



Smiles & TEARS

CARDS

**Nelson's
Journey**

Registered Charity 1170605

www.nelsonsjourney.org.uk • 01603 431788 • enquiries@nelsonsjourney.org.uk

Adapted from the Childhood Bereavement Network and Seasons for Growth 'I Can, You Can' cards

Find us on:



Hello,



This set of Smiles & Tears cards have been created for you by the Nelson's Journey Youth Panel and young volunteers. Many of us have also experienced the death of a special person and we know how difficult it can be for your friends and adults to know how to support you at this time. Therefore, we have created some postcards that you can give to your friends, adults in your family, adults at your school and another special person helping you to tell them how you are happy to be supported.

Have a read of the cards, think about who you can give them to and then put a tick next to how you are happy for them to support you. You will also see that we have included a card for yourself, it is important that you look after yourself during this time too. We understand how it feels and want you to know that we are here to support you.

We hope you find these useful.

From the Nelson's Journey Youth Panel and young volunteers.



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*Adapted from the Childhood Bereavement Network
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Someone special to me has died and I am experiencing a lot of change. This might affect my feelings and behaviour for a while and so here are some tips and ideas that I can do to help myself at this time.

For me...
I can help
myself by...

○ Reminding myself that over time, things will change and life will become easier.

○ Starting a memory box or journal to help me remember my special person.

○ Talking to the person that has died in my imagination. It might help with saying things I never got to say and to feel a connection with them.

○ Sharing with others the times where I feel to blame or helpless or hopeless. They can talk to me and help me.

○ Asking to be included in planning the funeral and saying my goodbye.

○ Telling other people what helps me feel better.

○ Finding out about support for children and young people who are going through a loss like me.

○ Asking people about what has happened. It might make them (and me) upset but I need the facts to help me understand.

○ Asking for help from

○ Doing something special on anniversaries to help me remember my special person.

○ Asking for choices to be given to me so I can make my own decisions on things that could affect me.

○ Reminding myself that what I feel is normal and my sleeping, eating, motivation and concentration will be different and constantly changing.


○ Laughing and having fun, without feeling bad or guilty about it. This does not mean I am 'over it'.

○ Looking after myself by eating, sleeping and resting properly.

○ Talking to trusted adults when I am going through hard times and continue to talk to them until things change for the better.

○ I can also help myself by

○ Finding new and different ways of expressing my feelings through writing, listening to music, drawing, exercising, as well as carrying on with my usual hobbies.

 I need to remember that things are likely to change for me over time, so I may need to look for other ideas that could help. If things don't start to feel better then I need to talk to someone who could help and support me.



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To adults in my family, someone special to me has died and I am experiencing a lot of change. This might affect my feelings and behaviour and so here are some ideas of things you can do to help me at this time.

For the adults in
my family...
you can help
me by...

○ Making sure my school knows about my loss. Ask me about any additional support I may need.

○ Keeping my special person's memory alive by talking about them, listening to music they liked and looking at photos.

○ Offering me a hug.

○ Explaining to me that what has happened is not my fault and I am not to blame.

○ Helping me to start a memory box.

○ Remembering I may need more information and reassurance.

○ Arranging for me (or us) to get extra help if I am feeling too overwhelmed.

○ Helping me laugh and have some fun, though this doesn't mean I am 'over it'.

○ Talking to me honestly and truthfully in a way that helps me understand. Try to answer my questions if you can. Be honest if you can't.

○ Giving me space but talking to me if you are worried, so we can work together.

○ You can also help me by

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○ Talking to me about the funeral and saying my goodbye. Help me to make my own choices and include me in decisions if you can.



Thank you for taking the time to find out how you can help me. It is appreciated. Things are likely to change for me over time, so please continue to check in with me. We can then look at other ways you may be able to support me.

The logo for 'Smiles & TEARS CARDS' is centered in a white rounded square with a pink border. 'Smiles' is written in a blue, rounded, handwritten-style font with a small smiley face above the 'i'. '&' is a smaller blue symbol. 'TEARS' is in a bold, blue, blocky font with a single blue tear drop above the 'A'. 'CARDS' is in a smaller, blue, blocky font below it.

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To the staff at my school, someone special to me has died and I am experiencing a lot of change. This might affect my feelings and behaviour and so here are some ideas of things you can do to help me at this time.

For the staff at my school... you can help me by...

Waiting until I am ready to talk.

Remembering that I am still me. I am just feeling a bit lost at the moment.

Informing teachers and school staff, especially supply teachers, about my loss.

Telling me about what support is available for me in school and help me to access this when I need it.

Understanding that it will take time for me to cope with all the changes I am going through and I will not 'get over it'.

Giving me a note that allows me to leave the room briefly, without explanation, when I am feeling overwhelmed.

Asking me how I am feeling and coping.

Arranging for me to get extra support with my work.

Helping me to feel positive about myself for the things I am managing to achieve.

Understanding that it is hard for me to feel motivated and so meeting deadlines may be difficult.

Finding a way of helping me to focus in lessons without making me feel embarrassed.

Treating me the same as everyone else.

Helping me look forward to the future and make plans.

Talking to me about what has happened as I may need some information and guidance.

Not putting the spotlight on me in lessons. I will try to take part as and when I can.

You can also help me by
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To my friend, someone special to me has died and I am experiencing a lot of change. This might affect my feelings and behaviour and so here are some ideas of things you can do to help me at this time.

For my friend...
you can help
me by...

Offering me a hug.

Continuing to be yourself and just be my friend – even if you're not sure what to say or do.

Standing up for me if you see me having a difficult time.

If you can, listen to me. It may be useful for me to get stuff off my chest.

Keep talking to me about what you are doing – sometimes it may seem I'm not listening but it helps having you there.

Helping me to laugh and have some fun, though this does not mean I am 'over it'.

Ask me if I want to talk to you about what has happened. Don't worry if I get upset.

Sometimes I might feel lonely so if you send me a message or visit me, then I'll know that you're thinking of me.

Asking me how I'm feeling – even though I might not always find it easy to tell you.

Trying to understand that I might not feel like joining in at the moment, this doesn't mean you can't ask me.

Giving me a break if you see me acting differently.

Talking to me about going back to school.

If you're worried about my wellbeing, talk to me about getting help from an adult.

You can also help me by
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