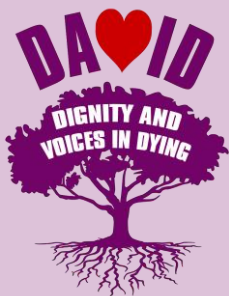


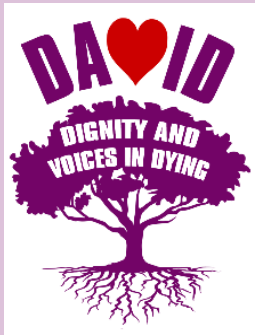
Bereavement Activity Booklet



Introduction



Hello and thank you for picking up this booklet!



This activity booklet was made by people with learning disabilities and autistic adults on the DAVID Project.

Happy memory please



This booklet features different activities that can help you to share memories of someone who has died.



You may need support to make and play some of the activities in this book

We Have Activities Such As ...



- Memory Web



- Take It Step by Step



- Making memory books and boxes

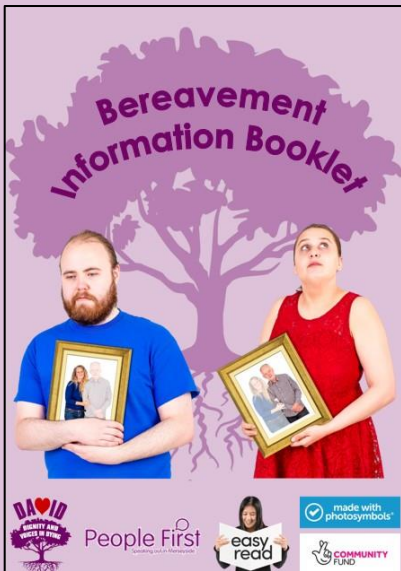


- Creative activities

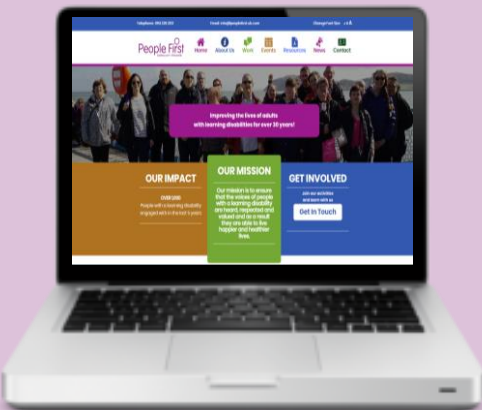


- Remembering special days

Activity Resources



- Many of the activities in this booklet build on the information you can find in the **Bereavement Information Booklet**



- You can also find both booklets online on our website to download and print out.
- www.peoplefirstmerseyside.co.uk



- These activities use resources you may already have at home or can easily find.

What is in this booklet?



**Take it
Step by Step**

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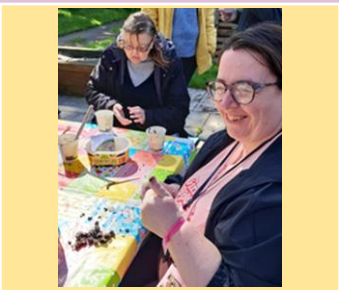
**Memory
Web**

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Books and
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**More Creative
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Activity 1: Take it Step by Step

A new twist to a familiar game that will help people share their memories of family and friends who have died.

What you need to play the game:



- 2 or more players



- Chalk

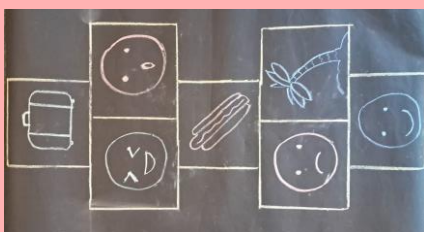
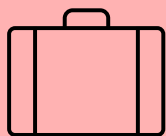
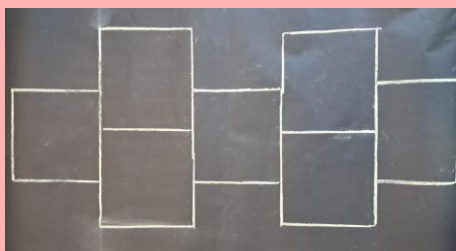


- A small object to throw, like a stone or dice



- A space outside where you can draw the chalk grid

Setting up the Game



- Draw out the hopscotch grid as shown in this diagram

- Decide on 7 different types of memory – you could include:

- Happy memory

- Sad memory

- Funny memory

- Memory of a place

- Memory of a meal

- Scary memory

- Holiday memory

- Write or draw one type of memory in each square of the grid

Playing the game



- Players line up in front of the hopscotch grid.



- The first player throws the stone onto any of the squares on the grid.



- If the stone lands on a square, the player either hops, walks or wheels to the square that the stone has landed on.



- The player thinks of someone who has died and shares the type of memory written on the square with the other players.



- After sharing the memory, the player leaves the grid and goes to the back of the line



- Players continue to take it in turn to throw the stone, move to a square and share a memory of someone who has died.



- If a player does not throw the stone onto a square, or if they have already shared the memory on the square, the player misses their go and moves to the back of the line



- The first player to share all the different memories on the grid is the winner

Variations on the game



- Step by Step is based on the well-known game of hopscotch so many people play it in different ways.

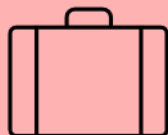


- It's ok if you play step by step in a different way too.



Happy

- You can write words in the squares or draw pictures to show the different memories.



Holiday

Special Song



- You can choose different types of memory to put in the squares.

TV

programme



- If you are not able to play the game outside, you can draw the grid on a big piece of paper and place a counter or a button where you have thrown the dice



Activity 2: Memory Web

A good group game, which gives players a choice over the types of memories to be shared and can also help people to understand what it feels like if you don't get the chance to talk about someone who has died.

What you need to play the game:



- 6 or more players



- A ball of wool, thread or string.



- Enough space so players can sit or stand in a circle, with one person in the middle

Setting up the Game



- If you are using chairs, players place their chairs in a circle with one player on a chair in the middle.



- If you would rather stand up, then players stand in a circle with one person in the middle.



- Players can also sit on the floor or on cushions in a circle, with one person in the middle.



- The player in the middle holds the ball of wool.

Playing the Game



- The person in the middle keeps hold of the end of the wool and throws the ball to another player in the circle.



- This player holds onto the wool pulling it tight, then throws the rest of the ball to someone else in the circle and asks them to share a memory of someone who has died.



- This could be a happy memory, a sad memory, a funny memory, etc.



Here's a funny memory



- After sharing their memory with the group, the player holds onto the strand of wool, and throws the ball across the circle to another player asking for a different memory.



- The game continues until everyone except the person in the centre has shared a memory and a web of wool has formed around them.

You can share a memory



- The last person in the circle who has the wool can choose whether or not to ask the person in the middle for their memory.

Ending the game



- If the person in the middle shares their memory, then the web is complete, everyone is connected and all are included.



- If the person in the middle is not asked for a memory, they can tell the group what it feels like not to be included, and not to be able to share their memories.

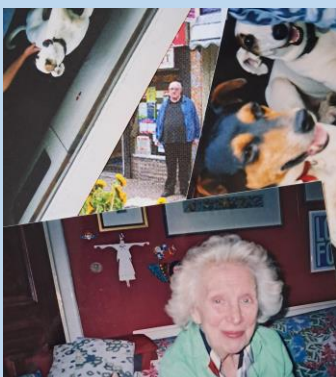
**Enjoy the Web making
– and be careful
winding up the wool!!**

Activity 3: Memory Books and Boxes

Memory books are a wonderful way to save treasured pictures of someone who has died. Decorating your book makes it even more special

What you will need:

- A scrapbook, or notebook of your choice
- Pens, pencils or crayons to decorate the memory book.
- A selection of stickers, ribbons, tape, pictures and sequins to decorate the cover.
- Photographs or drawings of the person or pet you are remembering



What you will need (continued)



- Scissors



- Glue

Setting up the activity



- Find a clear space on a table where you can make your memory book.



- You might need to protect the floor or table if you are using paint or glue.



- Collect everything you need



- You could ask other people if they would like to write down or draw a memory of the person for the book too.



- Spread out all the different things on the table



- Decide what you would like on the cover.



- Write the name of the person the book is for on the cover or use stickers.



- Cut out and stick on different shapes pictures and photographs.



- Add stickers, ribbon, strips of coloured papers or sequins.



- When the cover is finished and the glue is dry, start to decorate the pages inside with photographs, pictures or words.

Variation: making a memory box



You can also keep precious memories in a memory box:

A memory box is a lovely way to save special things which remind you of the person who has died



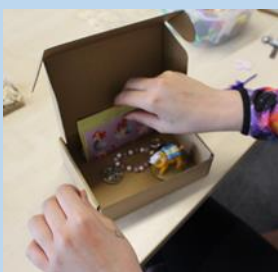
- Find a box with a lid – it could be an empty shoebox, gift box, or small packing box.



- Paint it, or decorate with tape, stickers, glitter, pictures etc

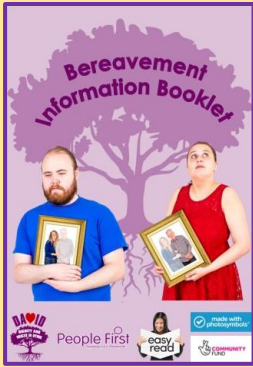


- Collect special things that remind you of the person who has died to put them in the special memory box.



- Remember you can keep adding to the box if you find more things and you can write down or draw more memories.

Activity 4: Creative activities



Our **Bereavement Information Booklet** includes some ways to look after yourself when you are grieving.



Talking and sharing memories can be really helpful when you are missing someone who has died

Happy memory please



Throughout this booklet there are different activities you can use to start conversations about bereavement and memories.



Here are some more ways we have found to remember people who have died. You may be able to think of your own ideas.



Writing Poems:

Writing a poem can be a great way to remember someone who has died.

It can be a short poem or a long one. You can choose if you want it to rhyme. You can write it by yourself, or if you write it in a group, each person can add something they remember about the person.

Then you can read it to your friends if you want to.



Drawing Pictures:

You could draw or paint a picture of the person who has died, or of something they liked. You could draw a picture of a special day you spent together.

You could stick the picture in a memory book.



Special Songs:

Songs can bring back lots of memories. You can play one special song to help you remember or put together a playlist to bring back good memories.

Growing plants and seeds:

Growing plants and seeds can help when you are missing someone because it is exciting to see the new life as the plants start to grow.



- You can go to a garden centre or supermarket and find a special plant which reminds you of the person who has died.
- You can sprinkle some seeds in a plant pot filled with compost, or in your garden, and when they grow they will remind you of the person who has died.
- You can make seed bombs to grow in your garden, or on a spare piece of land, and when they sprout they will help you remember.



- If you want to make seed bombs mix together one spoonful of compost and one spoonful of clay in a bowl or a paper cup.

You can buy powdered clay online or in craft shops



- Add a pinch of seeds.

You could use forget-me-nots and poppy seeds because these flowers are linked with memories

or

you could add a mix of seeds

or

If the person who died had some favourite flowers you could use these seeds.



- Stir the seeds into the mix of compost and clay in the paper cup then gently spray the mixture with water until it is damp enough to roll into small balls.



- Roll the mixture into balls about the size of a marble



- Leave the seed bombs on a windowsill to dry



- When the seed bombs are hard and dry, pop them in a bare area of soil in your garden,

or

put one or two in some compost in a big plant pot outside,

or

drop them onto muddy ground near your home.



Then wait for 2-4 weeks until the seeds start to sprout!

The flowers will help to bring back good memories.



Thank you to our friends at Gateway Collective, Bootle, for helping us to make seedbombs.



Remembering Special Days

Special anniversaries like the birthday of the person who died, Christmas or the date of their death can be upsetting.



Here are some ideas for things you could do on these days, but you might have lots more plans.



Go for a special walk to a place you both loved or do something you enjoyed together – maybe the football, or cinema.



Have a special meal at home or at a place you both liked.





- Arrange a day out with a good friend.



- Sing karaoke to all the favourite songs of the person who has died.

National Days of Remembrance

There are some special days every year when people across the country remember friends and family who have died.

These include

- National Day of Reflection
- Dying Matters Week in May
- Grief Awareness week.

There may be events happening locally where you can join other people who have been bereaved to share memories and celebrate people who have died.

Look online for details.

If you liked this booklet, you may also be interested in one of our other booklets such as ...

Will Writing Activity Booklet

Organ Donation Activity Booklet

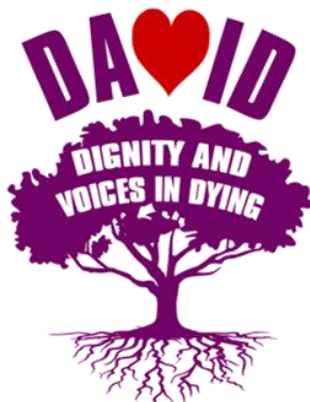
Funeral Planning Activity Booklet



To find out more look on our website or give us a call:

www.peoplefirstmerseyside.co.uk

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