

from: mackenzie@primaryschool.sch.uk

to: river@primaryschool.sch.uk

Hi River,

I really liked getting your last email - it's nice to be able to talk to someone and not have to do it in person at school, when the others are around and might hear me talking about it.

I've felt really sad this week and some days it's all I can think about. I'm still not sleeping very well, but I always pretend to be asleep when Mum or Dad come to check on me at night. I don't want them to know that I'm struggling.

Yesterday I started to laugh at something on TV that we always used to laugh about together... but then I felt so bad for laughing without them.

Thanks for the invite this weekend, but I think I'll just stay at home.

Speak later,
Mackenzie

<p>Why might Mackenzie be sad?</p>	
<p>How has this sadness affected Mackenzie's life?</p>	
<p>Why might Mackenzie not want their parents to know? Is there anyone else Mackenzie could talk to?</p>	
<p>What advice might River give Mackenzie in response to this email?</p>	

Scenario 1

Hollie's friend Jakub recently lost his grandad and is really upset. Although Hollie didn't know Jakub's grandad, Hollie is feeling sad because Jakub is sad. Hollie isn't sure what she should say to him to make him feel better and doesn't want to upset Jakub further by saying the wrong thing. She's starting to think a lot about her own grandad too and feels really worried about what might happen to him in the future.



Scenario 2

Daniel's older sister died before he was born. Every year leading up to his sister's birthday, Daniel's parents get really sad and cry a lot. Although Daniel feels sad for his mum and dad, he didn't know his sister. He doesn't know what he is supposed to say to his parents, especially on the actual birthday. He thinks that maybe he just shouldn't talk about it at all.



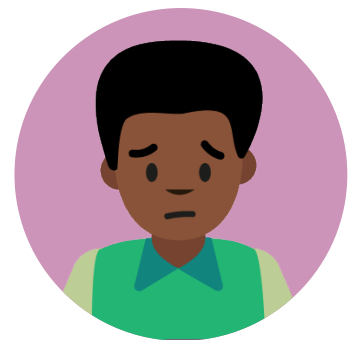
Scenario 3

Leah's pet dog had to be put down last month as he was very unwell. Leah's friends were especially nice to her in the week after it happened, but now nobody even talks about her dog. Leah feels really angry that everything has gone back to normal. She wants to talk to her friends, but nobody seems to care that she really misses her pet and feels lonely without him.



Scenario 4

Finn's uncle isn't very well. Nurses come to his house every day to help take care of him, and Finn's dad said that soon he might have to move into a special house where he can have some extra care. Finn knows his uncle is going to die, but is trying to be brave for his dad. Finn has been struggling to focus in school and didn't do very well on a test yesterday. He is worried that this will upset his dad even more.



sadness

feeling
nervous

denial
(pretending
it isn't
happening)

worried

anger

confusion

feeling guilty

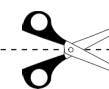
loneliness

feeling numb

feeling
anxious

blaming
themselves

can't
concentrate



Talk to family,
friends or other
trusted adults

Create a memory
box of different
things associated
with a person/pet/
place

Cry, scream, shout

Talk to teachers
or other members
of staff at school

Collect photos
and put them into
a special album or
create a collage

Follow a routine
- eat, sleep, go to
school

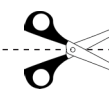
Visit a counsellor
or therapist who
can listen and offer
support

Write in a diary/
write letters to
express feelings

Spend time with
friends or family
socially (e.g. go to
the park, cinema)

Join a support
group to meet
people who
have had similar
experiences

Draw, paint or use
music to express
feelings



Hi, I'm Jane, and I'm a counsellor. My job involves listening to people, helping them to understand how to manage their feelings, and helping them cope with different things that are going on in their lives.

Hi, I'm Mike, and I lead a support group for young people who are experiencing grief. They can come together and share their stories with other people their age who have experienced a similar thing.

Hi, I'm Raj, and I work for a charity that supports young people who have experienced a bereavement (the death of a family member/friend/loved one). We provide lots of help with managing their grief. Our team are always available to listen if someone wants to call and talk about what they are going through.

Hi, I'm Safa, and I work for an organisation that produces leaflets for people who are experiencing grief. Lots of GPs, charities and support services give out our materials for free. We provide lots of information and guidance that people can access in their own time and at their own pace.

Hi, I'm Alain, and I work for a charity that helps people with their mental health. My job is to raise awareness of our support services, such as online counselling, support over the phone, via text messages or face-to-face. We can also help connect people with art therapists and music therapists, who can help people express themselves in alternative ways.

