

HELLO!

My name is Frankie Phoenix. I live with my mum and my sister, Freya. We are a happy family.

Recently, my Grandad has died due to COVID-19. My mum has helped me understand some of my feelings. I wanted to share what I have learnt in case someone important to you has died, too. This workbook is really hard to work through - it might take you a week or two to complete.

You will need lots of breaks and rest in between.

If you can't find a grown-up you are comfortable to talk to but want help, you can talk to me **@thisis_frankie** on social media.

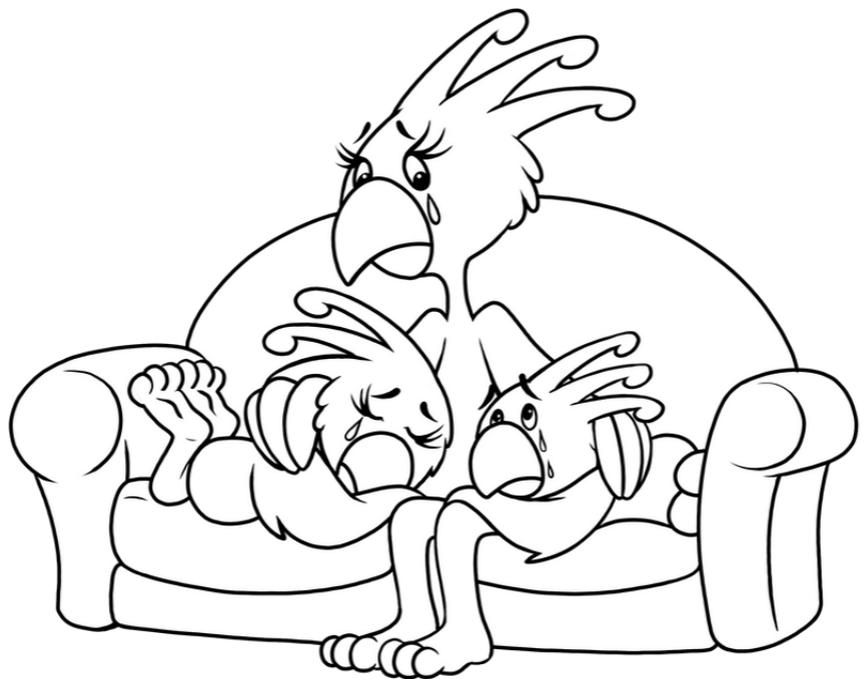


LOTS OF LOVE
FROM
FRANKIE. X

Begin by listing some of the things that are happening in your family at the moment. What are some of the emotions you and your family are experiencing?

List some of the thing that are happening in your family

What are some of the feelings that you think your family might be experiencing



Begin by listing some of the things that are happening in your family at the moment. What are some of the emotions you and your family are experiencing?

Do you have anything that you aren't sure about and what to know more about? Write a list below to help you talk to a grown-up and find out some answers to your questions



If you are unable to think of words, perhaps some of these will help you:

- **sad**
- **angry**
- **confused**
- **lonely**
- **scared**
- **empty**
- **frightened**
- **unhappy**
- **down**
- **miserable**
- **heartbroken**

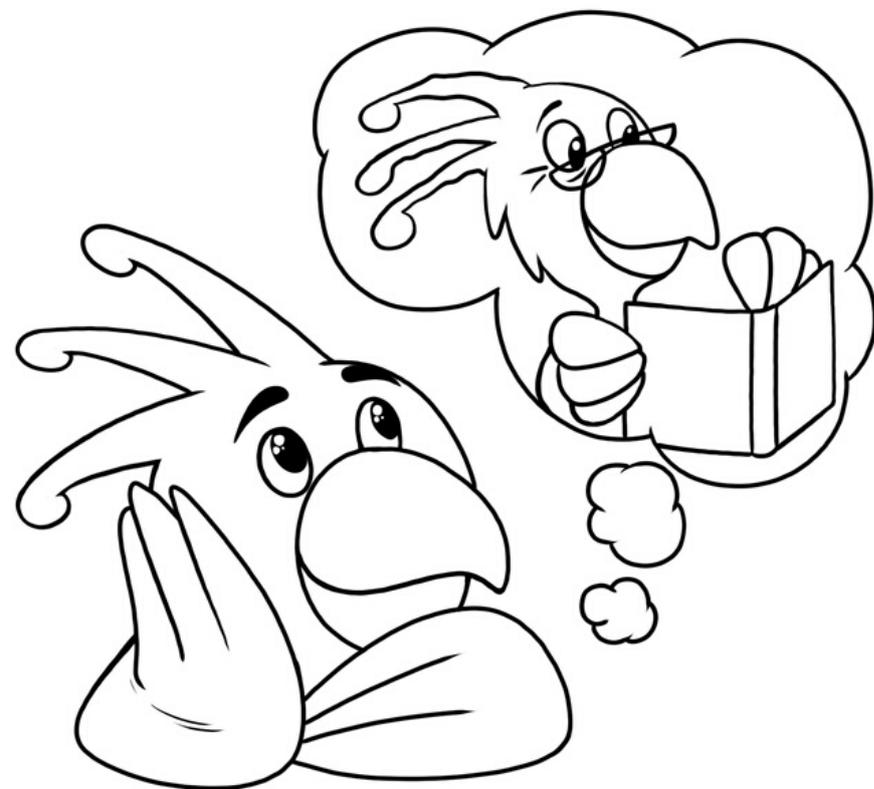
When people talk about someone who has died, they sometimes say 'loss' instead of death. This is because it feels like there are lots of things that we might not be able to get back when someone has died.

Some people say they feel angry because someone has died, or find it unfair. Some times people feel relieved because they felt that the person that has died may have been in pain.

These are all normal feelings and might change each day. Use this space to focus on your own emotions. How do you currently feel?



Write down some of the things you think about when you think of the person that has died. What are your favourite memories? What things have they taught you? What did they enjoy most?



If you are unable to think of answers, perhaps some of these will help you:

- **What games did you enjoy playing together?**
- **Have you been on holiday together?**
- **Did they enjoy Christmas?**
- **What topics were they best at?**
- **Did they enjoy a particular sport?**
- **What were their favourite TV programmes?**
- **What were their best jokes?**
- **Did they have a favourite book?**

Use this space to think about your family and friends. Think about how they may be feeling and how they might like to support you.



If you are unable to think of answers, perhaps some of these will help you:

- **Do you think your friends and family are worried about you?**
- **Do you think your friends and family miss seeing you happy?**
- **Do you think your friends and family miss having fun with you?**
- **Do you think they would like to share memories of the person that has died with you?**
- **What are your favourite things to do as a family?**



When you are sad you might feel like you want to be on your own. It is useful to remember the ways in which your family can help you.

Use this space to make a list of activities you can do with your family that might help you feel safe and relaxed.



If you are unable to think of answers, perhaps some of these will help you:

- **Having a family film night**
- **Painting or colouring**
- **Going on a family walk, looking for rainbows or painted rocks**
- **Upcycling old things in your home**
- **Baking food and treats together**
- **Have a family disco at home**
- **Play your favourite board games**
- **Create a family sports day**
- **Tell your favourite stories as if you were round a camp fire**

What activities help you escape your sadness? When do you find you are able to forget about some of your feelings?

Make a list here to share with your family.

If you are unable to think of answers, perhaps some of these will help you:

- **Working on some of your favourite school work**
- **Plan a family holiday for after Covid-19**
- **Face timing some of your friends**
- **Hearing stories from your parents**
- **Writing letters to friends or family that aren't online**
- **Making packages for people that could be hungry or in need**
- **Looking at family photo albums or videos**



Life might feel unfair at the moment. You might be feeling angry and wonder 'why me?'. You can have these feelings and still feel happy or grateful about other things that are happening in your life. **See if you can think of anything you feel thankful for and make note of it below.** You might want to keep coming back to this page if you have to leave it blank the first time you read it



If you are unable to think of answers, perhaps some of these will help you:

- **The health of your friends and family**
- **The comfort of your home and bedroom**
- **Your favourite meals and treats**
- **The work the NHS and other Key Workers are doing to help protect as many people as possible**
- **Your friends and the technology that lets you speak to them during lock down**
- **Your favourite games, toys or books**
- **Cosy clothes or a favourite blanket**

In times of sadness, it is useful to remember other times that have been difficult and ways in which you helped yourself and how others may have supported you. Sometimes the way we are (our personality traits) may help with how we react to the things around us.

Do you have any personality traits that have helped you when things have been really hard? Frankie is very loving and likes to be around people and this has helped him when things have been hard



Take a moment to think about the individual that has died. What do you think they would say about you? What would they want for your future? How would they want you to feel? What do you think they might ask you to do now?

If you are unable to think of answers, perhaps some of these will help you:

- **Be happy**
- **Work hard**
- **Be kind to yourself and others**
- **Believe in yourself**
- **Do the things you love**
- **Take care of your friends and family**
- **Spend time with the people you love**
- **Make the most of every day**
- **You can achieve incredible things**
- **Ask for help if you are struggling**





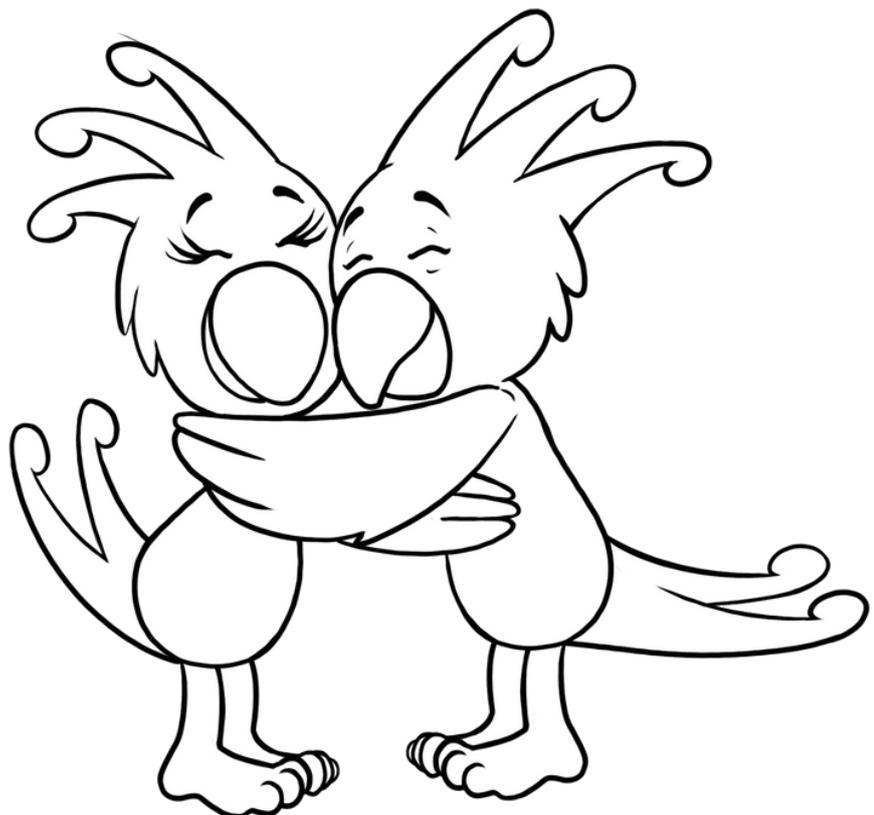
Think of a bridge.
On one side there are clouds and rain. These represent feelings of pain and sadness.
The other side has the sun. This represents laughter, happiness and fun.

Use all of the work that you have done so far in this booklet and on the bridge there are little steps. Those steps are the little ways that might help you get closer to the sun and further from the clouds and the rain.
Make a list of those steps here and how these feel in the space below:

When you are under a rain cloud, dealing with the death of a loved one, it can be incredibly lonely. Think of who might be missing you and how they will feel once you are back on the sunny side of the bridge.
Think how the person that has died may feel seeing you happy with your friends and family.

If you are unable to think of answers, perhaps some of these will help you:

- Pleased
- Happy
- Relieved
- Joyous
- Proud
- Delighted
- Grateful
- Content
- Peaceful



It may feel that you won't ever be happy again. You could think that you don't deserve to be happy after the death of someone that was so important to you.

Make a list here of some of the things or people that may make you happy and the reasons why you deserve to experience them.



Frankie is looking forward to doing many of the things he has shared in this booklet with his friends and family. He knows that he deserves to be happy because he is kind. He is a nice person and he always tries his best.

When you are stuck in the sadness and pain of bereavement, it is incredibly difficult to remember the good things about that person - the impact they had on your life, your wonderful memories and all the ways in which they have shaped who you are as a person.

Use this space to list some of the positive things you would like to remember.

