



Coping with Bereavement

Memory box

Create a 'Memory Box' which contains things which remind the young carer of the person that has died.



Who can help me?

Ask young carers to think of people they can reach out to for help if someone dies.



How can I feel better when someone has died?

Discuss ideas for what they can do to feel better when they experience difficult feelings due to a bereavement.



How can I support my friend?

Discuss how can they help a friend who has experienced a bereavement to feel better.



Independent Activity

Special message

Write a message to the loved one that has died, sharing how you feel about what has happened.

