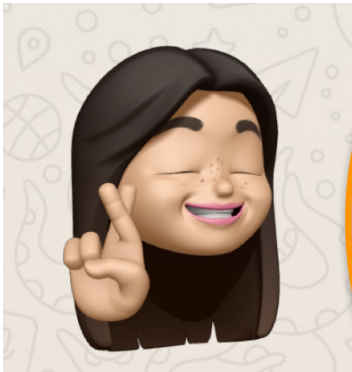


**A space for children to grow.**



## **For the Guide**

If you are using this workbook, I imagine it is because the child you care for and love is facing life experience that is causing emotional pain or confusion. Grief in children can raise anxiety in adults, as we aim to do our best, but feel unprepared.

‘Time4Me’ is a workbook for children. The main aim is to encourage children to begin talking about their experience of grief. We know that children have active imaginations. We also know that adults supporting children through grief may also be grieving too. This makes for a complicated time of remembering, facing the present and sometimes feeling uncertain about the future.

Ideally, start at the beginning, but children being children, will often start where they need to start. This is fine too, and in many ways offer the child an opportunity to take control of their own healing.

**“Sometimes the questions are complicated but the answers are simple”**

**Dr. Seuss**

Children will tell us what they need us to know. Our task is to hear their words and then listen to their feelings.

‘Time4Me’ is designed to assist talk time with children. Please print as many workbooks as is needed for each deceased person. The child will have different stories for each person. Remember, children have active imaginations, which also means they have an incredible capacity to create wonderful ways through their grief . . . we are simply guides and companions.

**Dedicated to all the children in my life now and all the children I have known.**

**I thank you for your openness and reminding me about the 'Gift of Time.'**

**Willis Atherley-Bourne**

**May 2020**

## **This book Time4Me.**

A book made up of things to read and do.  
Time4Me is special because everything that's done here is about Me. Helping other people learn about me. Learn about what I sometimes think and what I sometimes feel.

This is my space for me to learn about my own feelings. A space for Me to talk about a special person.

**This book is a space for Me.**

# About Me

My name is

But I like to be called

My age is

My favourite colour is

My favourite food is

My favourite drink is

My favourite thing is

I don't like

Today's date is

**All children . . .**

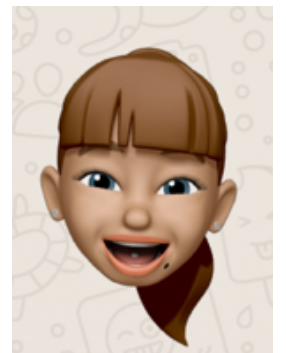
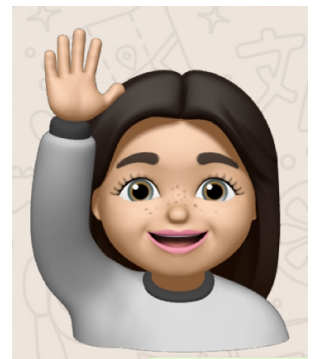
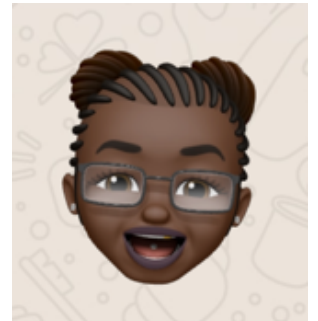
**. . . have thoughts.**

**. . . have feelings.**

**I have thoughts and feelings.**

This book has different faces. When you look at their faces they are there to **help** you. All you do is write or draw.

## Give them names

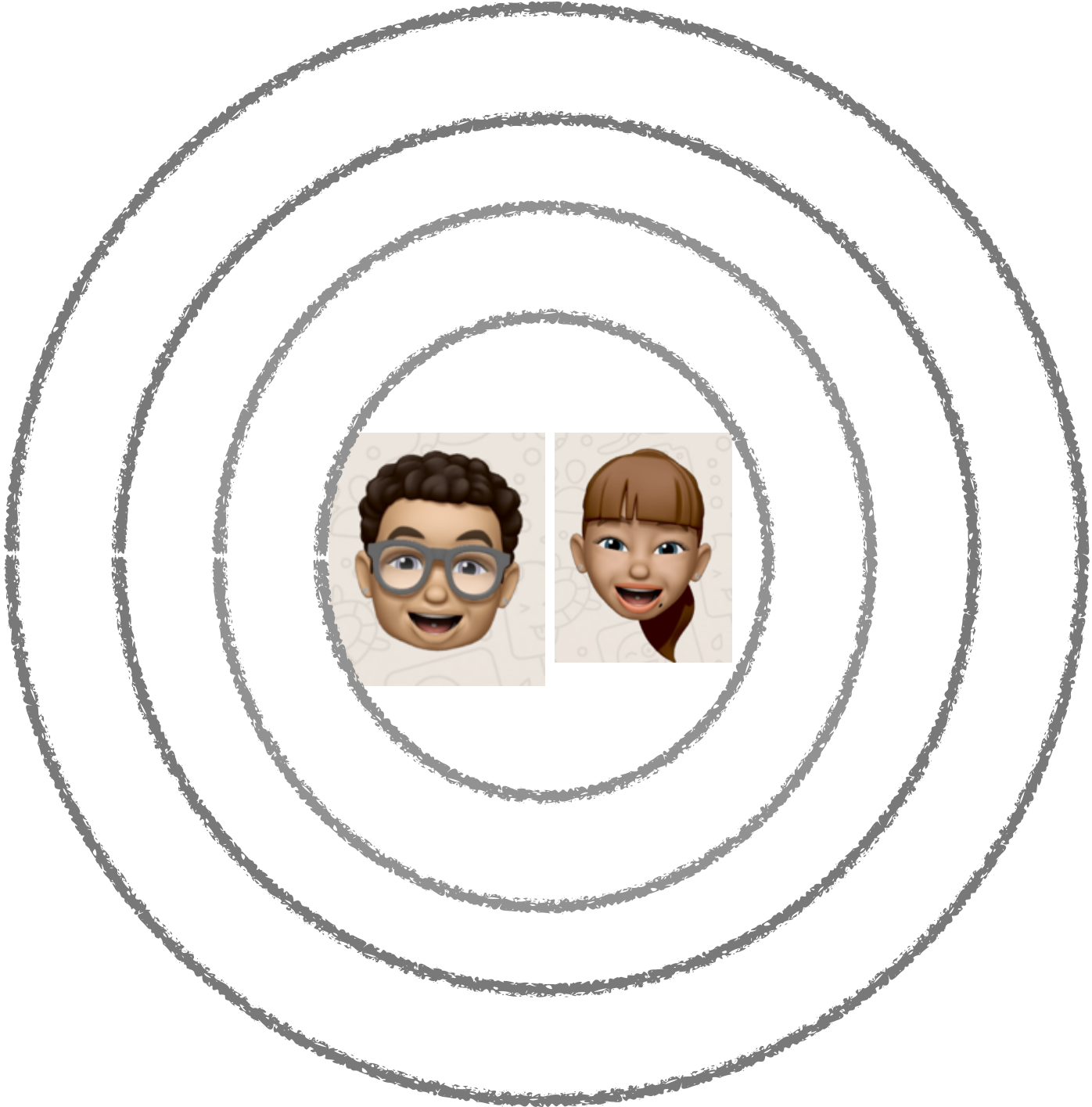


**Let's start your book**





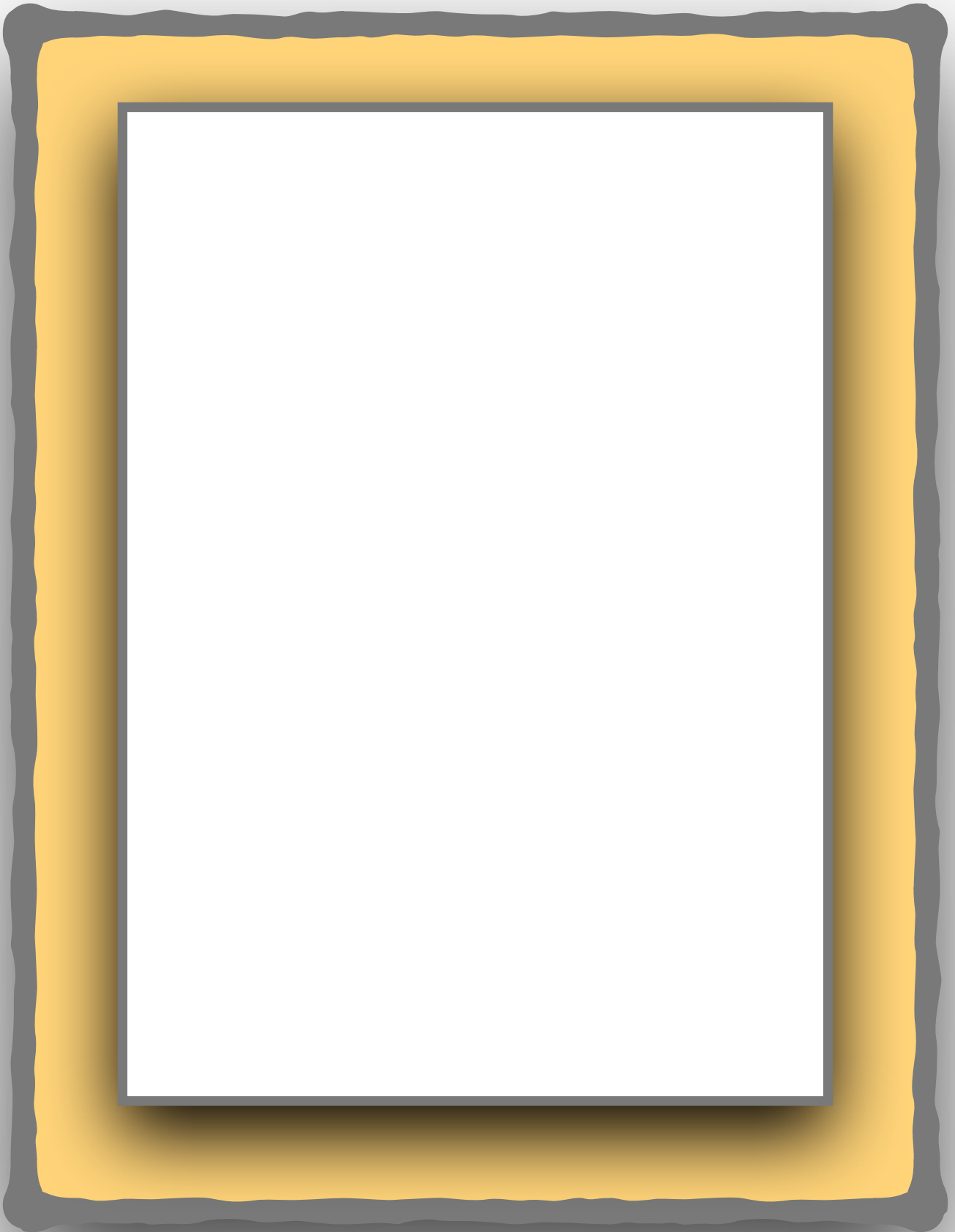
Who Helps and Loves Me . . .



Helps and Loves Me . . .

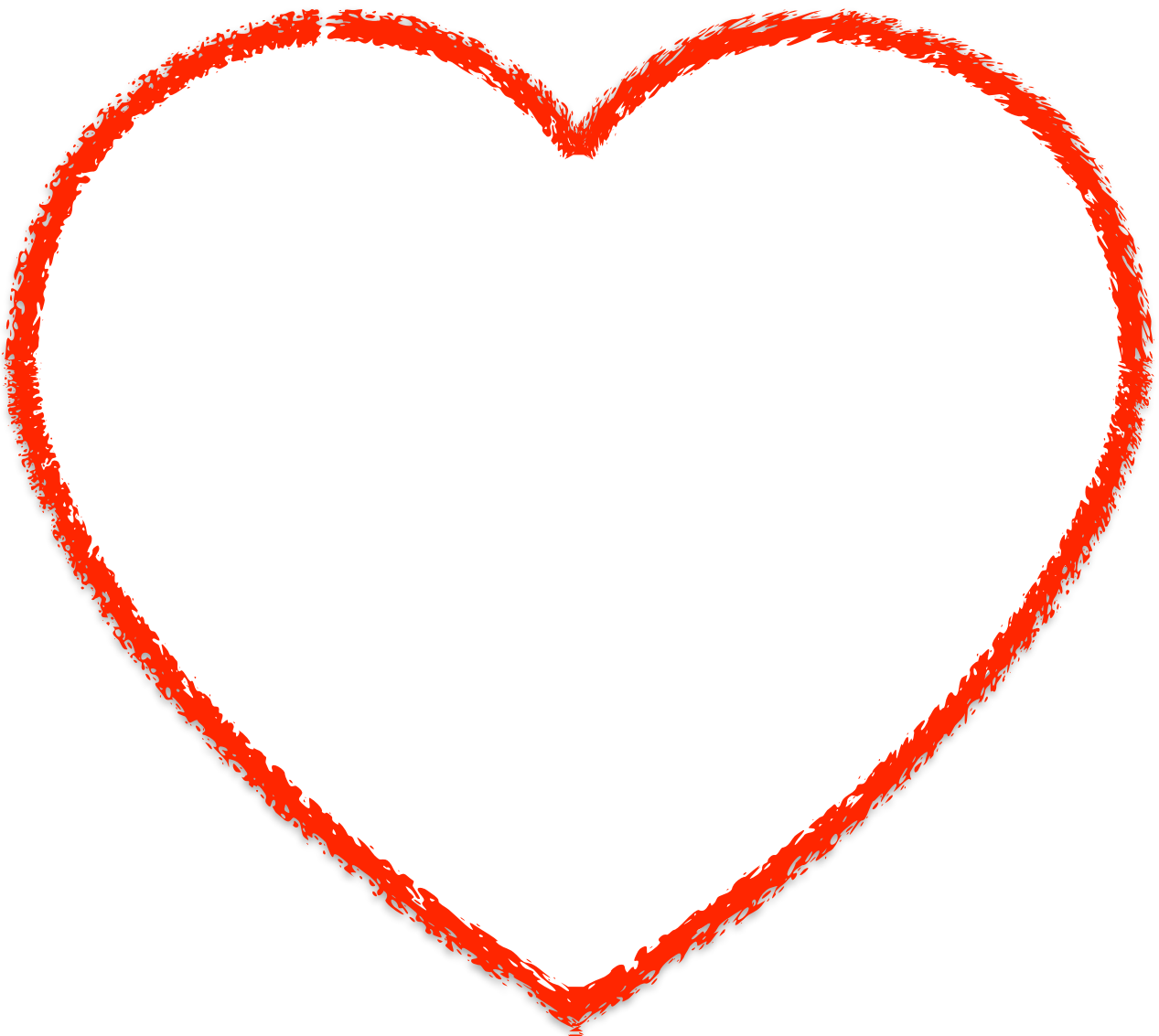


The person I want to remember is \_\_\_\_\_

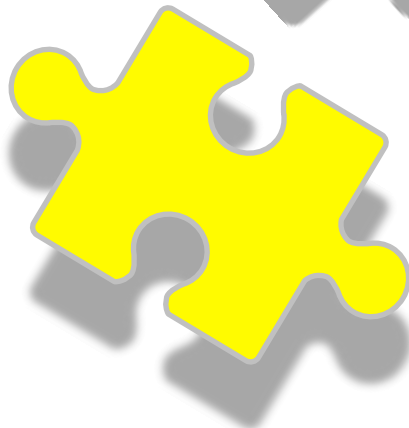
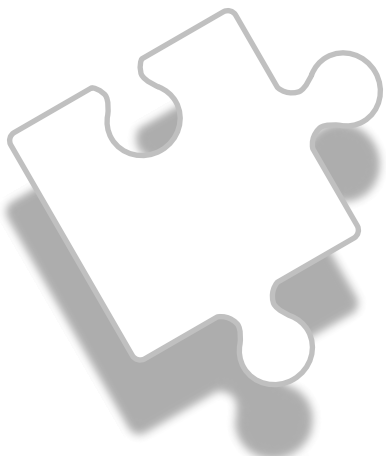
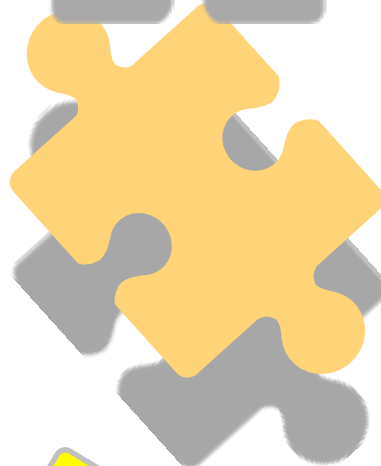
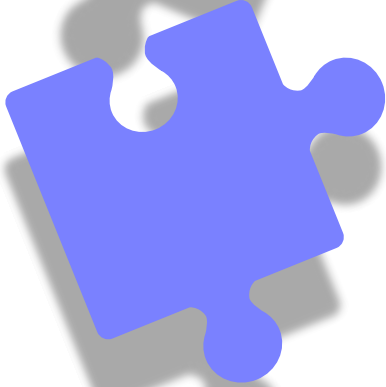
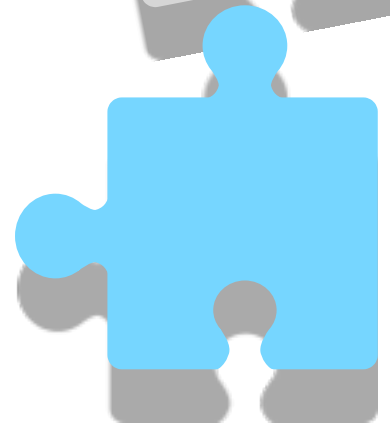
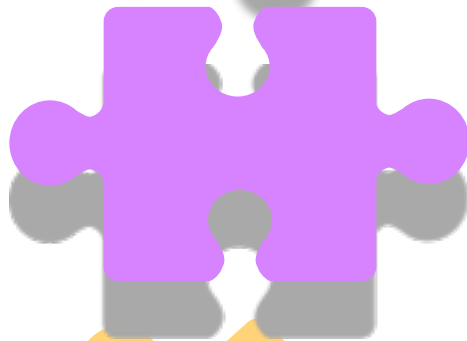
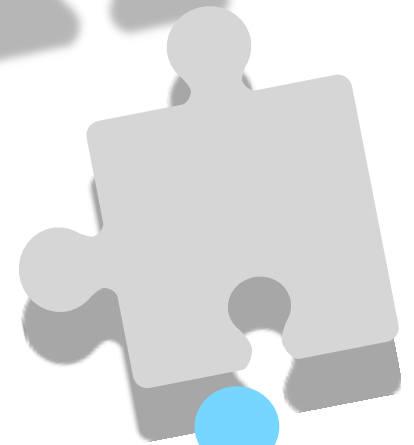


When a special person dies they leave behind lots of memories. They live on in my heart and in my thoughts.

My favourite memory is:



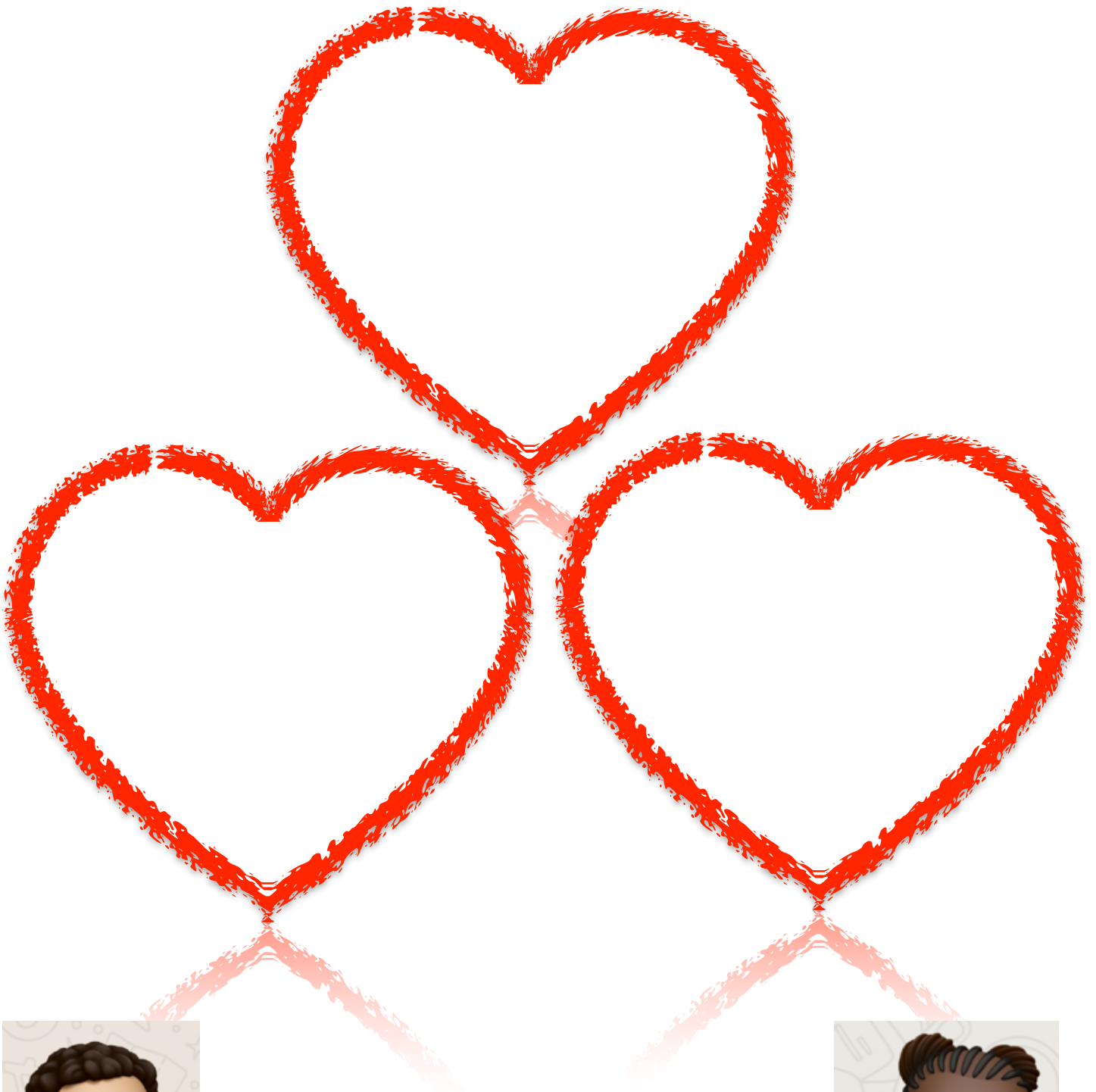
Write what  
makes you  
Happy?



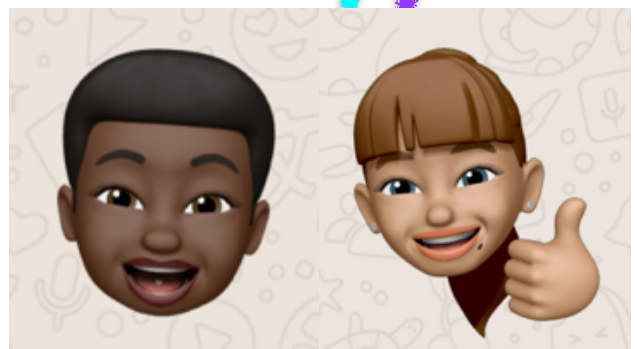
Write what  
is Fun ?

And other good memories are mine to keep

It's O.K for me to have fun and be happy



When someone we love dies we can remember them in lots of ways. When we talk about that person it can also help us to feel better as well.



We can remember by:

- Telling stories about the person
- Looking at photographs
- What else could you do?

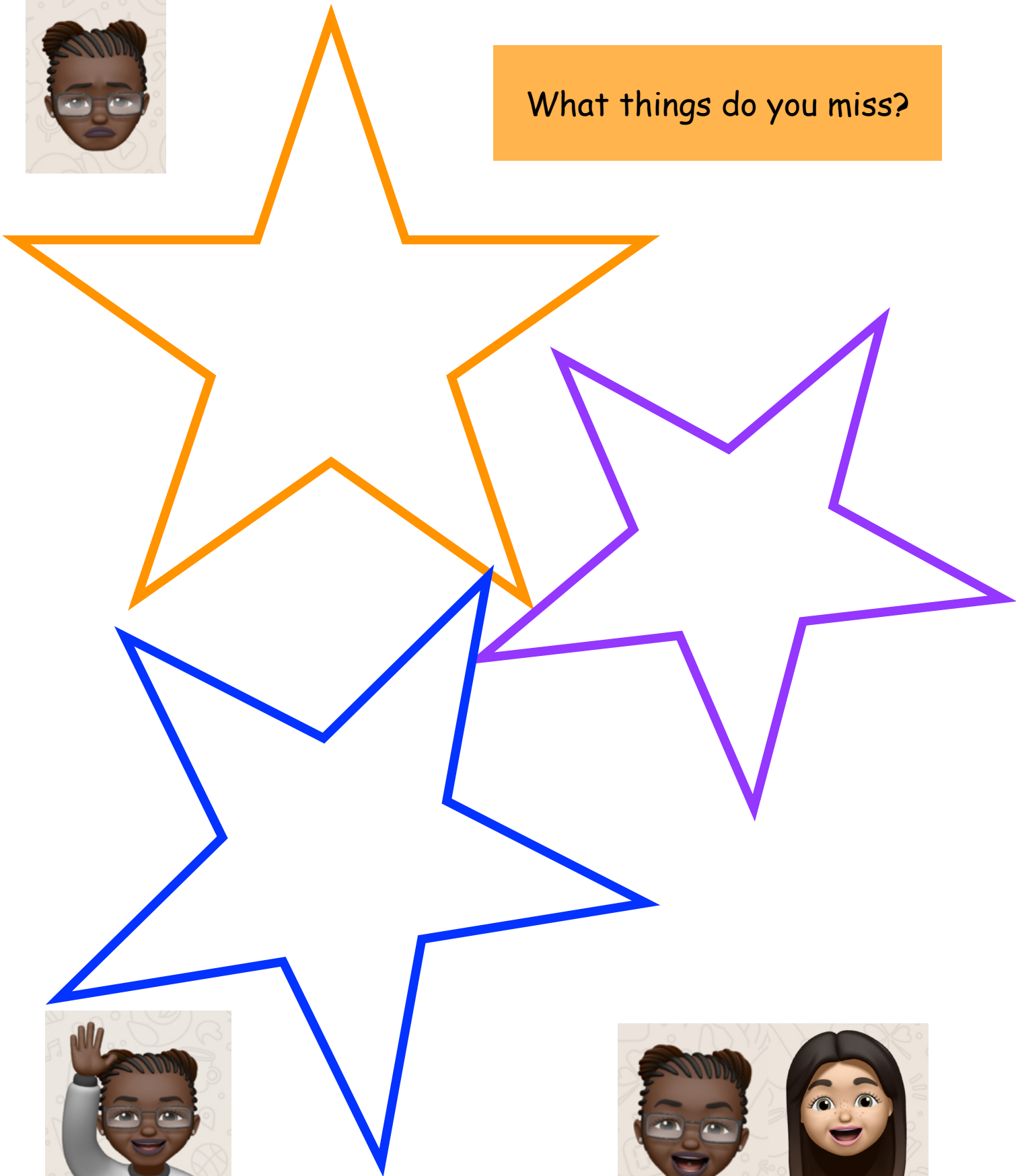
Let's remember the things we did together



When someone you love dies, there will be lots of times when you will miss them.



What things do you miss?





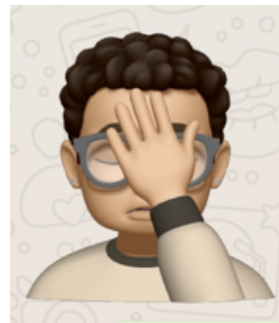
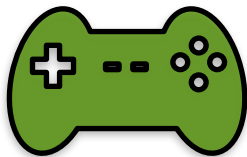
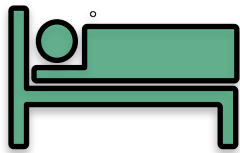
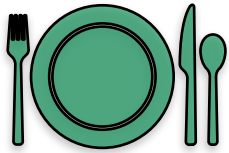
Living is growing and changing . . .

### Bean Plant Growth



A bean plant starts life as a seed. It grows, gets tall, has pods with more beans in them and then it dies.

When we are alive, we grow, can eat, sleep, play and feel pain.



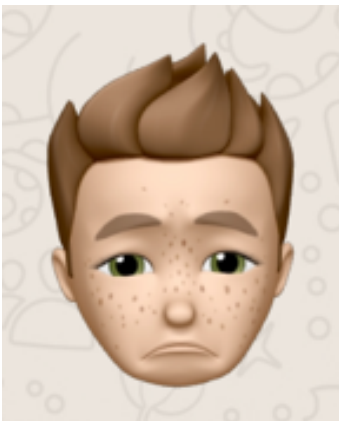
What other things can you do?

When someone dies it is the end of living. They do not eat, sleep , play or feel pain. Dying is when the body stops working and the special power of life leaves the body and goes to rest.

**We do not need our body anymore.**

Sometimes people die when they get very sick. Everyone tries very, very hard to help them to get better, but sometimes we cannot stop someone from dying.

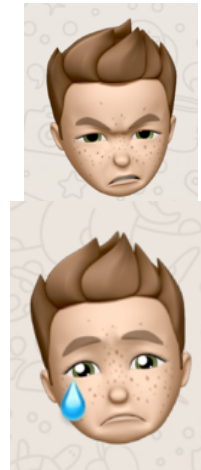
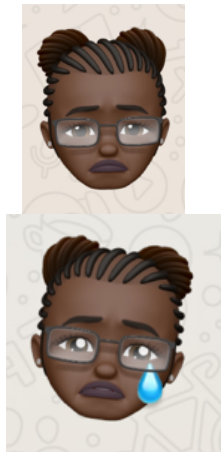
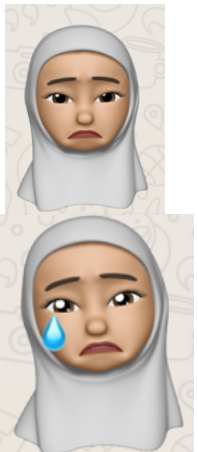
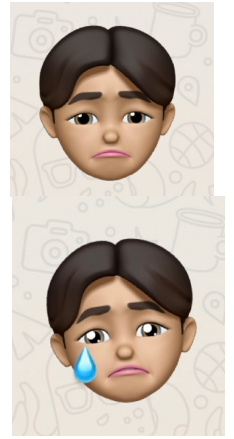
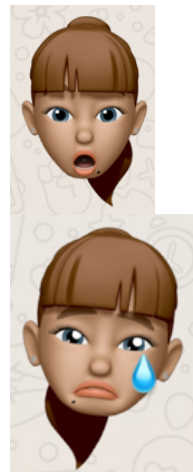
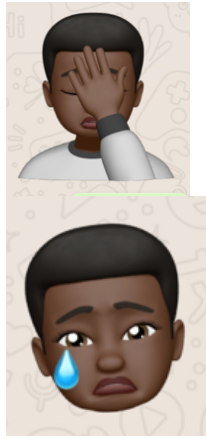
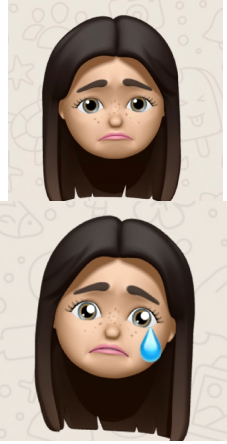
Draw sickness



When this happens it is sad.

Tears show love. Sometime tears hide.

It's OK to cry.



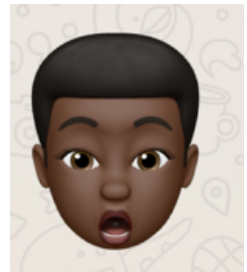
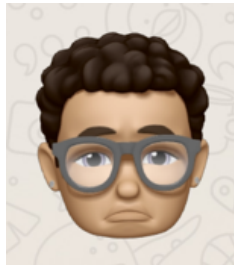
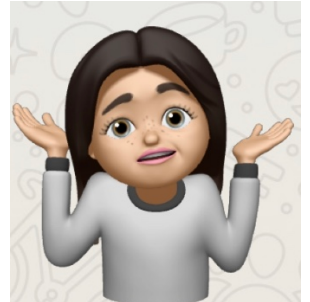
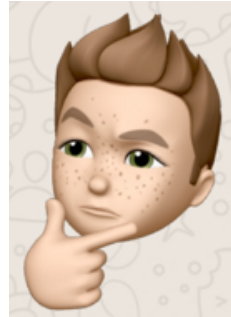
I have tears. I can cry.

Name people that Help and Love you



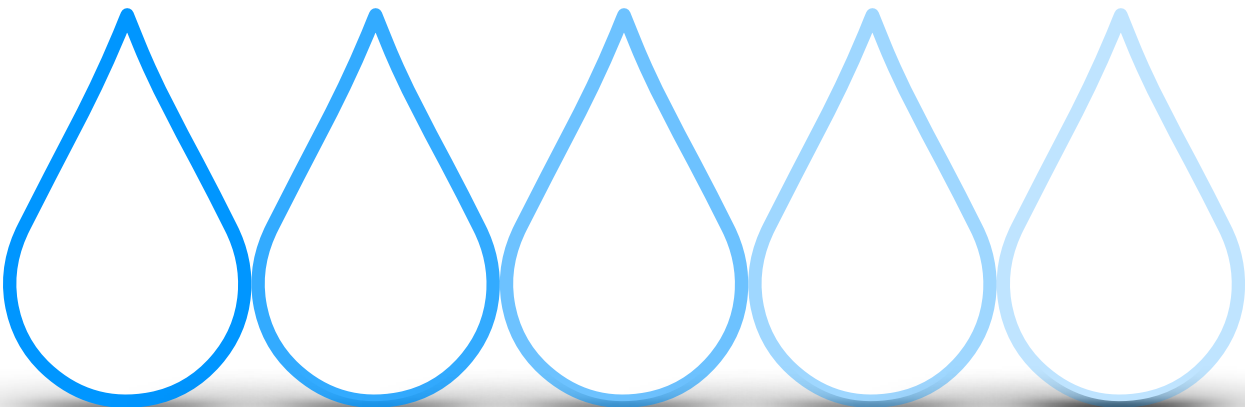
If we are feeling sad, or want to cry, this is OK. Sometimes we cry because we do not have words for how we feel.

Name the feelings

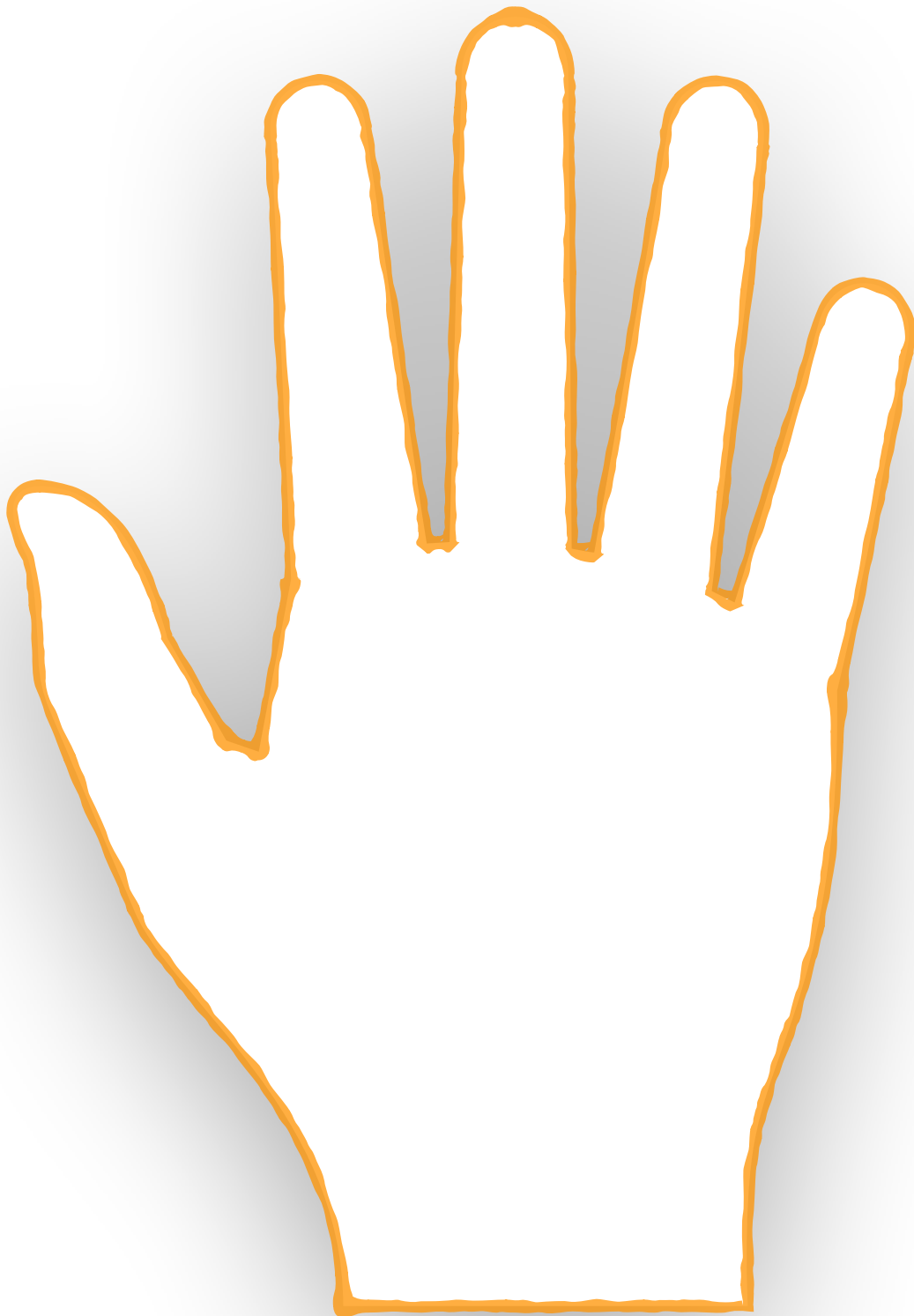


Feelings are in tears.

What feelings are in these tears



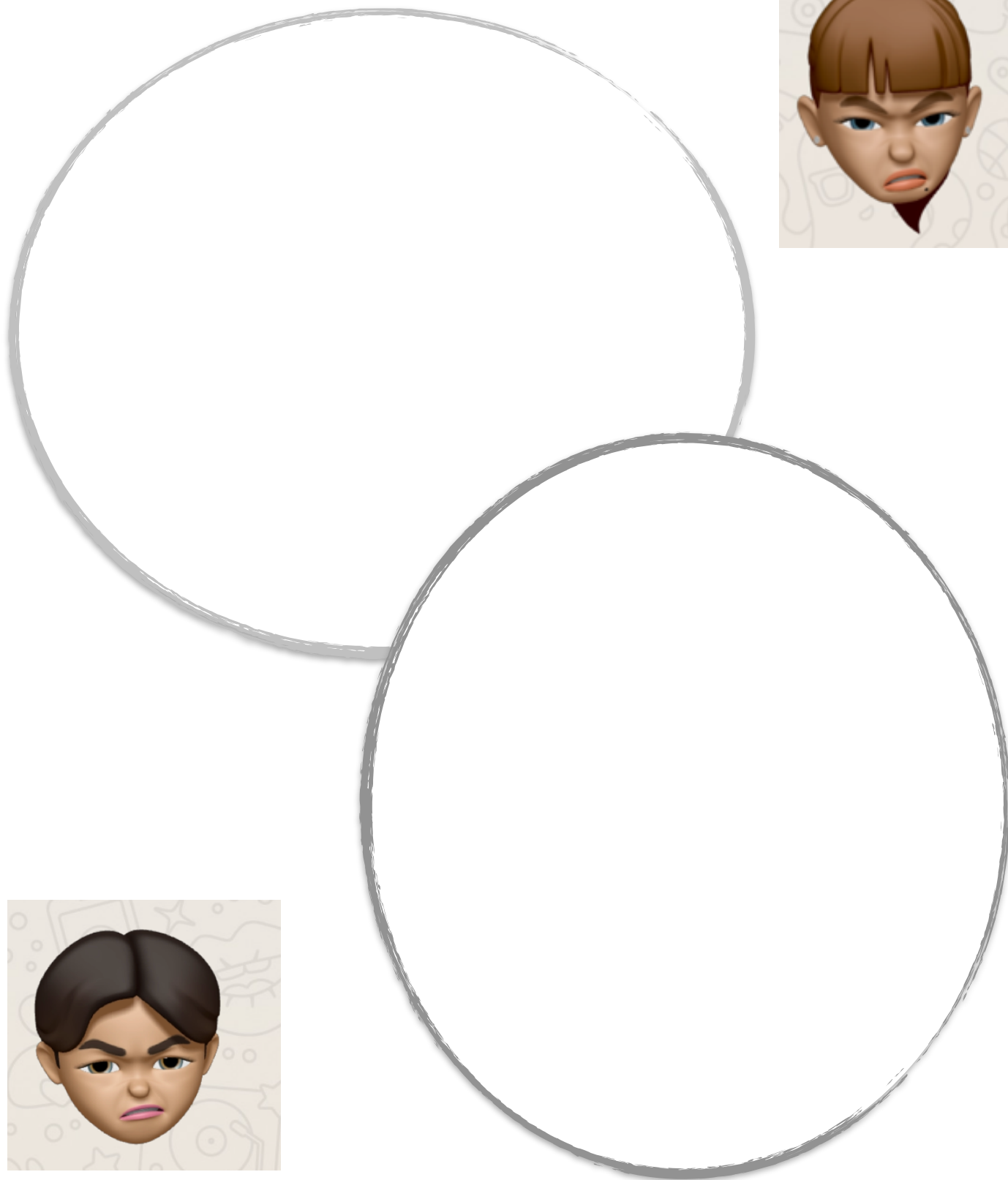
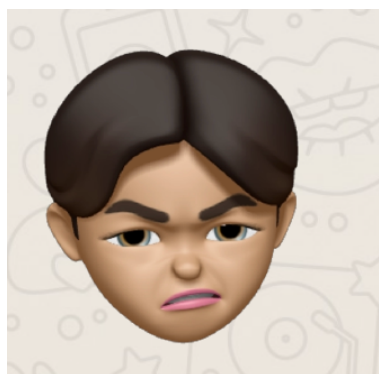
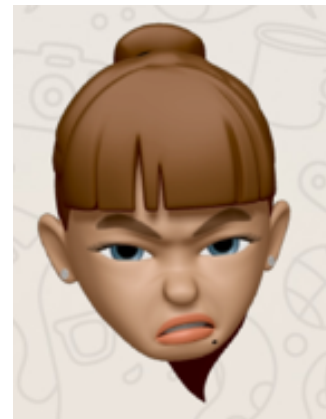
It's OK to talk. Sometimes feelings get stuck inside us. Then they burst out. They can burst out when we don't want them too. To stop them bursting out, who would you talk to.



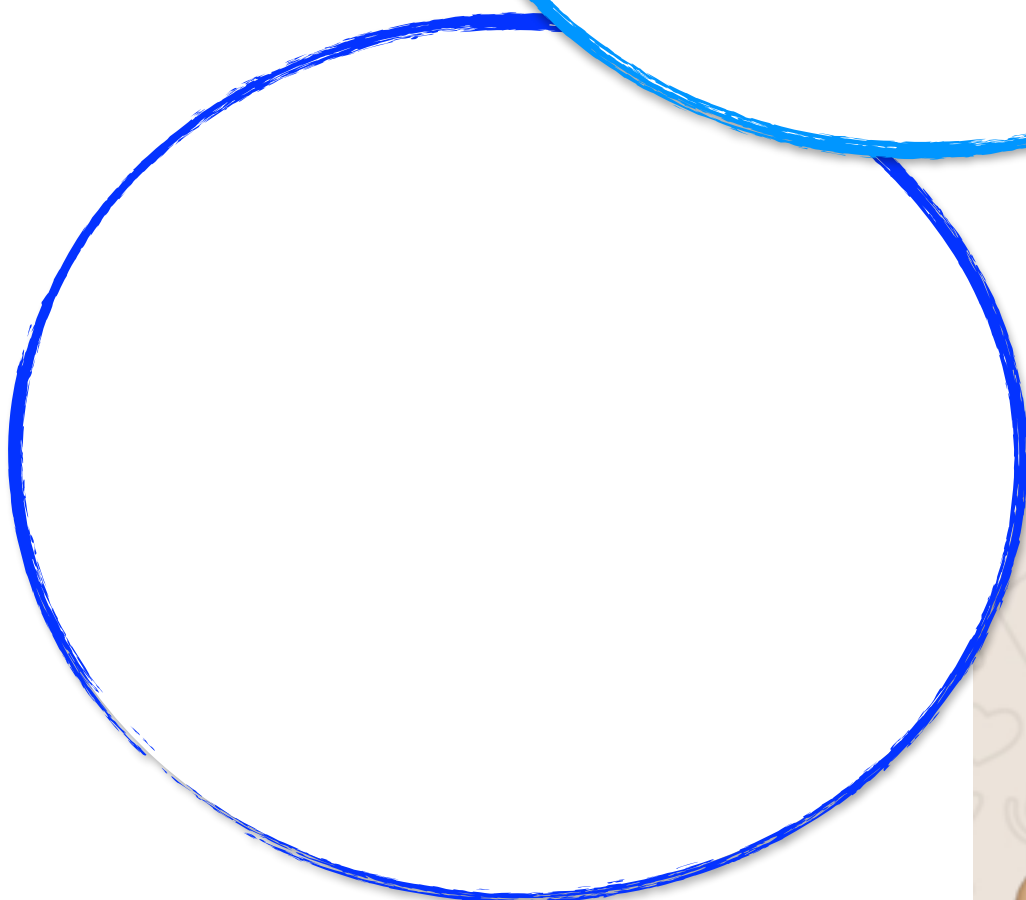
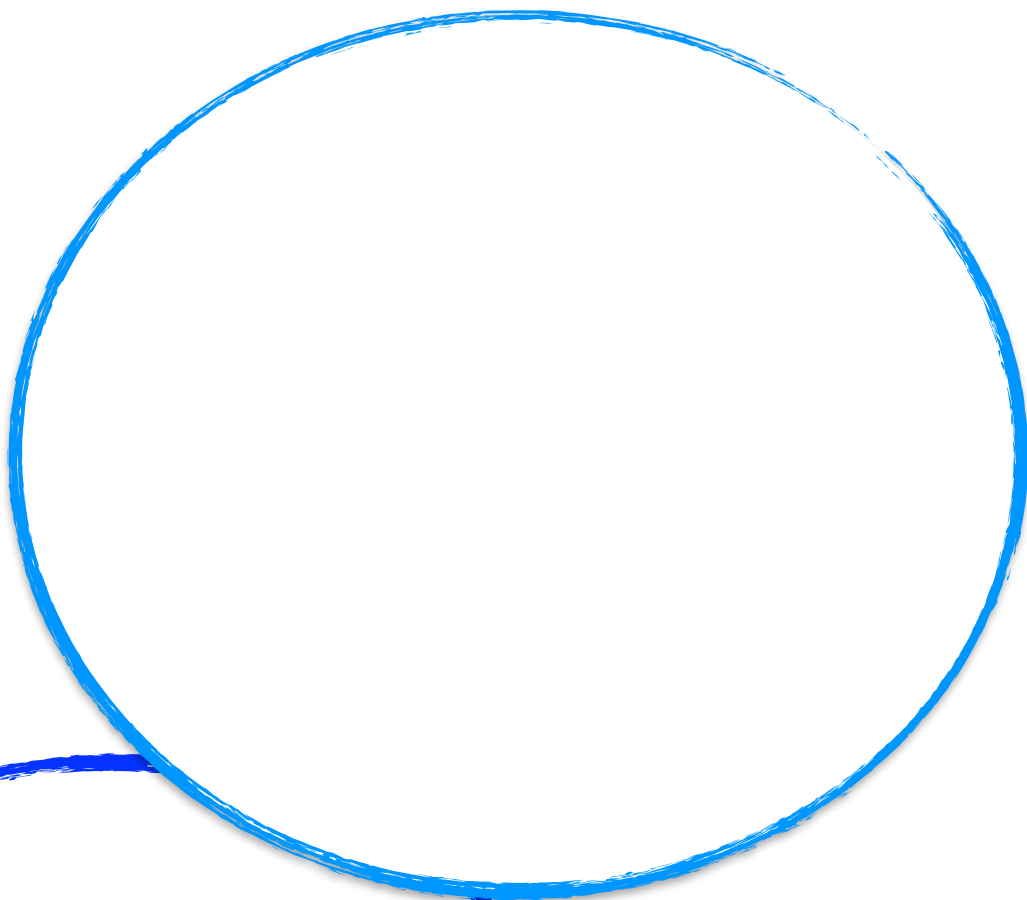
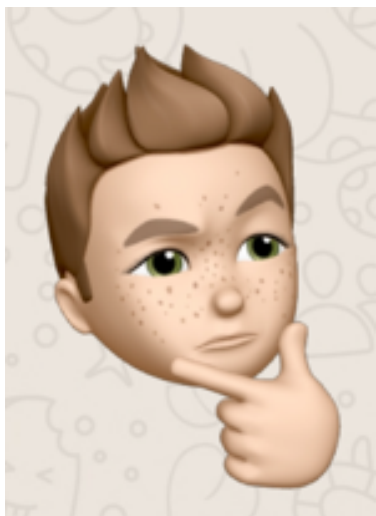
To stop your tears bursting out, who would you talk to?  
Fill in this hand, so you can remember.

Sometimes we have strong feelings that feel like anger. When someone dies it reminds us that we cannot control everything.

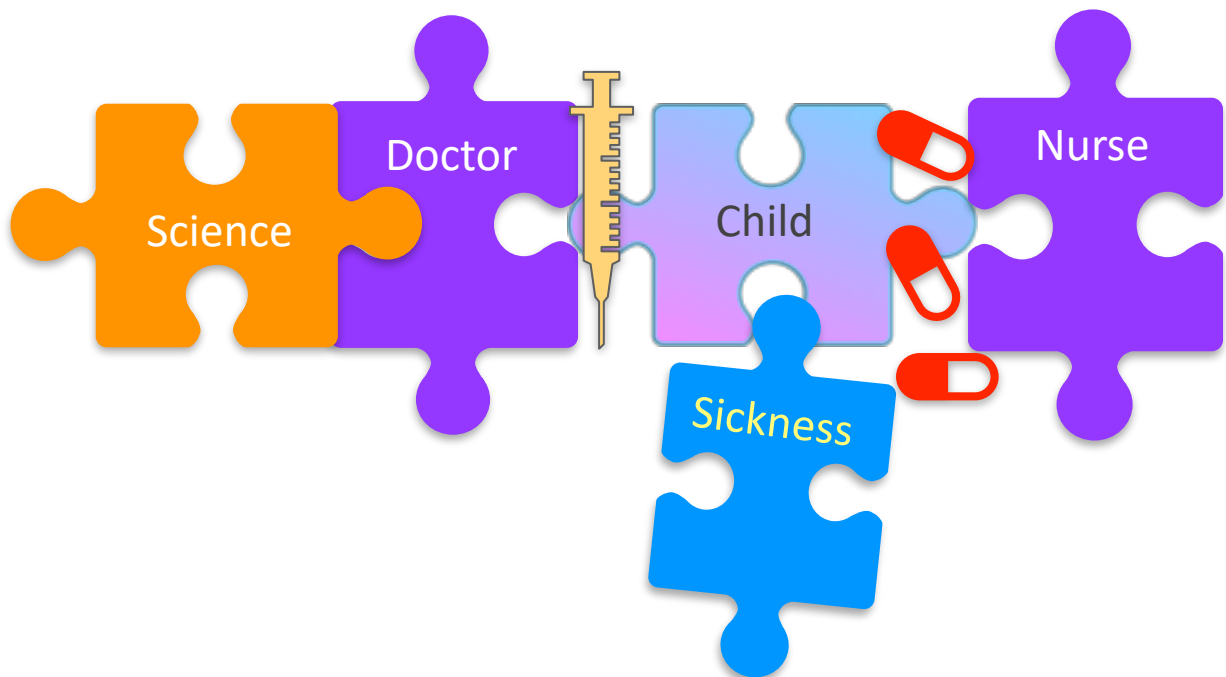
Draw being out of control



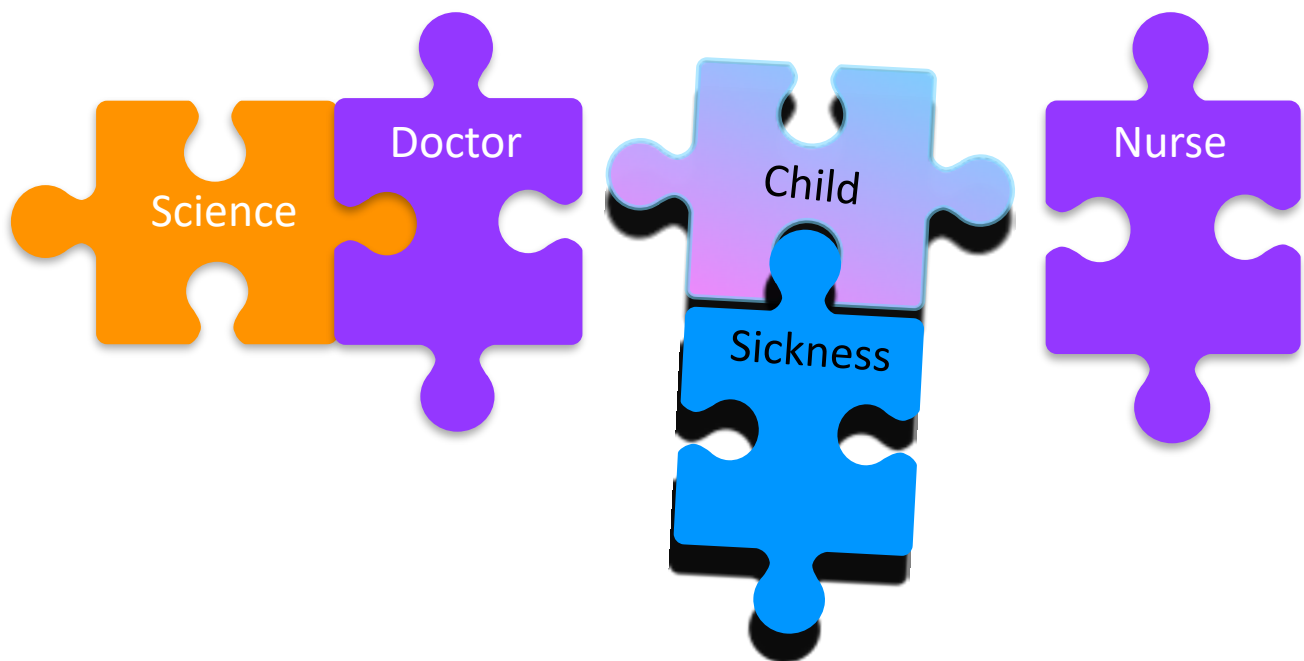
We can also remember lots of times when we do have control.



In hospital the doctors and nurses use science and medicine to get rid of sickness in children to make them better.



Sometimes children are so very, very sick. Their body is very tired. The medicine stops working and they die.



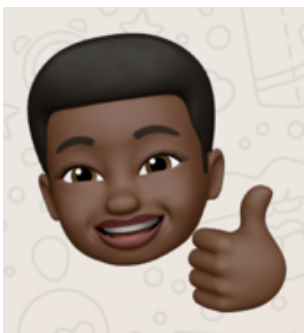


No person is so powerful to say things to make someone die.  
That includes you. It includes everyone that you know.

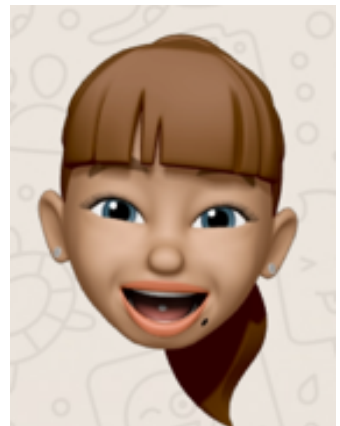
**It was not your fault. You did not make it happen.**

**Your mother did not make it happen. Your father did not  
make it happen. It was out of control.**

Draw what you think.

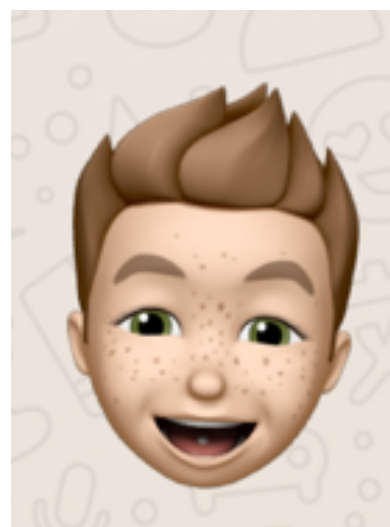
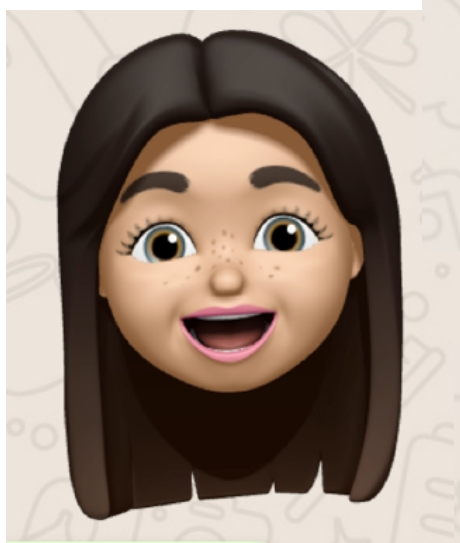


Draw what you feel.

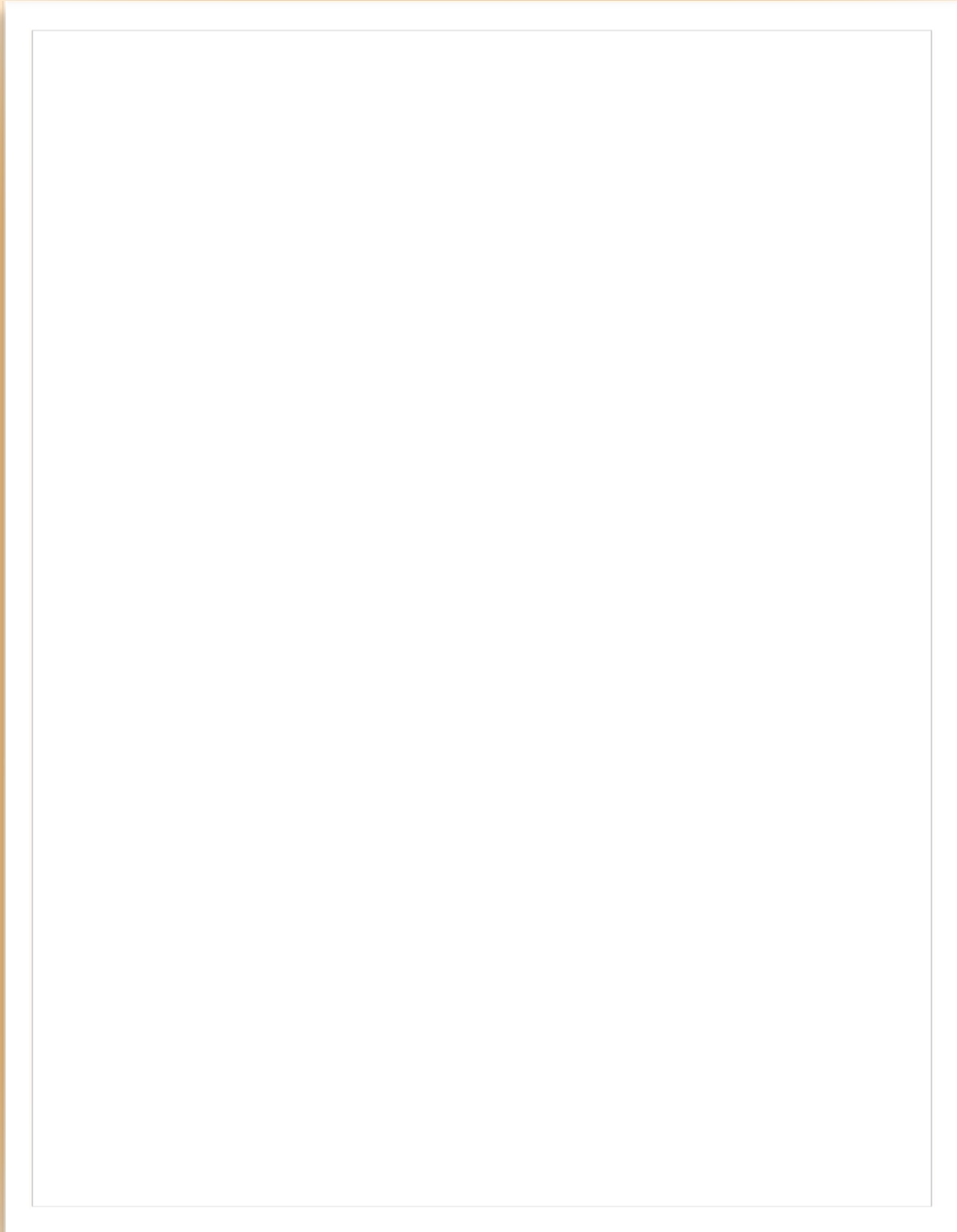


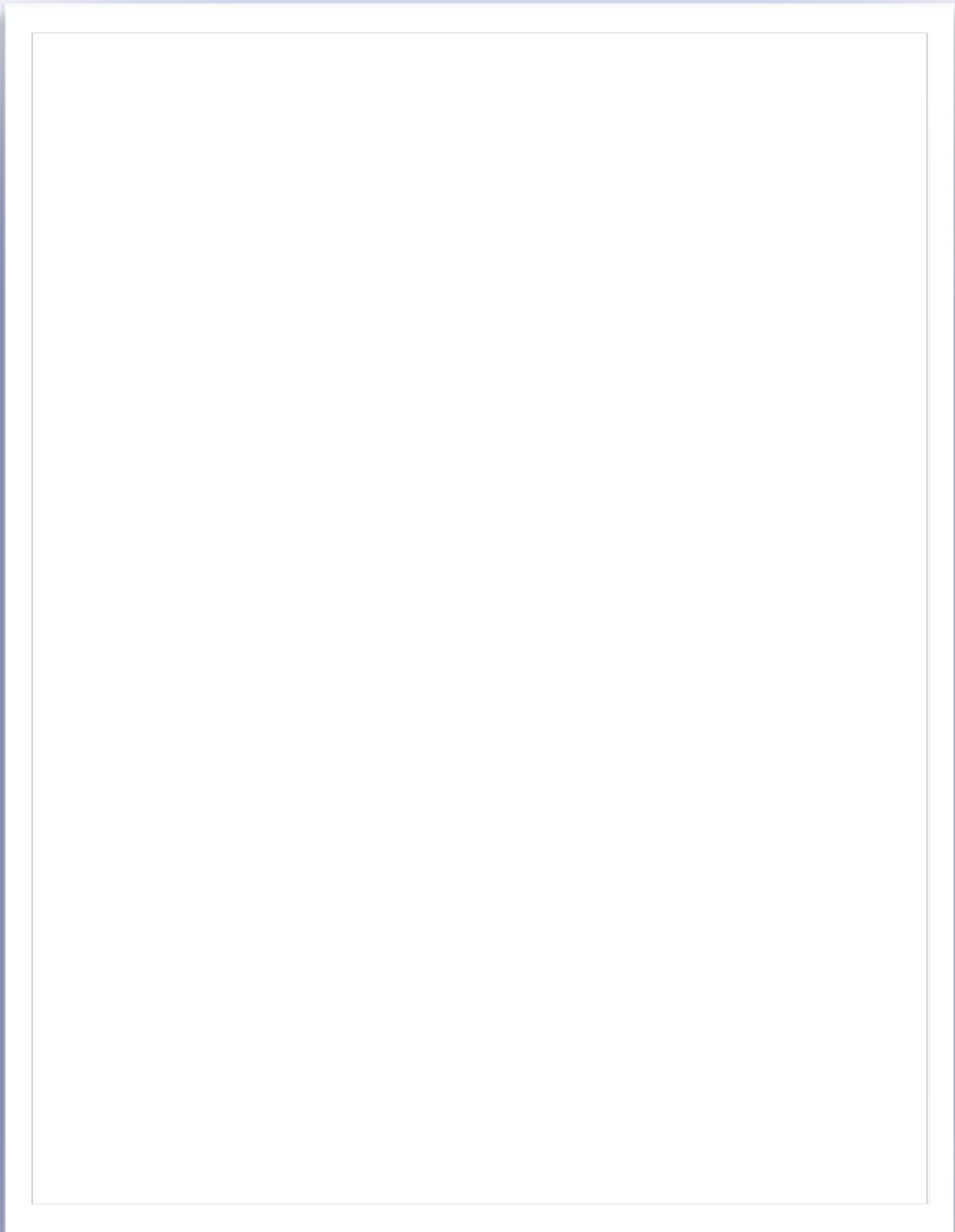
Your special person died because their body stopped working.

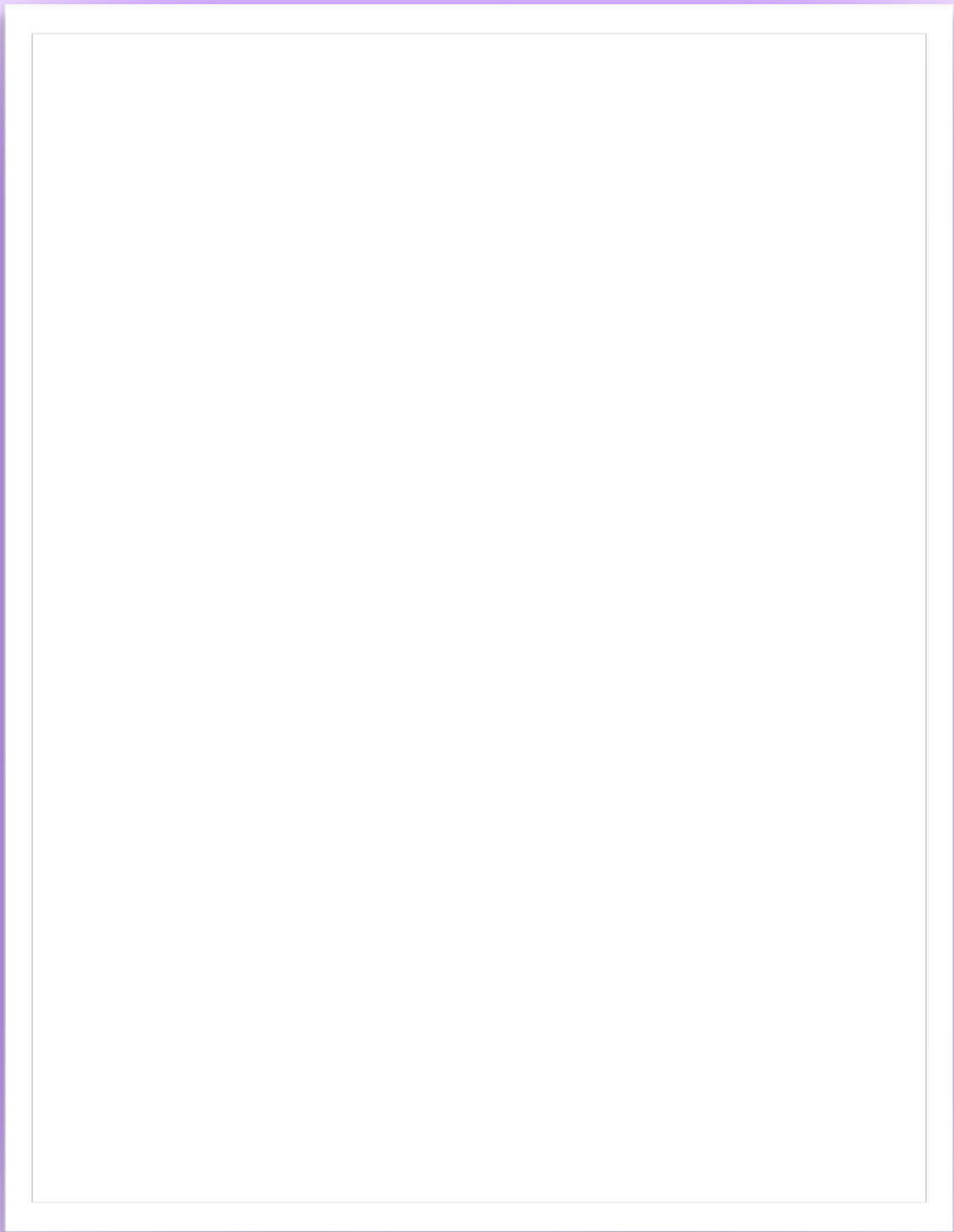
As you grow, and the time goes past, you will remember your special person.

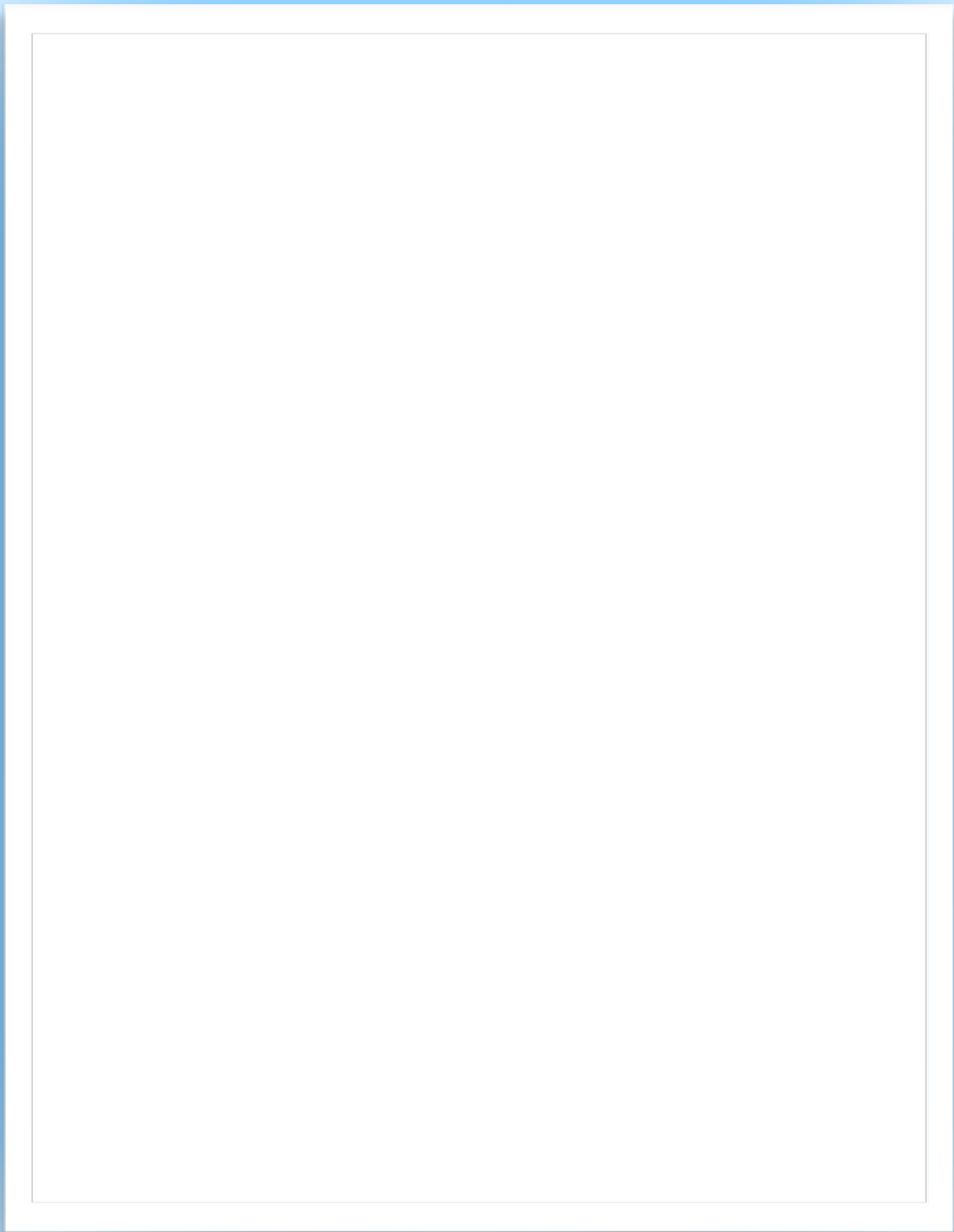


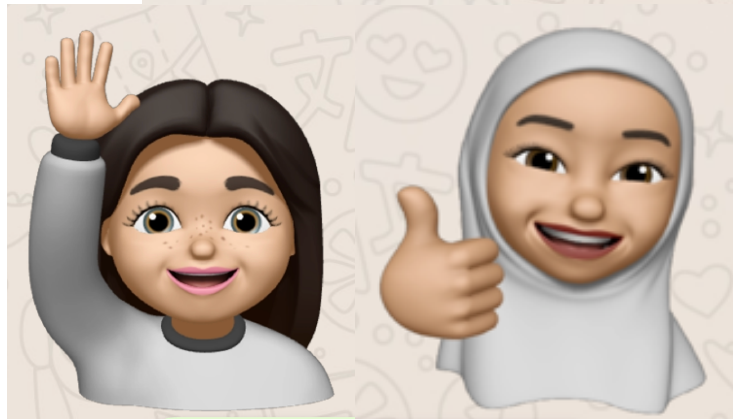
**Here are 4 pages. Draw some of your special memories of your special person.**











**Add more pages about your special person  
when you want to.**



This is your book. You can always come back to it.

Change things in it.  
Remember things from it.

Have 'Time4Me' in it.

**“Sometimes the questions are complicated but the  
answers are simple”**

**Dr. Seuss**