



Inclusion and Engagement Support Team GEMs- Good Engagement Methods

GEMs have been put together to demonstrate good engagement methods to support CYP with SEND.

As Inclusion teachers, we wanted to produce a package to address and support some of the core challenges that professionals will encounter within their classrooms with CYP with children with SEND.

Within this package, you will find activities which have been designed to approach some of the most sensitive subject areas that arise, such as self-esteem, anxiety, anger, and bereavement.

This package is versatile and offers activities/support to primary and secondary settings to suit your school's needs. Activities can be used to support individual children or may be suitable in a small group or within a whole class setting. There may be resources that you can signpost parents/carers too. As Bereavement and death is such a sensitive and emotive experience, it is important that a trusted adult works with the CYP to offer support.

We have signposted a lot of resources within this package from the following:

- [NHS Central Lancashire CCGs - Bereavement support](#)
- [Bereavement Care Service :: East Lancashire Hospitals NHS Trust \(elht.nhs.uk\)](#)
- [Coronavirus: grief and trauma | Cruse Bereavement Care](#)
- [Traumatic bereavement | Cruse Bereavement Care](#)
- [Childrens' understanding of death | Cruse Bereavement Care](#)
- [Child Bereavement UK](#)
- [Childhood Bereavement Network](#)
- [Winston's Wish - giving hope to grieving children \(winstonswish.org\)](#)
- [Hope Again](#)
- [How parents can support their child through COVID-19 losses | UNICEF](#)
- [Children and bereavement - NHS \(www.nhs.uk\)](#)



Bereavement, grief, and loss

There is no right way to feel bereavement. As a CYP goes through the different stages of development in their life, their understanding of death will change. Each CYP's grief is individual, and their understanding of the loss of a loved one may progress as they grow and mature. The website below takes you through the understanding of grief at differing stages of development in a CYP's life.

[Childrens' understanding of death | Cruse Bereavement Care](#)

As adults, we want to protect CYP by maybe not telling them everything that is going on. But CYP can be astute and notice changes in our behaviour, which may make them feel anxious and confused. We might find it hard to talk about it ourselves as we too are suffering from grief. Many CYP (depending on their age and maturity) might prefer to talk about their feelings and welcome some honesty in the most challenging of times. Quite often, not knowing can feel worse than being kept in the dark.

[How grief may affect children \(mariecurie.org.uk\)](#)

When confronted with the subject matter of death, we often find ourselves worrying whether or not we'll be able to provide CYP with answers that offer peace and assurance. You will not have all of the answers to all of your CYP's questions, but there are many services available to support you through this difficult journey.

Covid 19

The Coronavirus pandemic has resulted in an increased need for bereavement support amongst CYP. You may find support from the website below.

[covid-19 - Grief Encounter](#)

Activities	Resources
<p>My Hero is You storybook for children</p> <p>A story about the reality of living in a global pandemic and staying hopeful and positive. Ario, a fantasy creature who travels the world helping children to find hope in the future and joy in simple pleasures. Together with old and new friends, Ario addresses the fears, frustrations and concerns children are facing in the current phase of the pandemic and explores the various coping mechanisms that they can use when faced with difficult emotions like fear, grief, anger and sadness.</p>	<p>My Hero is You, Storybook for Children on COVID-19 IASC (interagencystandingcommittee.org)</p> <p>Aimed at 6-11 yrs.</p>
<p>Children's Grief Awareness week 18th-25th November 2022</p> <p>This was founded by leading childhood bereavement charity Grief Encounter. It is designed to raise awareness of bereaved children and young people in the UK, and how providing those affected with free, professional support can make the world of difference to their future. Organisations and charities across the UK will be showing solidarity with grieving children, young people, and their families in their community; raising awareness of their needs and how to help.</p>	<p>Home (childrensgriefawarenessweek.com)</p> <p>Home SUPPORTING BEREAVED CHILDREN & YOUNG PEOPLE - Grief Encounter</p> <p>Children's Grief Awareness Week 2022 resource pack (childhoodbereavementnetwork.org.uk)</p> <p>Download a free pack</p>

<p>Growing in Grief The Growing in Grief Awareness programme is a whole-school framework, free to primary and secondary, special, and mainstream schools across the UK. This is toolkit to help support staff and pupils.</p>	<p>Growing in Grief Awareness (childhoodbereavementnetwork.org.uk)</p>
<p>Fizzy Feelings This activity can help to explain to children the importance of safely expressing the natural feelings they may have when someone is seriously ill or has died.</p>	<p>Supporting children through coronavirus bereavement Winston's Wish (winstonswish.org)</p> <p>Winstons-Wish-Fizzy-Feelings.pdf (winstonswish.org)</p>
<p>Family Stone Stories Thinking about the whole family- an activity for families.</p>	<p>Story-Stones-Winstons-Wish.pdf (winstonswish.org)</p> <p>You will need A3 paper Pencils Several smooth stones or pebbles of varying sizes Coloured permanent pens Acrylic or glitter paints Small pictures cut out from magazine pictures or stickers PVA glue or acrylic spray varnish</p>
<p>Looking after myself First Aid Kit We all have first aid kits to help with minor cuts and bumps on the outside, But we also need a First Aid kit that helps when the hurts, pains and bumps are on the inside; a kit that reminds us of what we need to look after us when we may be feeling overwhelmed, on difficult days or when things build up to bursting point</p>	<p>Winstons-Wish-First-Aid-Kit.pdf (winstonswish.org)</p>
<p>A huge bag of Worries This text explores what worries look like and that it is better to talk about them, rather than bottling them up inside.</p>	<p>Lovely book with activities</p> <p>A huge bag of Worries by Virginia Ironside Miss Smitheram reads The Huge Bag of Worries - YouTube</p>

	<p>Primary-pack-17-Huge-bag-of-worries.pdf (oxfordhealth.nhs.uk)</p>
<p>Worry dolls Traditionally, the dolls are given to children to help them with their worries. Children will share their concerns with the dolls and then place them under their pillows where the worries will go away overnight.</p>	<p>Winstons-Wish-How-to-Use-Worry-Dolls-and-Worry-Monsters.pdf (winstonswish.org)</p> <p>How to Make Tiny Little Worry Dolls - YouTube</p>
<p>Covid 19</p> <p>Animations and stories surrounding Covid 19</p>	<p>Trauma around death during the covid-19 pandemic - Grief Encounter Emotional Responses to Grief - Grief Encounter</p> <p>Lancashire Education Psychology team</p> <p>https://www.lancashire.gov.uk/media/916176/eps-covid-19-cyp-resources.pdf</p>
<p>Winstons Wish</p> <p>Free online training for schools to support grieving in CYP</p>	<p>Online bereavement training for schools – Winston's Wish (winstonswish.org)</p>
<p>Memory boxes</p> <p>Make a memory box and add photographs, pictures, cherished items inside of their loved ones.</p> <p>Memory jar</p> <p>Fill a jar with coloured sand/salt. This represents the many important things they loved about that person. Their favourite colour, perfume, football team, food etc</p>	<p>Making a memory box - Macmillan Cancer Support</p> <p>Memory-Box-Winstons-Wish.pdf (winstonswish.org)</p> <p>Memory-Jars-Winstons-Wish.pdf (winstonswish.org)</p>

<p>Button tree</p> <p>Making a button tree is a reminder of our family and who is important to us.</p>	<p>Button-Tree-Winstons-Wish.pdf (winstonswish.org)</p> <p>You will need:</p> <p>A small canvas - either a box canvas or a flat canvas board.</p> <p>A wooden board painted white will also do PVA glue, or if you have an adult helping you, you could use a glue gun</p> <p>A selection of buttons - the more colours, shapes and sizes the better</p> <p>A4 paper</p> <p>Felt tips</p> <p>Permanent markers</p> <p>A pencil</p>
<p>Online guidance for:</p> <p>Parents and Schools</p> <p>Which include podcasts and information offering support in the early days and weeks, after a couple of months, for children in school and activities to support bereaved children.</p>	<p>Activities to help children through a bereavement - Sudden</p> <p>Downloads</p> <p>Coping with grief when someone you loves dies suddenly (download from Sudden)</p> <p>Someone has died in a road crash (download from Brake)</p>
<p>Recommended reads</p> <p><i>(With sensitive issues, always read the text first to ensure it is suitable and to address your own feelings/emotions before you share with CYP)</i></p> <p>Where are you Lydie? By Emma Poore (about sibling loss) (3-7 years)</p> <p>The Little Flower Bulb by Eleanor Gormally (3-8 years)</p> <p>Luna's red hat by Emmi Smid (6+ years)</p> <p>A star for Bobby by Helen Keenor (3-6 years)</p> <p>Always my twin by Valerie R Samuels</p> <p>Missing Mummy by Rebecca Cobb (3-6 years)</p> <p>Waterbugs and Dragonflies by Doris Stickney (4-8 years)</p> <p>Badgers parting gifts by Susan Varley (4-7 years)</p>	

View this site for a selection of books
[Books – Winston's Wish \(winstonswish.org\)](http://winstonswish.org)

[Details of the image asset Bereavement | Makaton \(assetbank-server.com\)](http://assetbank-server.com)
(You will need to register)

For teens

When a friend dies: A book for teens about grieving and healing by
Marilyn E. Gootman

Weird is normal: when teenagers grieve by Jenny Lee Wheeler

Healing your grieving heart for teens: 100 practical ideas by Dr. Alan
Wolfelt

You are not alone: Teens talk about life after the loss of a parent by Lynne
Hughes

For Adults

A grief observed by CS Lewis

Thinking out loud: Love, grief and being Mum and Dad by Rio Ferdinand

An introduction to coping with grief by Sue Morris

Sisters and Brother: stories about the death of a sibling by Julie Bentley

Grief is the thing with feathers by Max Porter

When children grieve by Dr Leslie Landon Matthews