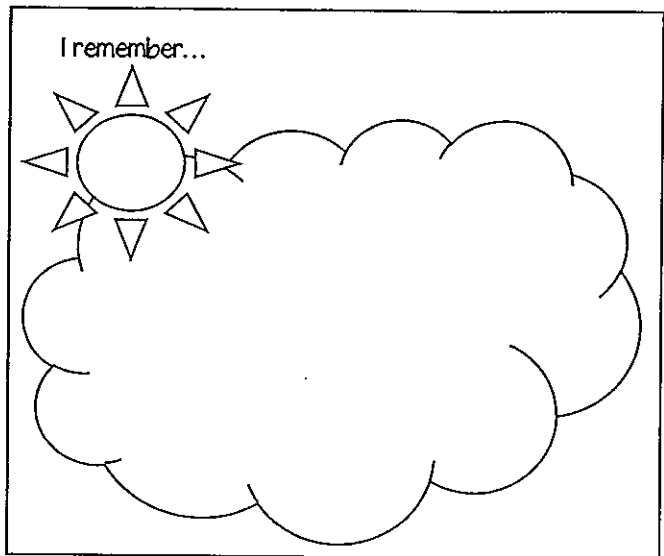
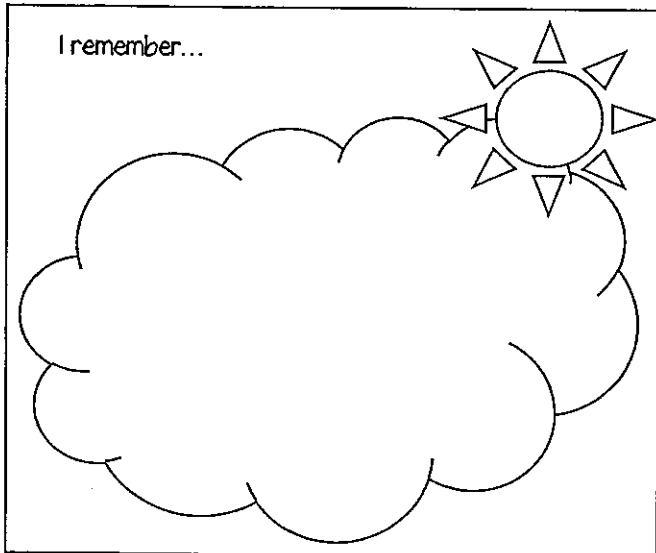
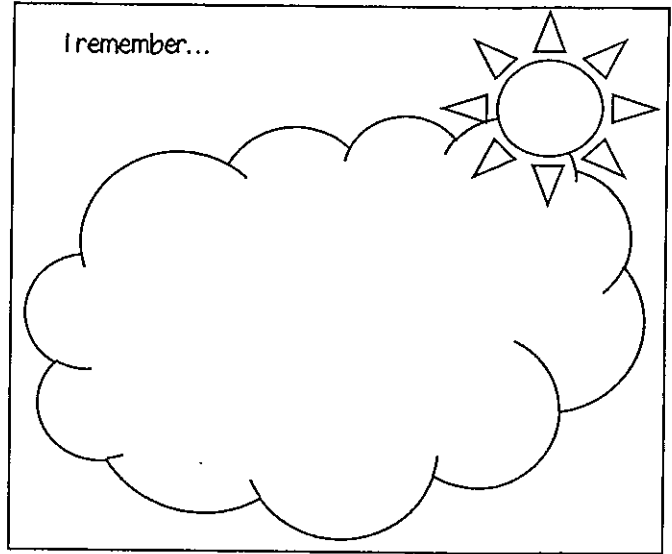
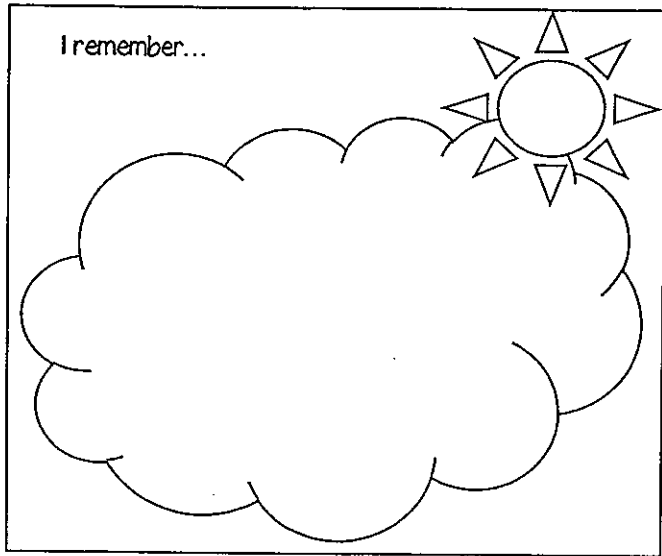


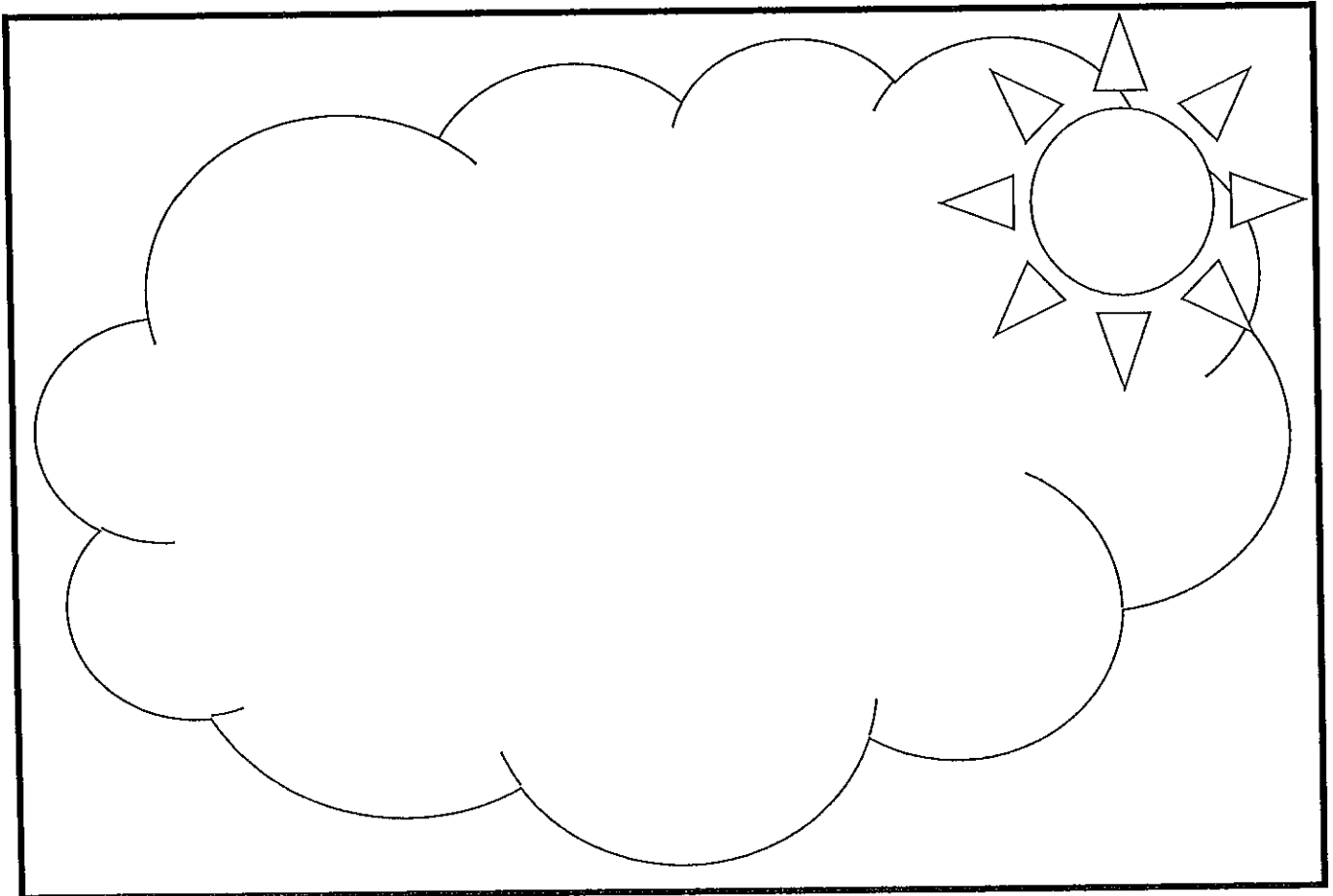
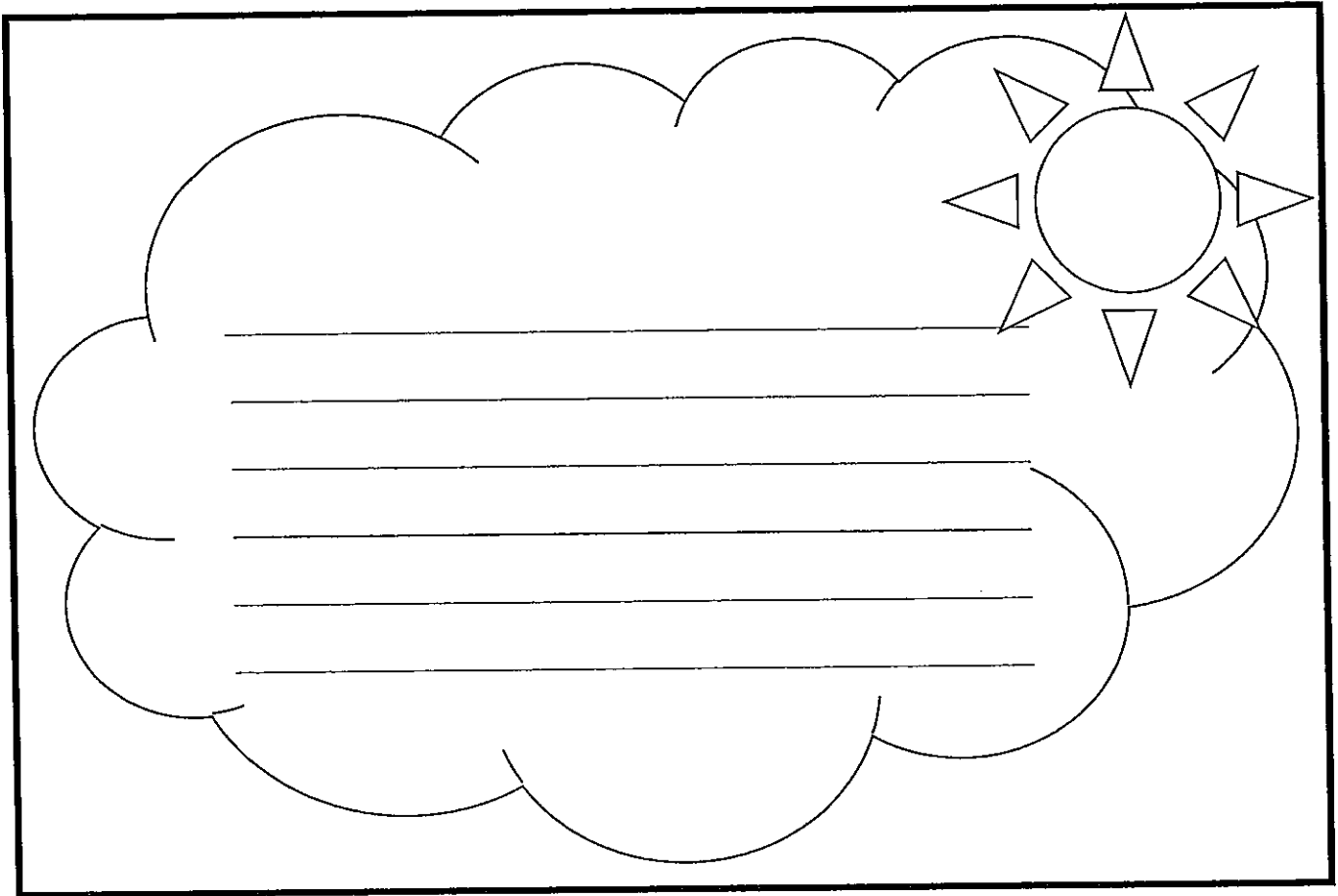
Print the pocket onto card and cut out.

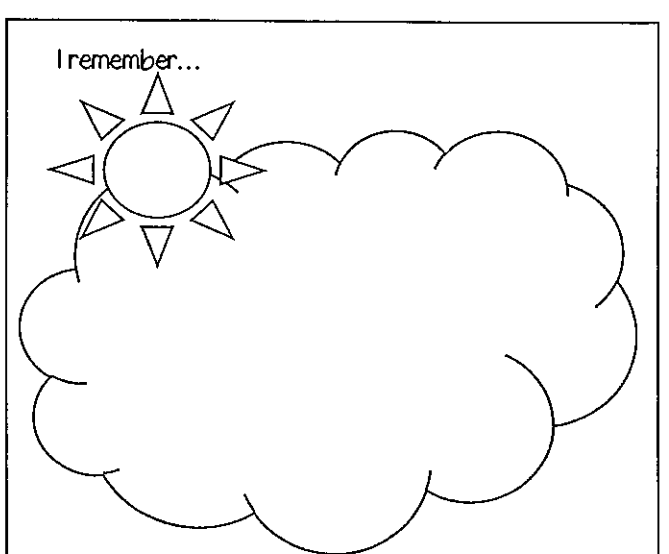
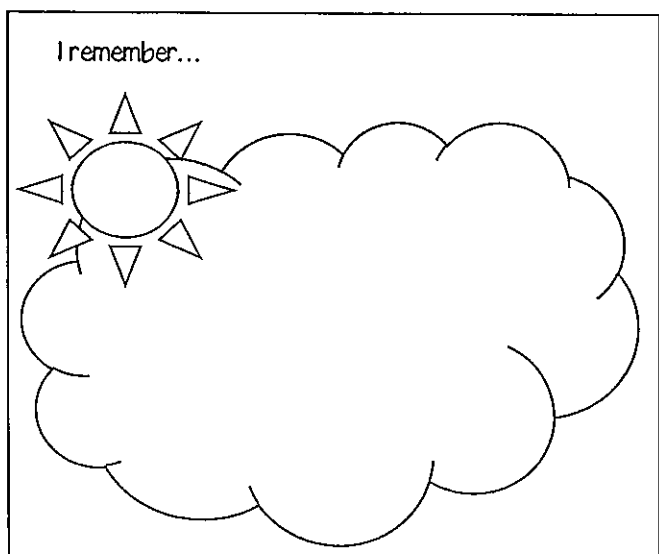
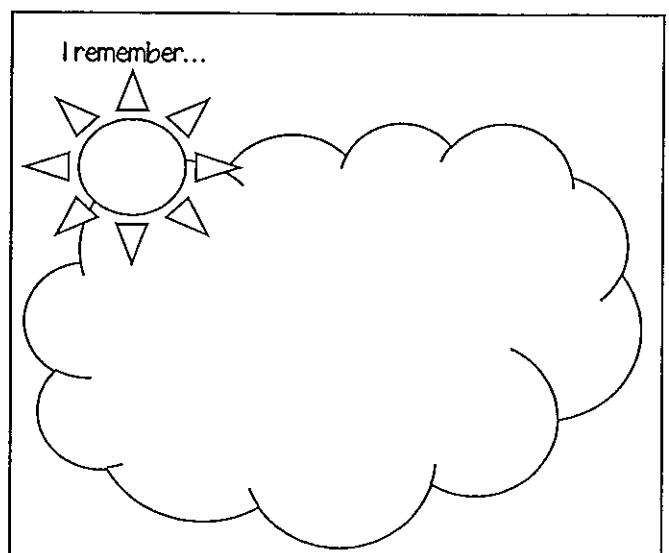
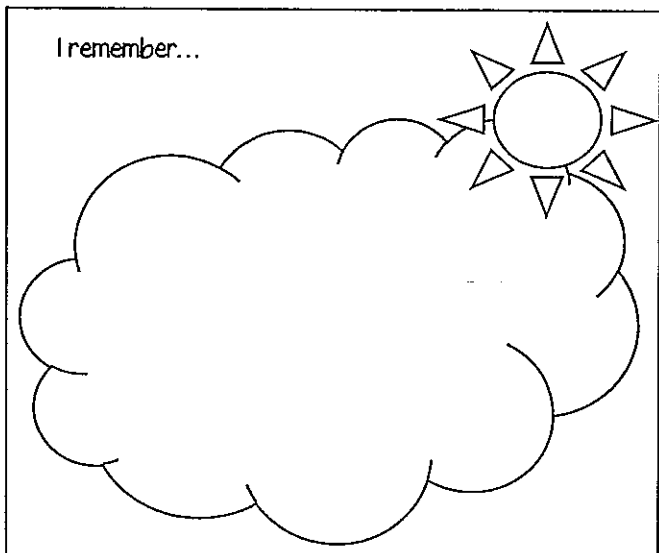
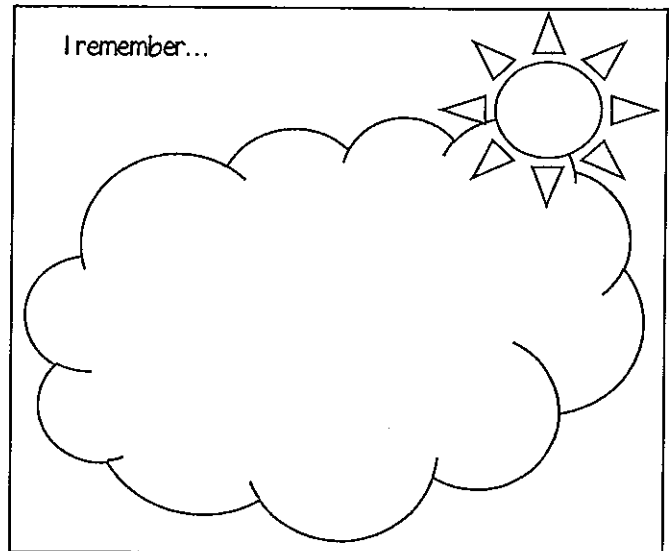
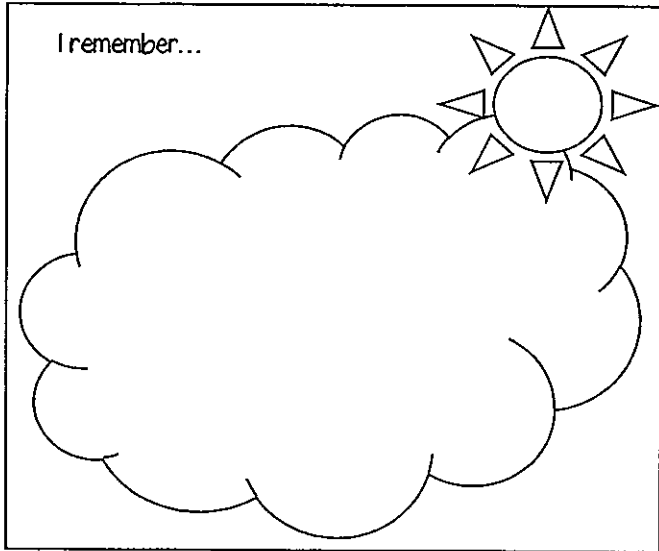
Discuss how grief or sadness can feel like a cloudy day. The sun doesn't come out and it feels dark and cloudy. Ask them to fill the clouds with all the wonderful memories they have of their loved one. It might just be a word or two but those memories will light up the clouds and allow the sun to shine again. There are some small cards they can fill in or there is also a larger cloud if they want to write or draw. The larger cloud can be folded up to put in the pocket. Drawing is fine but get them to talk about what is in their picture.

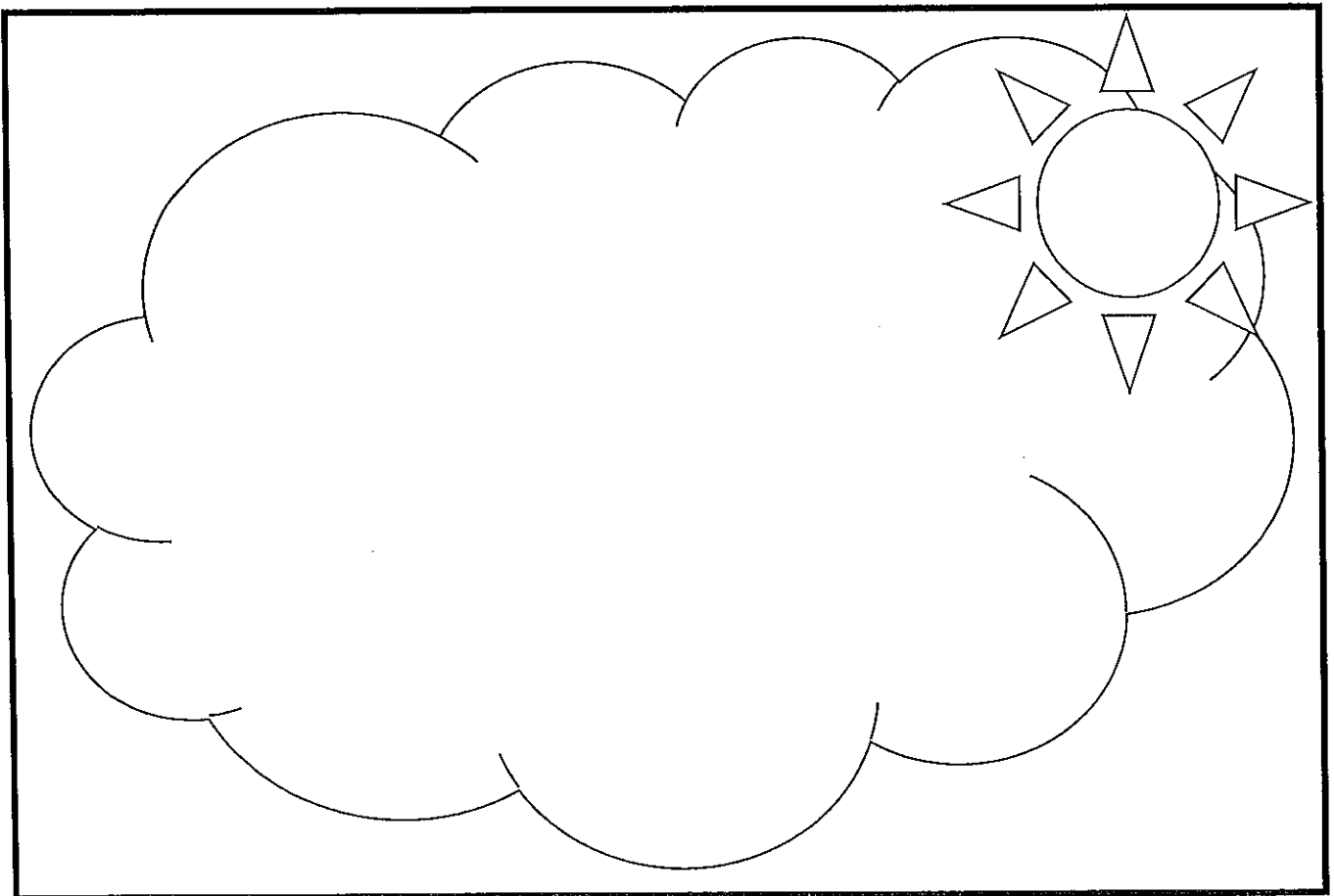
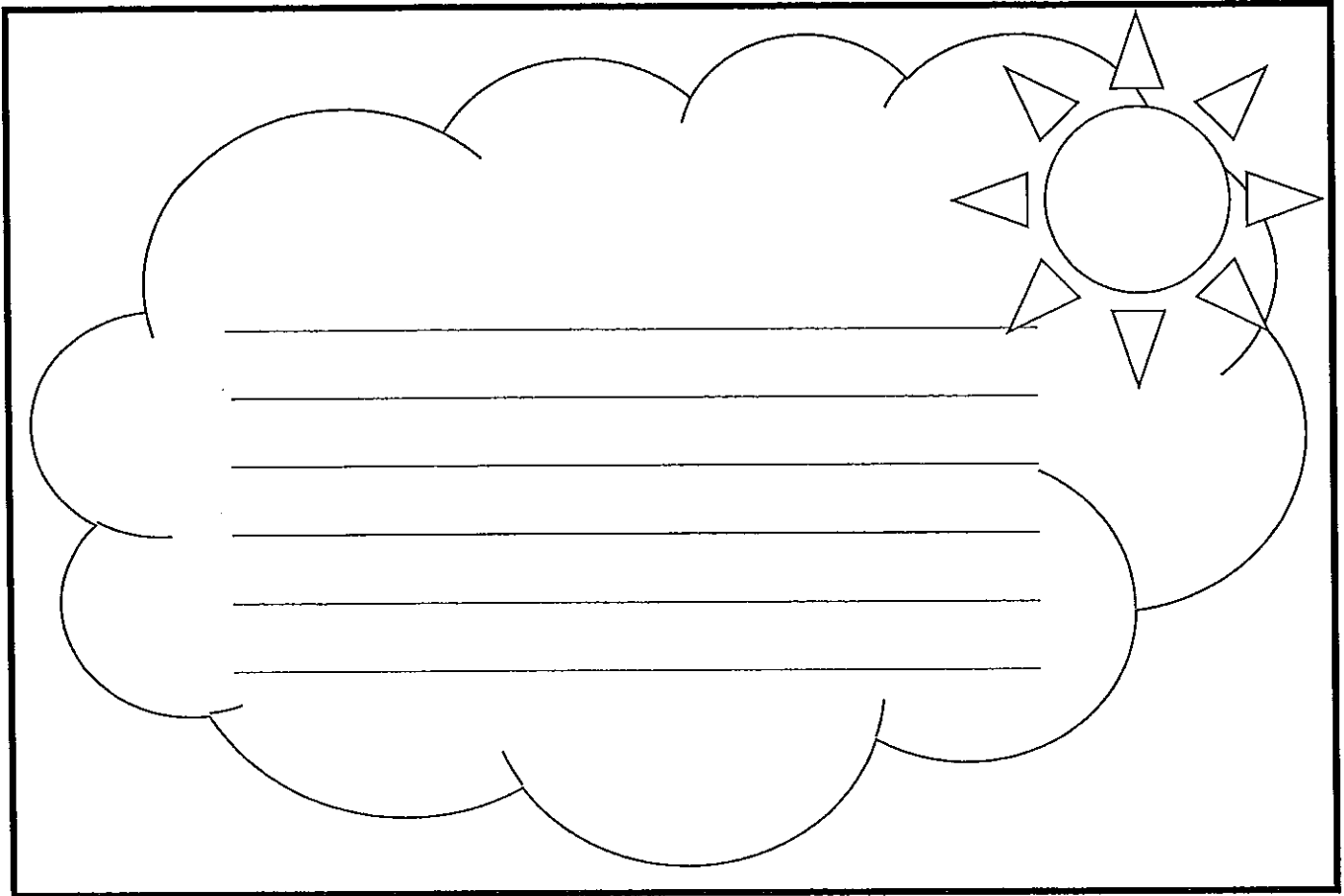














## About me – Tag book

Print onto paper or card and cut out carefully. Answer the questions and then punch a hole through where indicated. Fasten to the lapbook with a split pin or a treasury tag.

ABOUT  
ME

The thing that makes me feel the saddest is...

If I could talk to the person who has died I would say...

My worst memory is...

One thing I liked to do with my loved one was ...

The thing that makes me feel the happiest is...

The person who understands me the most is...

The thing that makes me feel the angriest is...

I feel better when...

When I am alone I like to...

If I could change things I would...

I said goodbye to my loved one by...



Make a salt jar. Crumble colour chalk into salt to colour it. Fill the jar with different coloured layers. Each layer representing something about the person who has died. Keep your salt jar to help you remember your loved one.

Remember it is ok for you to have fun. When you do other things it takes your mind away from feeling sad. It helps you forget for a while. So run, jump, play sport, watch TV, do some craft, art, drawing, painting, playing with friends or anything at all that keeps your mind occupied on other things for a while.

Make a paper chain. Every day your loved one is gone add a link to a paper chain. You could write on things you want to tell your loved one when you see them again. You might want to tell them about something you did at the weekend or what you did at school.

If you know how long your loved one is going away for you could make a paper chain together before they go. One link for every day. Each day they are gone you can take off a link. You will see day by day how quickly time is going and you will soon see your loved one again.

When someone is no longer with you anymore it is normal to miss them a lot! What will you miss the most? Draw a picture or write about what you miss most. You won't always miss them quite as much as you do now. In time you will start to feel better.

Each birthday, mother's day, father's day, or Christmas make a card for your loved one. You can share how you are feeling and what you might say to them. Display the card in your bedroom as a way of celebrating their life.

Make a 'Scream box'. Sometimes you might feel really angry and want to scream, shout and stamp your feet. Get an empty cereal box, cut out a circle at the top and put an empty paper towel tube through the hole. Stuff crumpled paper around the tube to fill the cereal box. Scream into the box as loud as you need to.

Do you have regrets? Is there something you wish you had said, or done or something you wish you hadn't said, or done to the person who has died? Write all your regrets on a piece of paper. Then tear them up into tiny pieces. Throw them up in the air. Let go of all those regrets. Regrets are not good for us to hold onto. Releasing your regrets like this will help you to feel better.

Make a memory mobile to hang in your room. Use a paper plate and put a picture of your loved one in the middle of the plate. At the bottom of the plate punch some holes. Thread wool through the holes and hang stars from the string. On each star write something about your loved one.

Write a poem about your loved one. Each sentence of the poem beginning with 'I remember...'

I remember drinking hot chocolate in the snow with \_\_\_\_\_

I remember cuddling \_\_\_\_\_

I remember laughing until we cried

I remember the smell of her/his perfume.

Write a message to your loved one, tie it to a balloon and let it go up into the air.

At Christmas time, decorate a bauble and hang it onto the tree to remember your loved one.

Create a calendar with all the significant dates that you want to remember. It might have your loved one's birthday, mother's day, father's day, the day they died, the day they got ill, the day of the funeral or any other significant date for you

Make a memory book. All you need is a big book with blank pages. Decorate the cover and fill your book with anything at all that reminds you of your loved one. You will most certainly want to include lots of photographs. You can write about your thoughts and feelings in your book. This book is for you and you can share it with others only if you want to.

Sometimes when you are sad you might have bad dreams. To help you sleep better then make a dream catcher. You can do this with a paper plate. Cut out the middle of the plate, punch holes around the edge and thread wool through like a spider's web. This will catch all the bad dreams. Hang beads and feathers from your dream catcher.

If you are worrying a lot about things, then make yourself a worry doll. You can make one out of a dolly peg. Decorate with bits of material and draw a face on your doll. Tell your worries to the doll and put it under your pillow when you go to sleep. The doll will take away your worries.

Design a photo frame for a photograph of your loved one. You can decorate it in any way that you choose. Hang your photograph up to remind you of them.

Draw or paint a picture of the person who has died

Make a memory bracelet. Put a bead on your bracelet to represent your loved one's:

- Favourite colour
- Month they were born
- Happiest memory with them
  - Favourite food
  - Favourite season

Add other beads to represent other memories or special things about your loved one

Paint a pebble with something that reminds you of your loved one. You can keep it in your pocket and it will give you comfort when you feel sad. You could also do one to put on your loved one's grave or you could make a little memorial garden at home and lay your pebble there.

Did your loved one like flowers? You could get a plant pot and plant a flower. Water it daily and take care of it. This flower can remind you of your loved one. Forget me nots are good flowers to plant.

Make a memory box. Paint a cardboard box and decorate with stickers, glitter, sequins or anything at all that you choose. Put your treasures in the box for safe keeping. You might want to put some photographs, jewellery, a letter to your loved one, a pebble, a drawing or anything at all that is a memory of your loved one.

Make a family tree, including all your family members and yourself.

Ask everyone who is included on the tree about their favourite memory of your loved one.

Write/draw or tell the story of your life. What was life like before your loved one died? How did they die? What happened? What is life like now they have died?

You could draw a comic strip and include pictures of what happened. You could write the story or you could use a puppet to tell the story. It is up to you because it is your story.



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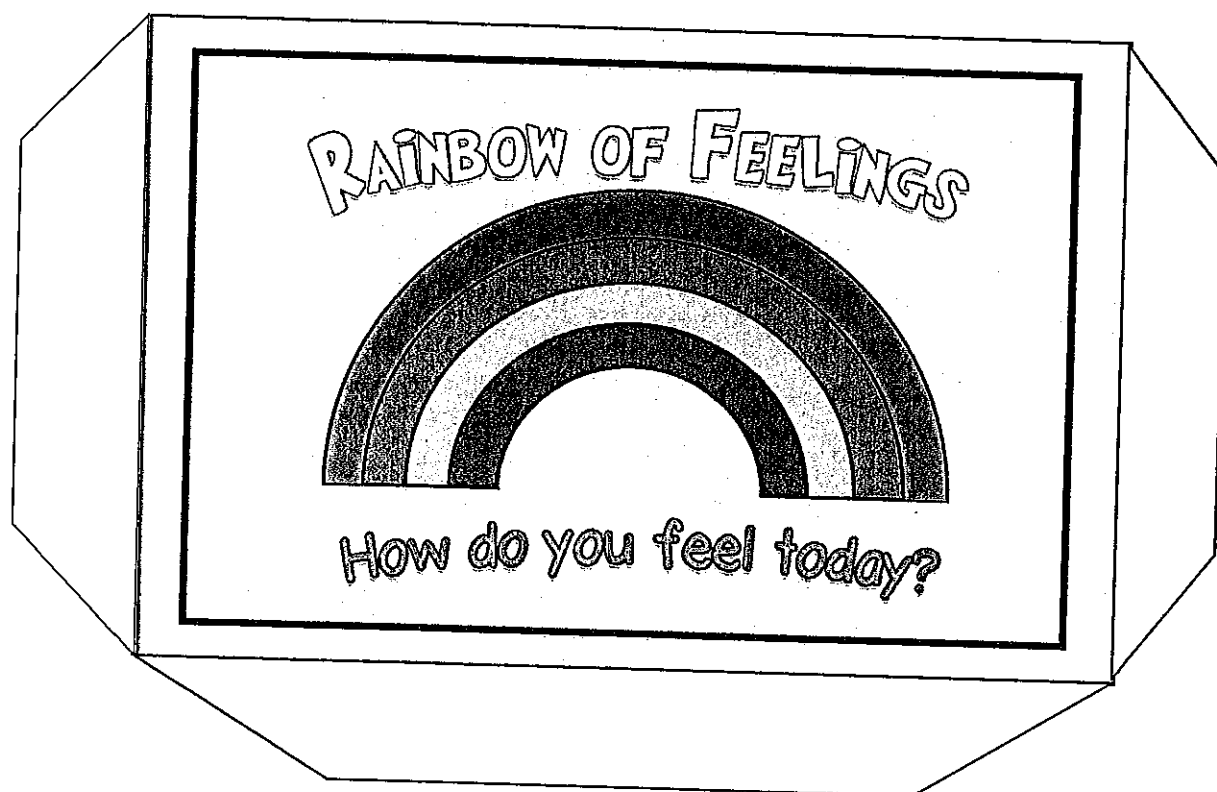
This pocket contains lots of coping strategies to help the child feel better. Print out the cards and pop into the pocket. Choose one of the cards to do or talk about each session.



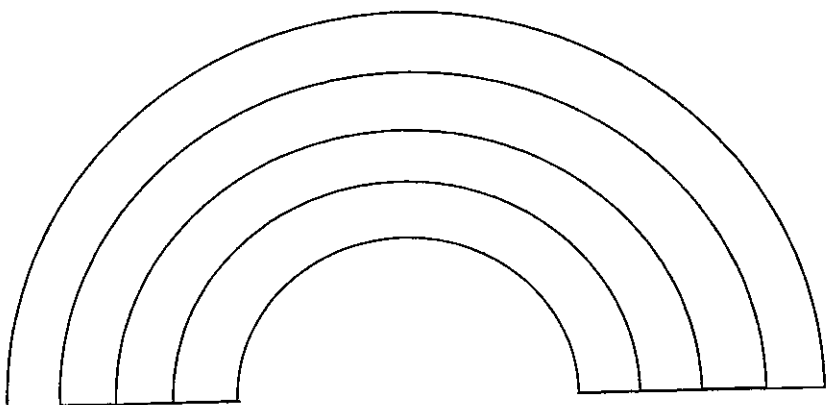


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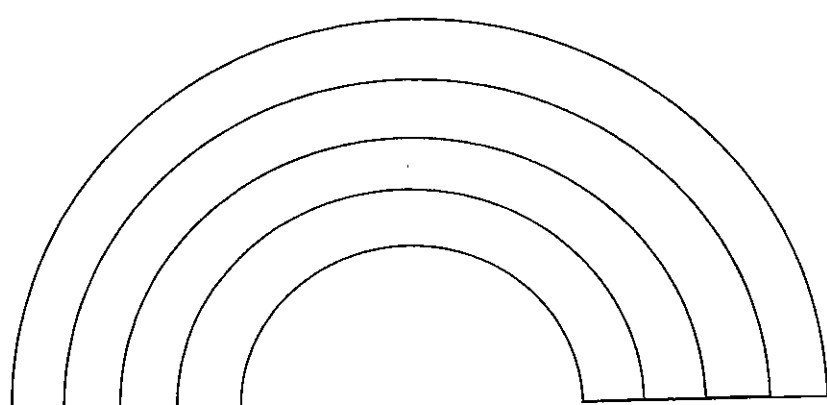
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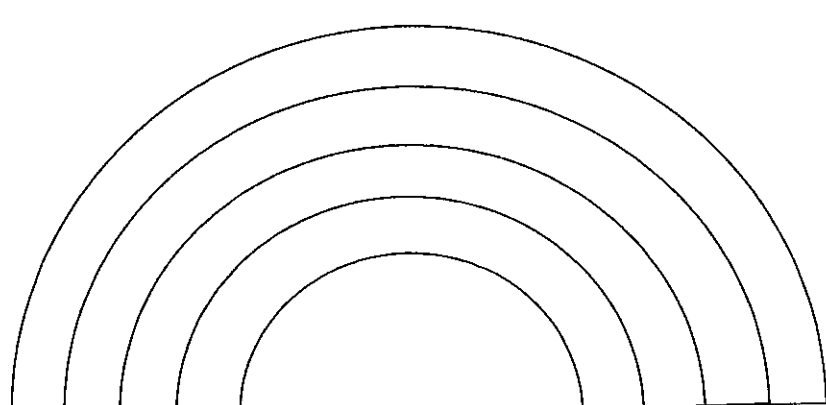
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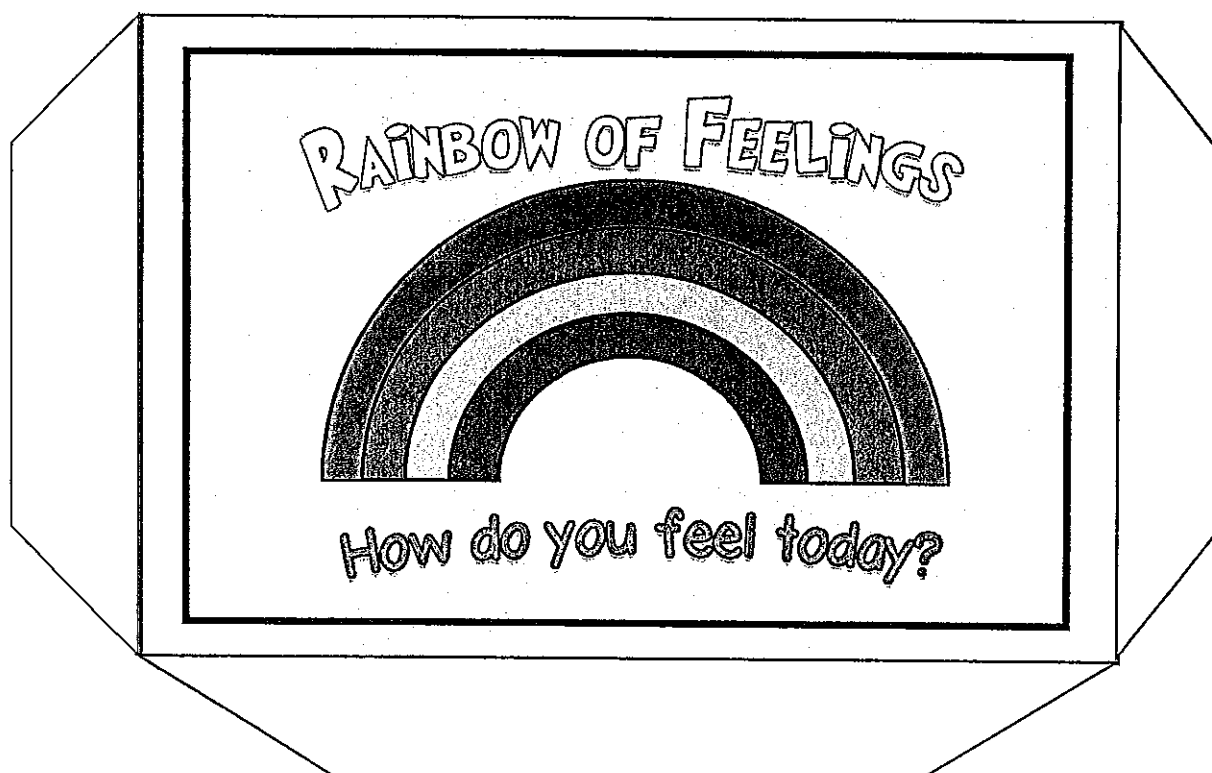
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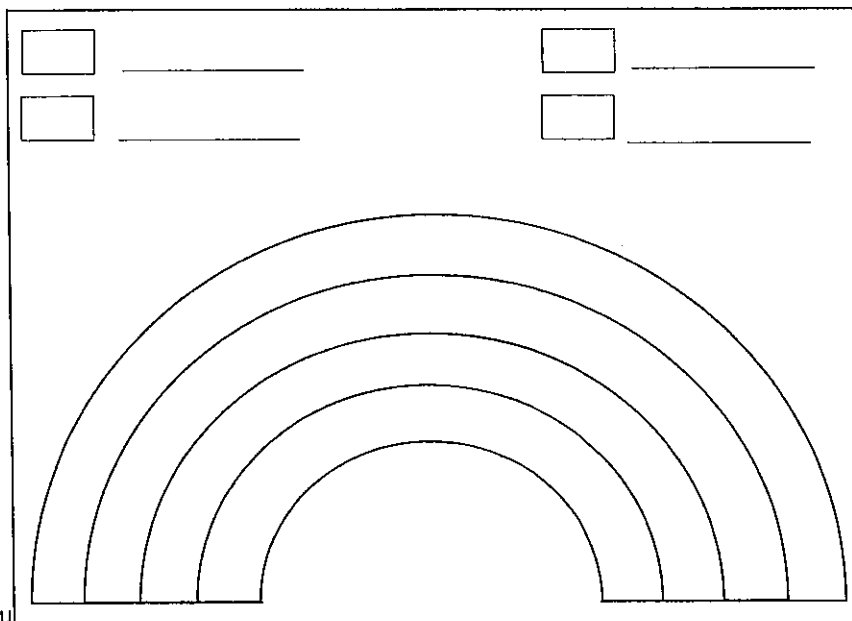
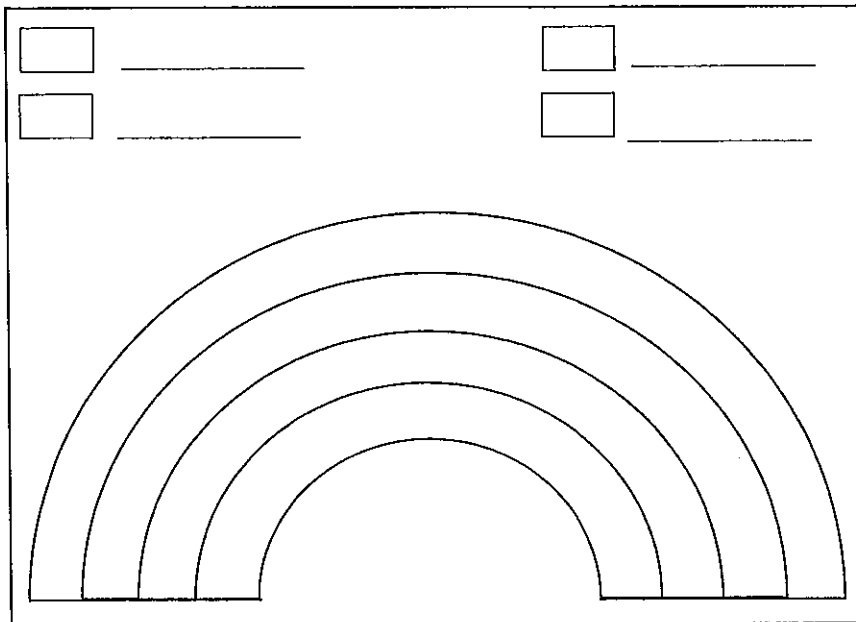
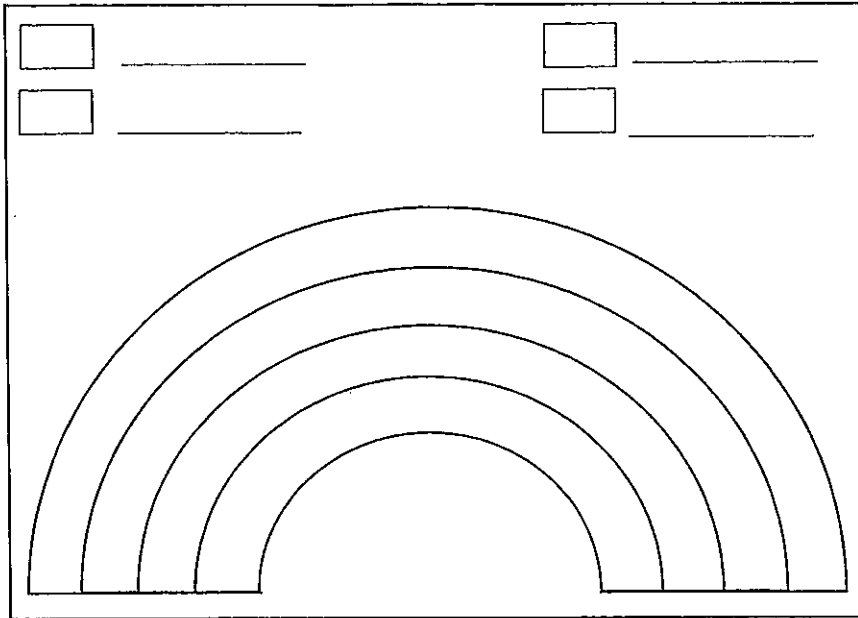


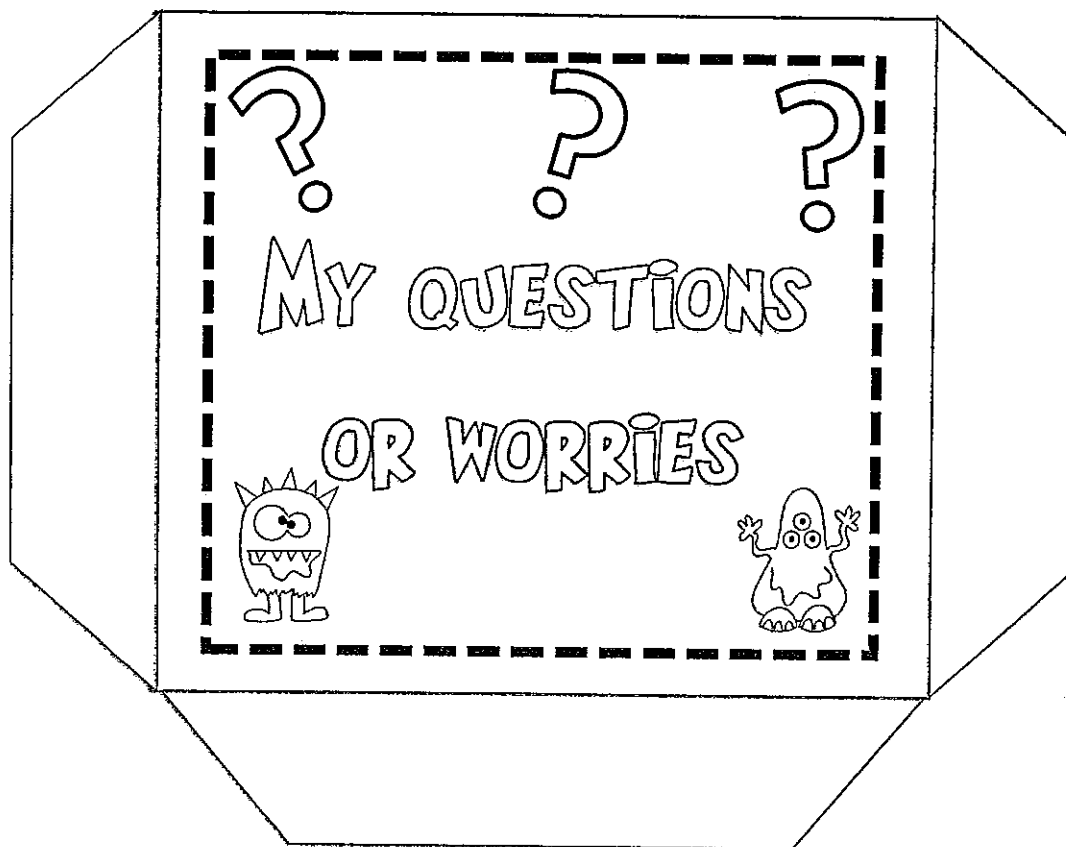


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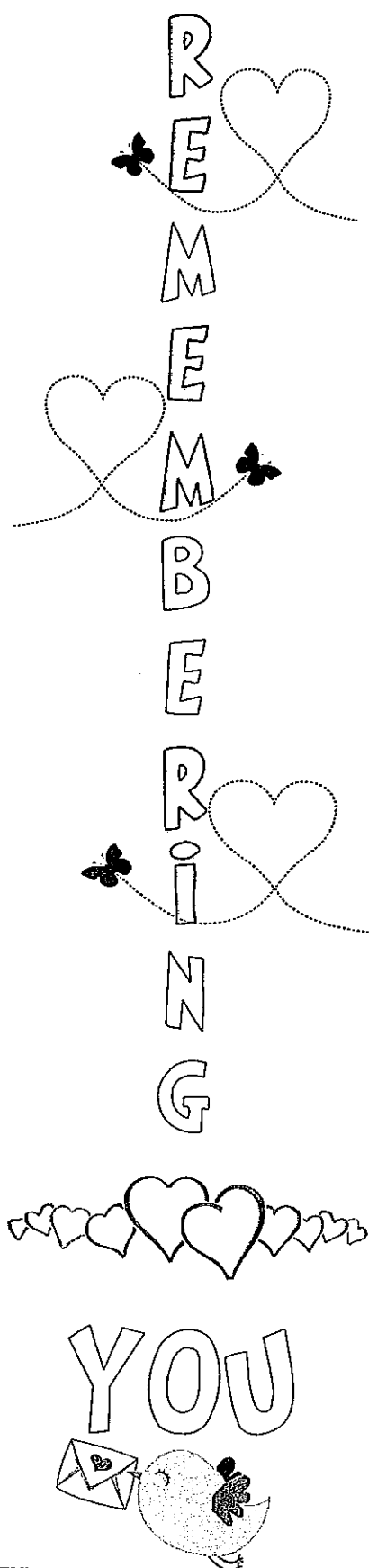
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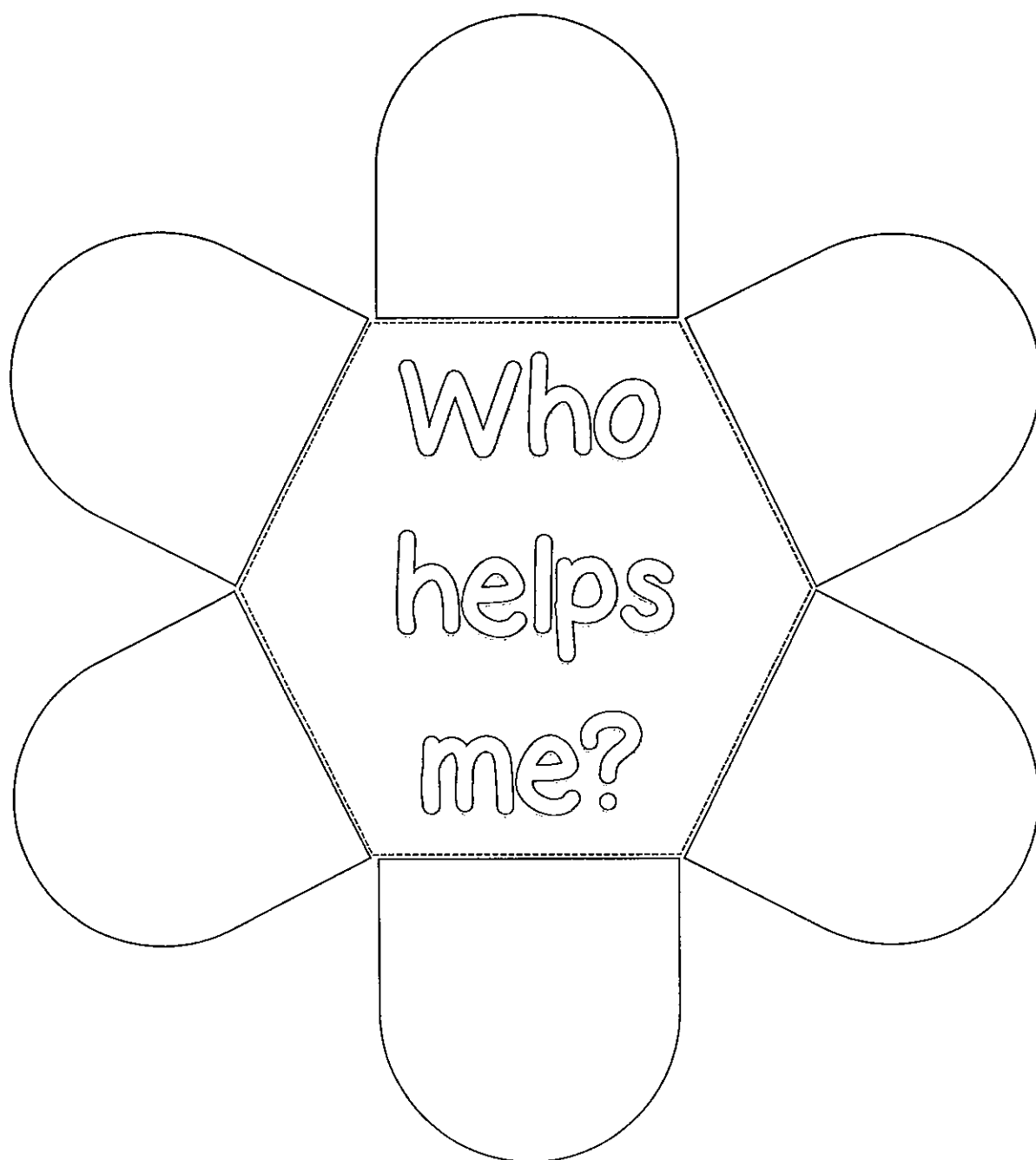
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Print onto card, cut out and stick  
to the right hand flap on the  
lapbook.







It is important that children are aware of the support network around them when they have lost someone close to them. Print onto card or paper and on each flap ask the child to write either:

- A family member (or members)
- Teachers, ELSAs, Teaching Assistants
- Their religion
- Friend's names
- Any counsellors involved
- A pet's name
- Any clubs or groups that they belong to – Brownies, cubs etc.
- Any neighbours
- Any other thing or person that the child can think of.

Cut out the shape and fold all the petals inwards. Remind the child often of all the things that are there to support and help them through this difficult time.



## About me – Tag book

Print onto paper or card and cut out carefully. Answer the questions and then punch a hole through where indicated. Fasten to the lapbook with a split pin or a treasury tag.





The thing that makes me feel the angriest is...

When I am alone I like to...

I said goodbye to my loved one by...

The person who understands me the most is...

I feel better when...

If I could change things I would...



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