



WORKSHEET

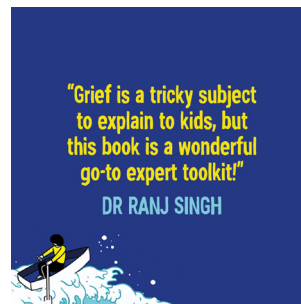
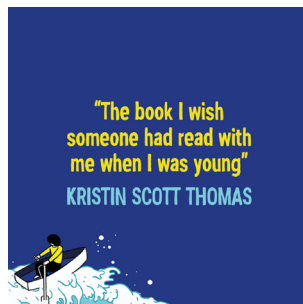
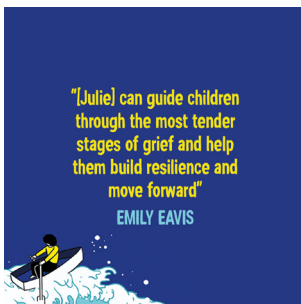
You Will Be Okay

- To find strength, stay hopeful and get to grips with grief
- To support a child when someone important to them has died
- To help an adult supporter to have empathy and an expanded grief toolkit



Bear Us In Mind is a project that helps children cope with separation and loss. It was started following the multitude of losses children experienced following the invasion of Ukraine.

We have put together a psychological toolkit with 7 tools that we hope will help all children adapting to loss; however, for those children dealing with the additional pain of a death in their family, we plan to translate and publish – *You Will Be Okay*.





This is a book written for children which adults may also find helpful to read. We strongly advise all supporters of the 'Bear Us In Mind' toolkit to read it as it may help you to process any bereavements from your own life.* It will also help you to step into the shoes of a child, and guide you both as you explore their own particular grief experience. You will need to try to understand the meaning of their relationship with the person who died (not everyone's relationships are loving and straightforward) and the circumstances and timings that surrounded the death. You also need to establish the child's relationships with those who remain alive.

The death of a parent, sibling, grandparent or friend is one of the most difficult experiences a child can go through and it can be hard to know how to talk to them about it.

'In my book I wanted to capture the voices of children from 30 years' experience. I hope it will be helpful to any adult seeking to support a bereaved child. Our illustrator Laurene portrays brilliantly the mask of "FINE". A mask that we so often show the world when underneath we actually feel Fed up, Insecure, Nervous and Exhausted by grief'

Julie Stokes



*We have a grant from the Churchill Fellowship that allows us to provide a limited number of copies to those supporting Ukrainian families. These are in English and will help supporters to understand grief from a child's perspective. Alternatively you can order direct from Amazon (<https://www.amazon.co.uk/You-Will-Be-Okay-Strength-ebook/dp/B08Q7T267Y>) or any good bookseller. We are also currently working with the publisher to translate 'You Will Be Okay' into Ukrainian. Bear Us In Mind will then seek to supply Ukrainian copies to you and your book club.



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You Will Be Okay



THE GRIEF SWING

A child's grief can often involve deep sorrow followed by a sudden step into the distraction of happiness. Grieving adults often find this harder to do, especially in the early months of a family death. In the book, Julie provides a friendly way to understanding the parallel process of being focused on emotion and then being focused on rebuilding your life. She talks about the reality of swinging backwards and forwards from the 'land of loss' to the 'land of rebuilding'. For a family displaced from their home this process can be exhausting and yet needs to be fully understood as natural. Your job as a supporter is not to judge the speed at which they are ready to rebuild. Your job is to understand that both sides of the riverbank belong to grief.

Please note this book is only relevant to a child where there has been a death in their family or friends.





BEREAVEMENT BOOK CLUB

Step 1

In your local community perhaps you can create a small group of adult supporters. Ask each person to read *You Will Be Okay*. This will take an average reader a few hours. It is very likely that as an adult you may have experienced a bereavement yourselves. Try to apply the exercises to your own situation as you read the book.



Step 2

We then suggest your book club arranges 3 meetings to discuss the content of each chapter in more detail. Take a couple of chapters for each meeting. In the book club, share with each other your own experiences before thinking about how to use the various exercises with a child.

Step 3

Creating a bereavement book club for children.

When children have arrived and settled for a few months in your community you may find that there are a small number of children who want to form their own bereavement book club. The tools from *You Will Be Okay* are more suited to children 9 years and up. If it is a younger group, then *Muddles Puddles and Sunshine* by Diana Crossley is an excellent workbook.

To get further advice on bringing groups of children together (we call this peer support) look for a local service provider in the UK on <https://childhoodbereavementnetwork.org.uk/> or see our additional support page in the Toolkit Guidelines. Julie is unable to provide advice on individual children, however @juliestokesobe will publish regular posts to guide adults supporting bereaved children.