

# Dealing with grief and loss

A workbook for children with  
special needs



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Authorised by the Department of Education and Early Childhood Development,  
2 Treasury Place, East Melbourne, Victoria, 3002.

## A message for teachers, parents and carers

Dear parents/carers and teachers,

You can assist children with special needs to develop ways of expressing their emotions and feelings following a loss as a result of the recent bushfires in Victoria.

Children with special needs will look to you to provide them with a safe environment and give them comfort following the loss of someone special in their life.

Children will respond in an environment where they know you care for them and will respond to their signals and signs.

This workbook is intended for children with special needs to nurture their emotional healing and to promote problem solving skills and coping strategies. Children will need different levels of support to complete this workbook, depending on their individual needs and learning styles.



## A book to help you when someone special dies

This book has been written to help you because someone special to you has died. Sometimes it is hard to understand when someone special dies.

There are some activities in your book and you can write, draw or cut out pictures or use photos and paste them in.



Stick in a photo or draw your special person



Write the person's name \_\_\_\_\_

## About me

Stick in a photo or do a drawing of you



My name: \_\_\_\_\_

My age: \_\_\_\_\_

My favourite animal: \_\_\_\_\_

My favourite food: \_\_\_\_\_

About me

My family:

My friends:

My school:

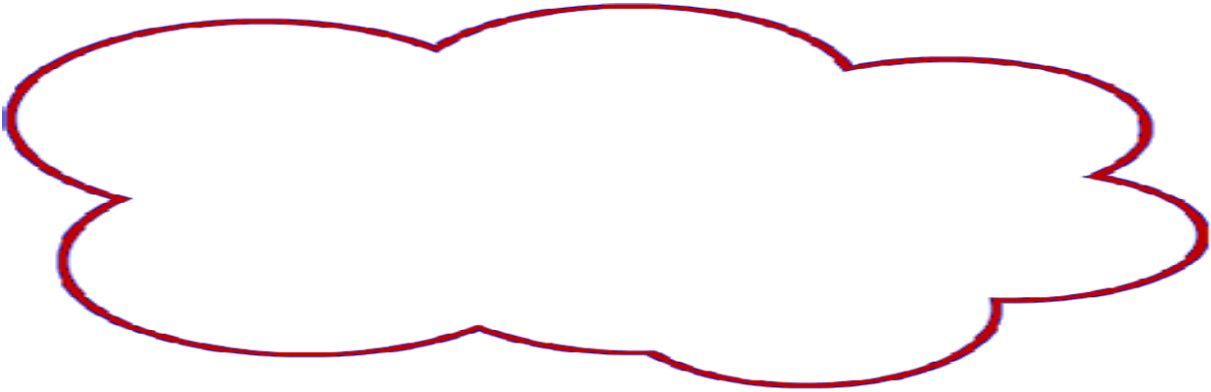
My best fun thing to do:

## My special person who died

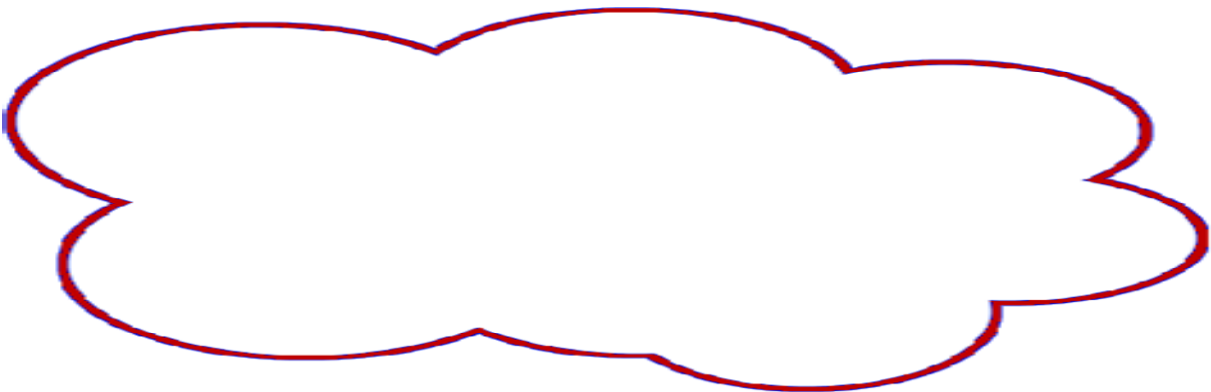
Name:

Age:

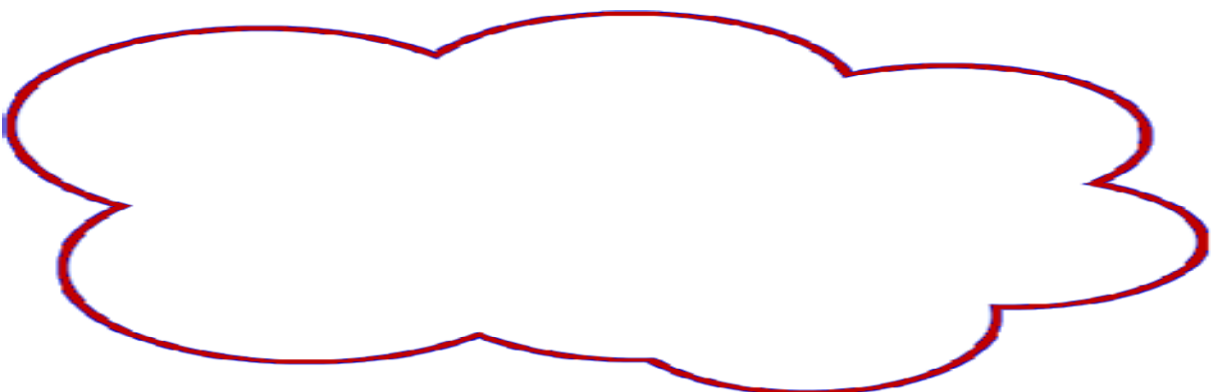
Favourite animal



What made your special person laugh?



What did your special person do that was funny?

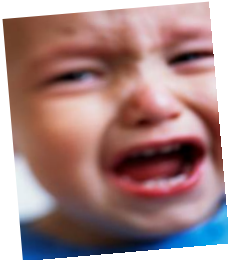




Circle how you are feeling



Happy



Sad



Angry



Worried



Mad



Scared

These feelings are sometimes hard to talk about. It can help if you talk to or show someone how you feel.

## Remembering your special person

What did you do together?



What did your special person like?



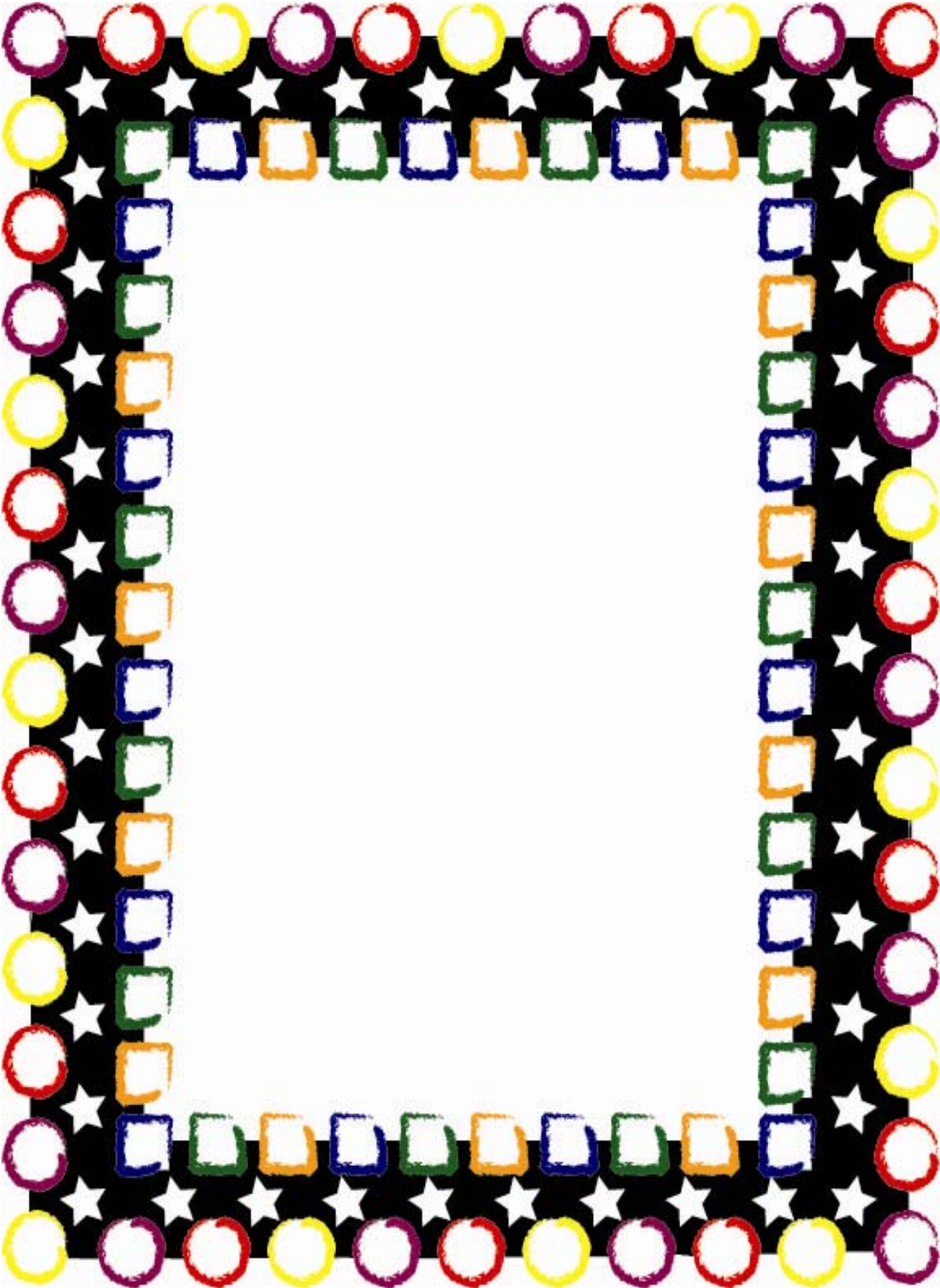
What did your special person not like?



What is different now that your special person is not here?



What do you remember most about your special person?



Very special people care about you

You can draw or name your very special people



Add more people...





# What can you do with your very special people who care about you?

Play with



Talk to



Have a hug from



Run with



Have fun with



Your very special people can help you to feel better!





## Send your special person who is not here a message

Can you write or draw what you would like to tell your special person?



Make a memory box and put things in it that you would like to keep that are about your special person. You might want to share your special memories with your family or friends.