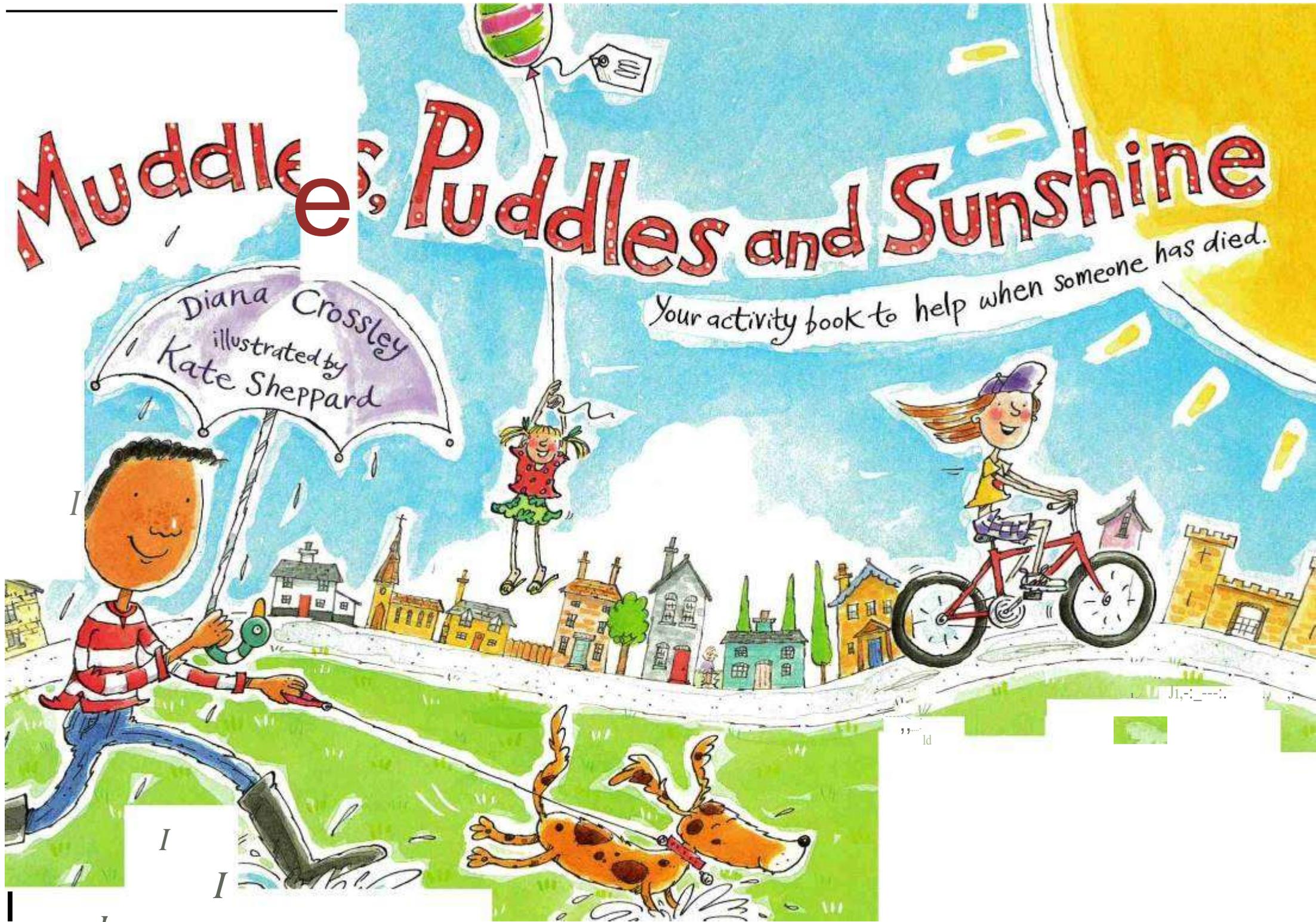


Muddles, Puddles and Sunshine

Your activity book to help when someone has died.

Diana Crossley
illustrated by
Kate Sheppard



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f sdjoUrs -t° ep.

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-4=¥ J;

I Want to Remember



Stick it here of the
Person who died.

If you haven't got
a picture
and stick it here.



Write the
person's
name here.



This is Me



Fill this in.

My name is

I am years old

My height is ...

My eyes are ...

My favourite colour is ...

My favourite animal is ...

My favourite clothes are ...

-,his is a picture of me.

THESE ARE THE THINGS I LIKE



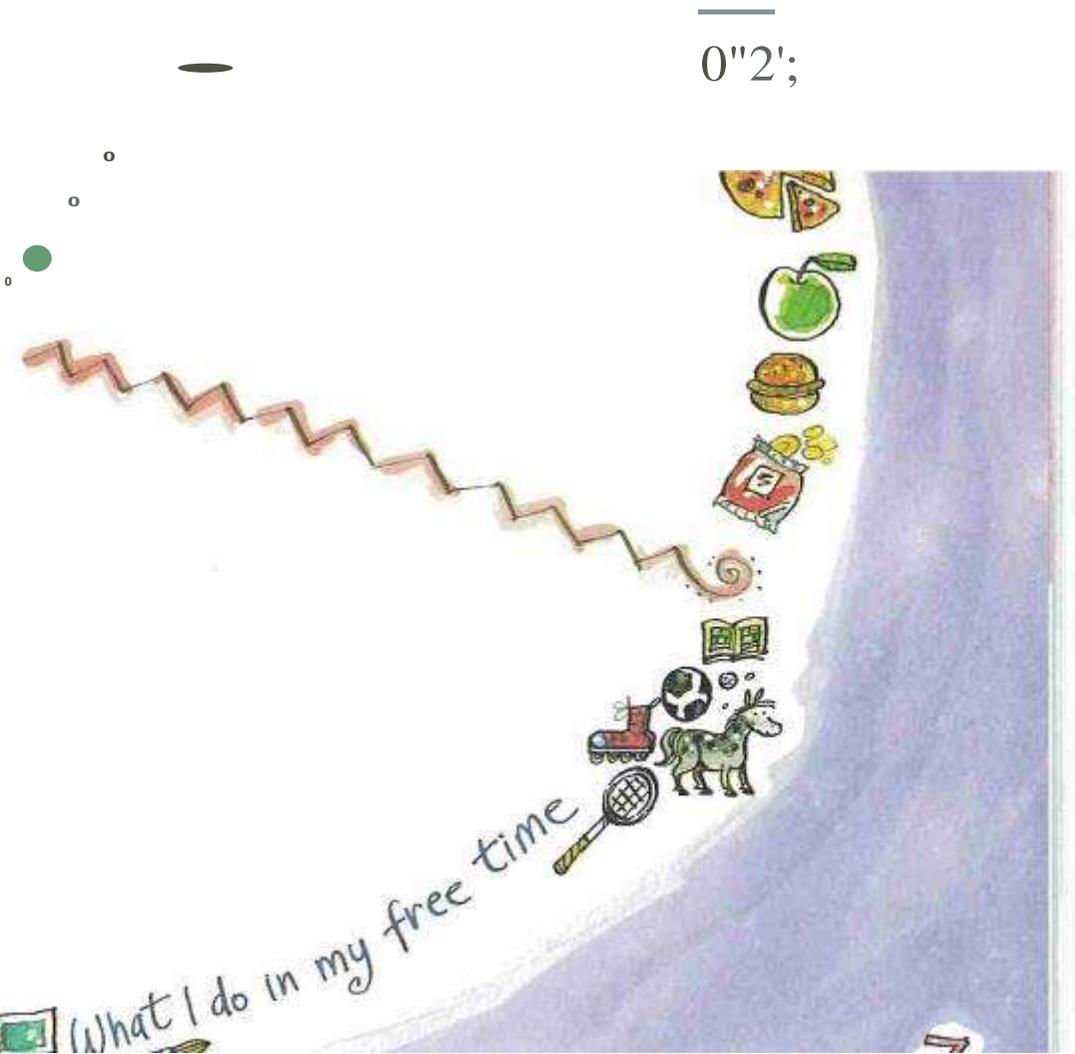
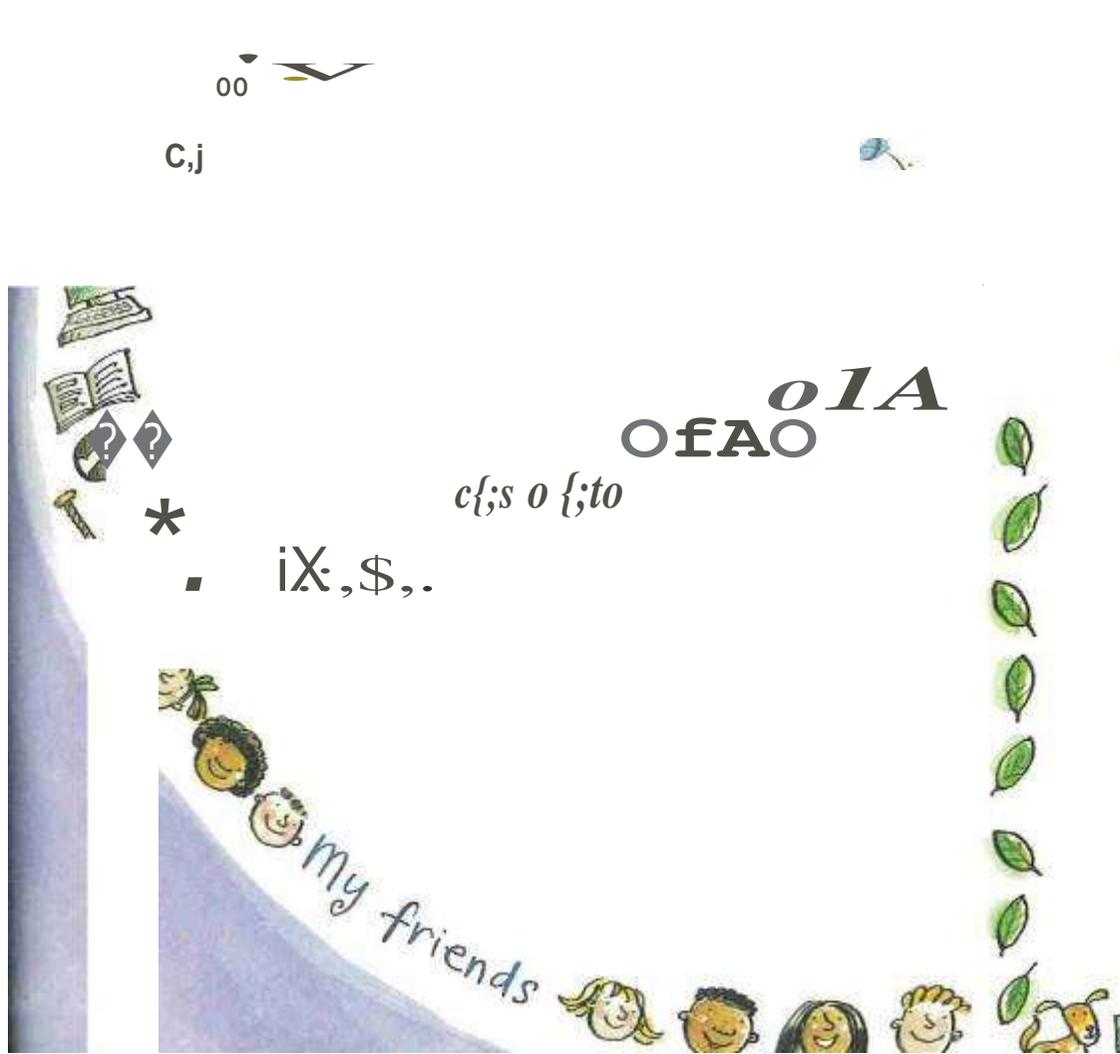
THESE ARE THE THINGS I DON'T LIKE





Write <lowvi-
-things to describe.

0.



My Family



Draw a picture of your family. Write the name of your family member in the box. Write the answer to the question.

A PICTURE OF MY FAMILY

The noisiest person in my family is...

The smallest person in my family is...

The messiest person in my family is...

The naughtiest person in my family is...

The fastest runner in my family is...

The funniest person in my family is...

1. --

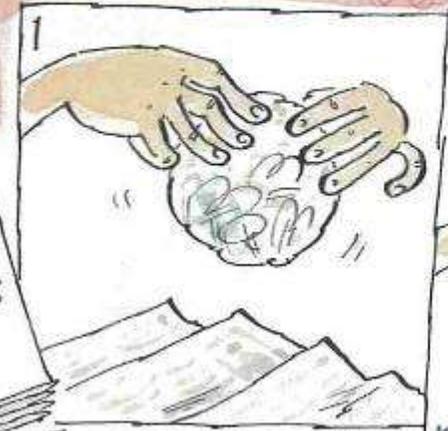
J

How to make a Papier-maché Spider

Activity Page

You will need:
Newspaper
Masking tape
flour, water
salt, paint
glue, pen
8 pipe cleaners
paint brush

This is just for fun.



1 To make the spider's body crumple up some newspaper into a ball shape.



2 Make a smaller ball for the head and tape it to the body using masking tape.



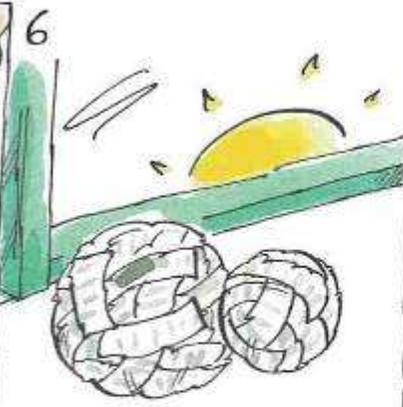
3 Tear up some newspaper into 2.5cm strips.



4 Make up a glue: 1/2 cup of flour, a big spoonful of salt and one cup of water.



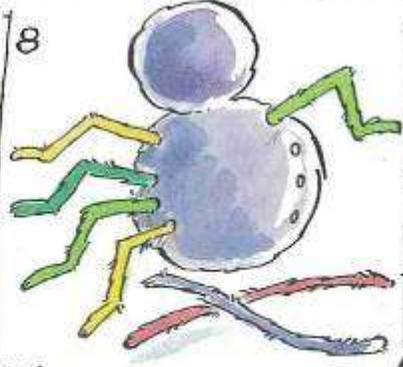
5 Using the flour-glue paste layers of the newspaper onto the head and body. (About 3 full layers).



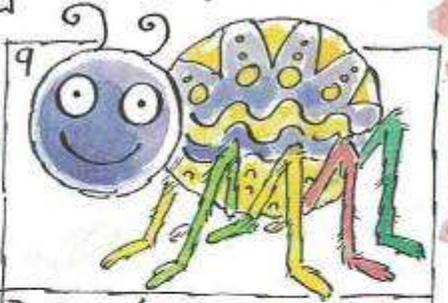
6 Leave it to dry.



7 When the glue is dry paint the head and body in whatever colour you like.



8 When dry use a pen to punch holes for legs. Put glue on the end of pipe cleaners and stick the legs into the holes in the body.



9 Decorate your spider.

Some people think spiders are scary. Can you think of any scary or exciting things you did with the person who died?



About the Person Who Died



I have many questions to ask you...

...See if you can fill in the answers below and opposite...



Who died?

Blank space for writing the answer to 'Who died?'



What was their name?

Blank space for writing the answer to 'What was their name?'



When was their birthday?

Blank space for writing the answer to 'When was their birthday?'



How old were they when they died?

Blank space for writing the answer to 'How old were they when they died?'

What were they good at?

What did they look like?

Wtu fhqr Voori@I

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r.c.,

.....) rperrori ever .-c{ ? ...>-----

What made the person angry?

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{ C(nsWer5 to S'oJ'Yle of }
{ -these t.1estl \S, sf< }
{ Sotneone in c v' }



ft.\mt t:, help .Y₀LL.

....

How Did They Die?

Write down what you remember
or draw a picture that explains
how the person died.

A large, empty white rectangular area framed by a thick green border. The border is decorated with a repeating pattern of white, stylized leaf or oval shapes. This area is intended for the student to write their answer or draw a picture.

How did you feel?

How did you feel?

It is ok to remember the person who died. You might like to light a candle to remember them. Always make sure you do this with a grown-up. Lighting a candle to remember someone in your family who has died can sometimes make you feel sad. It is ok to cry when you feel sad.



13

What Can You Remember About The Person Who Died?

What things did you do together?

What things...

like or not like?

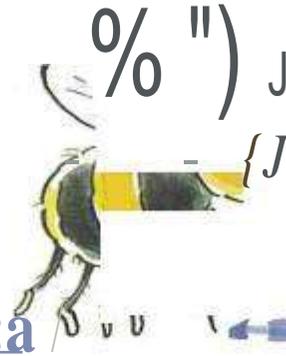
...

thing

I



The Funeral



When someone dies
we have a funeral.
Did you go to the...-
funeral?

Yes

What happened?

No

What do you think happened?

Some people choose to visit the grave, or go somewhere special to remember the person. Where do you go to remember the person who died?



Recipe for Success... Biscuit Feeling Faces

Activity
Page

Recipe for Success...

You will need:



Chocolate biscuits



Icing sugar



Water



Sweets and

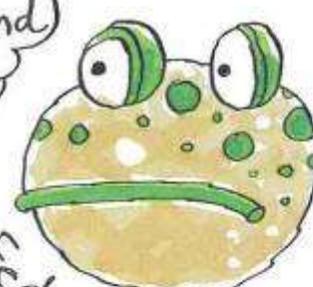
Cake decorations

How to make your feeling faces.

Mix some icing sugar with a little water to make a thick glue.



Use the icing sugar 'glue' to stick sweets and cake decorations on to the biscuits. You can make...

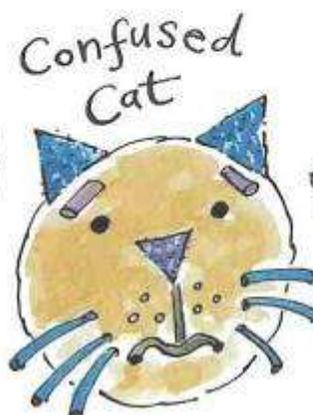


Fed-up Frog

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: Jou hqd since-th c{,ed?
You ceyl ma.ke different
-f ces for q ll -the.
d.,f.fe.Y'ent {eeUN3s
yoVA hqVe.



Angry Ant



Confused Cat



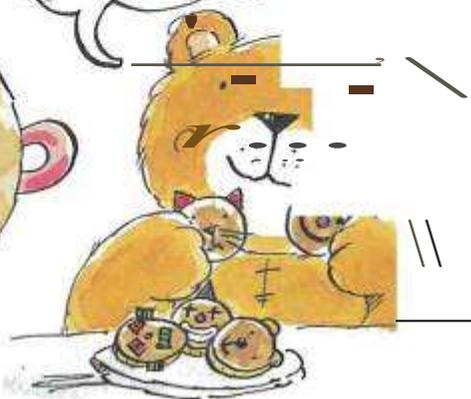
Worried Warthog



Happy Hedgehog



Mad Monkey



Everything Goes Wrong!

It's not fair!

Nothing is easy

Everything has changed!

Everything goes wrong!



What things have gone wrong for you since the person died?

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r13ht in_.

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fi'n WCVJS o.f-

okin.3 ftev-



joU.rSeff.

Feelings Can Be Explosive

When someone dies you may have lots of different feelings inside you.



StPJ, Y/f! GJff

People have lots of different feelings when someone dies. Talking to others sometimes helps. Especially if someone has died in their family too.



s, u iJf)ce. Gqrt

Make a

You will need:
 A piece of card
 Glue
 Stick to paper



4 When it's dry, you can write...

I am scared that...

I am angry about...

I feel lonely when...

I feel sad when...

Feelings Volcano For Yourself

Activity page



Use lots of glue and sticky tape.

3. Start to build up your volcano by sticking the paper balls onto the card.

2. Get a big piece of card.

1. Roll up bits of paper into small balls.

Now you have a volcano you need to make an explosive of feelings.

Make a template in the shape of a spiral then trace lots of spirals onto coloured paper.

When you have lots of spirals complete each of the sentences below onto each spiral.

Cut out the spirals and stick them onto the volcano.

I am worried because...

I feel sad because...

I feel excited because...

I feel angry because...

I Miss Them

When someone in your family dies you may be sad of times you miss them and the things you used to do together.

What things do you miss about the person?
When do you wish they could still be here?



What things might happen to you in the future when you might miss the person who died?

Write a list
OR
Draw pictures

Two large rectangular boxes with decorative borders, intended for writing or drawing.

It is normal to miss someone who has died.



Who Is There For Me?



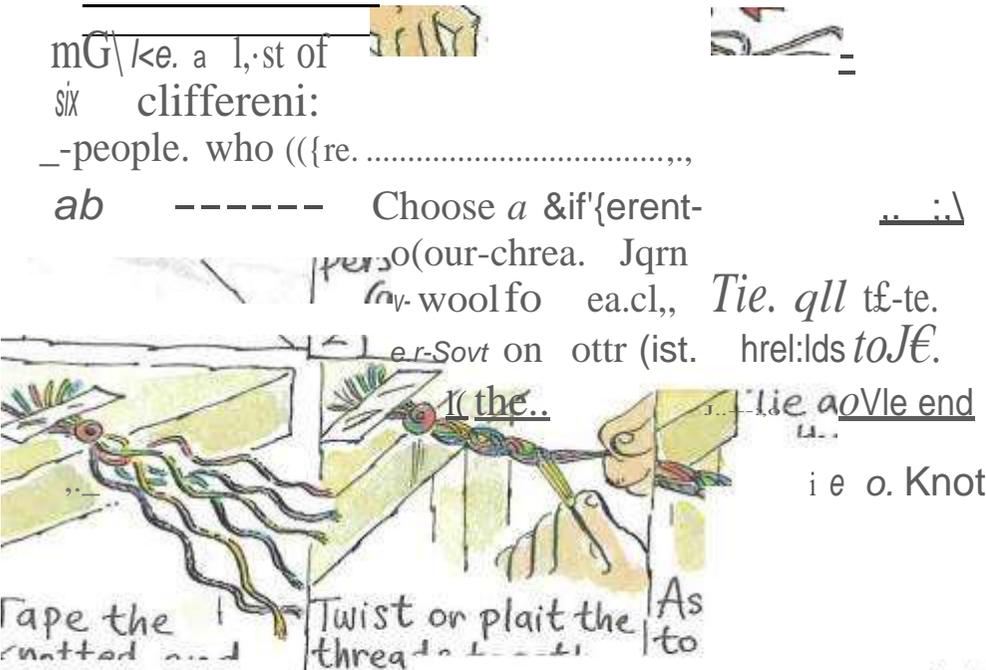
When somebody dies you can feel...

When somebody dies you can feel very sad. Sometimes it feels like there are people who care for family, friends, at school or clubs, who do care. It can be difficult to remember yourself who these people are but you own feelings should be taken care of.

Follow these instructions to make a friendship bracelet.

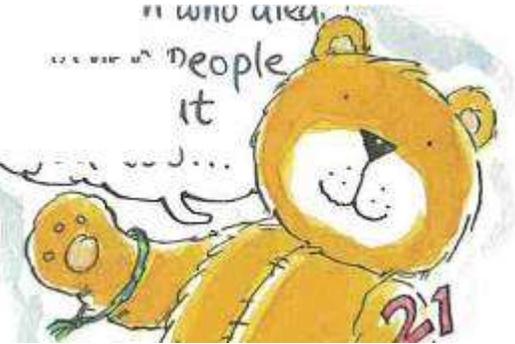
about

- 1 Q. About me...
- 2
- 3
- 4
- 5
- 6



Choose a different color for each thread. Tie all the threads together at the end. This is the knot.

Ask someone to help you if you need it.



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s -to *m.ke* ^ 6 *arouncA yovr wrist.*
pqt.tern.

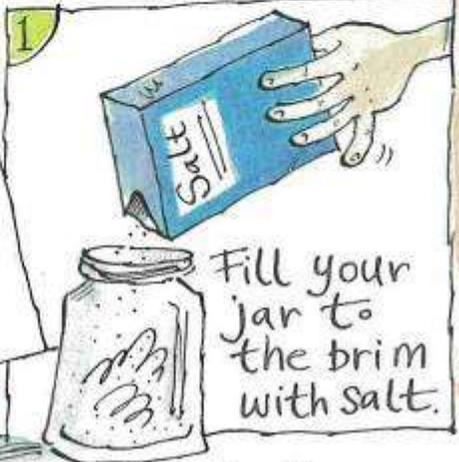


Make Your Own Jar of Memories



You will need:
 A glass jar with a lid.
 Salt
 5 coloured chalks
 5 sheets of A4 paper
 a pen
 5 coloured felt tip pens

How to make your salt jar:

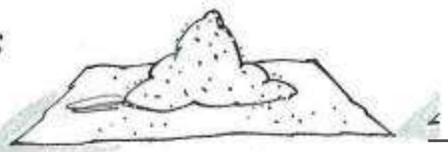


1 Fill your jar to the brim with salt.



2 On one piece of paper write down five things you remember about the person who died. These could be things you know they liked, something they enjoyed doing, perhaps somewhere you went together, or what you remember about them as a person.

4 Spread out the other five sheets of paper and divide the salt from the jar between them.



5 To colour the salt take a chalk and rub it backwards and forwards in the salt. The salt will begin to take on the colour of the chalk. The harder you rub the brighter the coloured salt will become.



6 Carefully pick up a piece of paper and pour the coloured salt into the jar one at a time. You can put as much of each colour in as you want. Do this with each pile of salt until the jar is full.

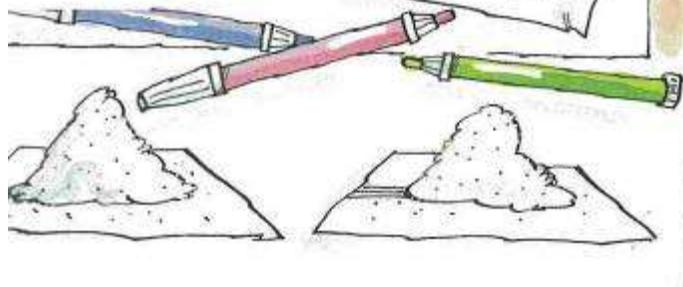
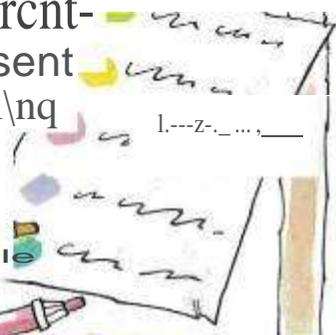


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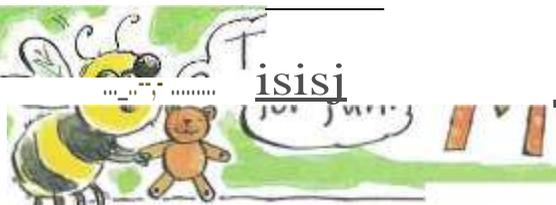


You could draw a 'Picture Memory' jar. Memories have; write down what each Colour stands for.

3 Choose different colours to represent each memory. Of course next to each memory.



Memory Jar - Of memories for.....



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Activity Page

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To make the dough...



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Keep .qJc.fj wqter bit bit. Uvrtil the. ov3h tS' firm b14t not crumb.



This is the hard part



Knecv.t the 4o hfov-te.n minutes.

0 m'fi(e c:fouih beav:...

Roll ol,(tfovV- bits of c)ou3h fov- the. arm S Clnu\ Le..9s.

Take a handful of dough to make the body and flatten it a bit. Then add the arms and legs.

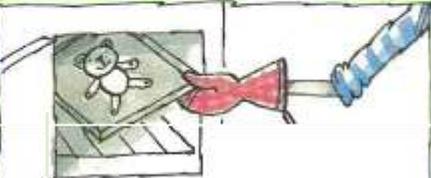
Make a head using a small piece of dough and attach it to the body.



mark the. e3e s, n°se C\rlJ mol(tl, with q pencil.

You could also make other dough models of things they liked.

Make some ears and attach them to the head.

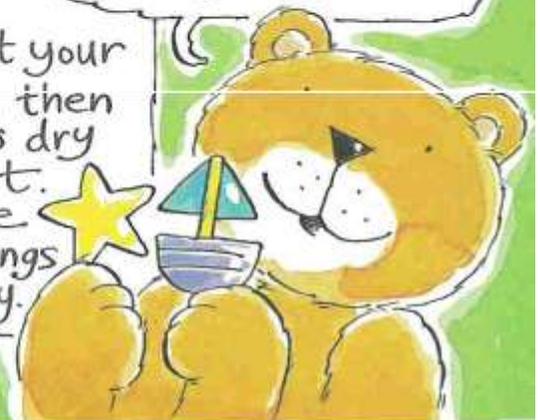


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You could stick a magnet on the back of the bear. So you can put him on your fridge.



Paint your bear; then when it's dry varnish it. You can make lots of other things in the same way.



Make Your Own First Aid Kit

Activity Page

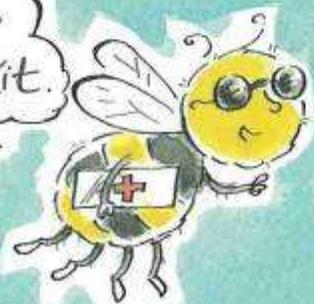
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 into box.

ffa;7D

What kind of first aid kit do you want?
 What kind of first aid kit do you want?
 What kind of first aid kit do you want?

Now list 5 things you would like to have in your first aid kit.

This can be your very own first aid kit.



Playing football.

To... friends.



Patting my dog.



Listening to music.



Then, help me.

imp@rf@nt

!W@t s.

-After Sorfleone dies ou
can stiU remem b r them,

Which datesvi.ll_:10U want t.

remember- the ferson who h1\S Jied r o'

for o.s ton s ouWl\ni>b,.



Date

Why is it special?

- You could make a calendar, or diary to write these dates in so you remember them.
- You can also ask other people in your family if there are any other special dates. Put these dates in your diary or calendar too.
- On these days you might like to do something special to remember the person who died...

...here are some ideas...



Go to the grave.



Go to a place the person liked.



Look at some photos.



Light a candle.



Have the person's favourite food for tea.

Other things I can do are...

These dates could be days like Christmas, or birthdays, or days when you always went on holiday.

Remarkable Tulips



Write three messages in the boxes below and then copy them onto three pieces of paper.

Sometimes it's nice to think about the future, who you will be, different now than you are, at times when you are sad, at its best - when you are happy.

I wish I could tell you...

Something I want to do when I'm older is....

A time in the future I might miss you....



1. Get a terracotta plant pot and decorate it. You can do this with paints or stick shells or small stones onto it with glue.

2. Put some small stones in the bottom of the pot for drainage.

3. Fold up the messages and put them in the pot.

4. Fill the pot over half way with soil or compost.

5. Plant the tulip bulbs.

6. Water the bulbs regularly.

7. Wait for them to grow!

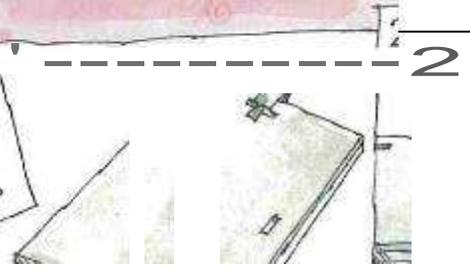
As your flowers grow, they will keep your messages safe. Bulbs are good as they grow again year after year.

Fantastic Photo Frame

Activity Page

You will need:
 A clip frame.
 glue.
 paper.
 scissors.
 a ruler.
 a pencil.
 a paint palette.
 a brush.
 a glue stick.
 a photo of a person who died.

Looking at photos can help you remember the person who died.



Use the clip frame to hold the photo in place.

Use the glue to stick the photo to the frame.

Use the glue to stick the photo to the frame.



Decorate round the sides of the frame with stickers or pictures or words.

Clip the photo into the frame.

Some times it is nice to look at photos of the person who is here will see.



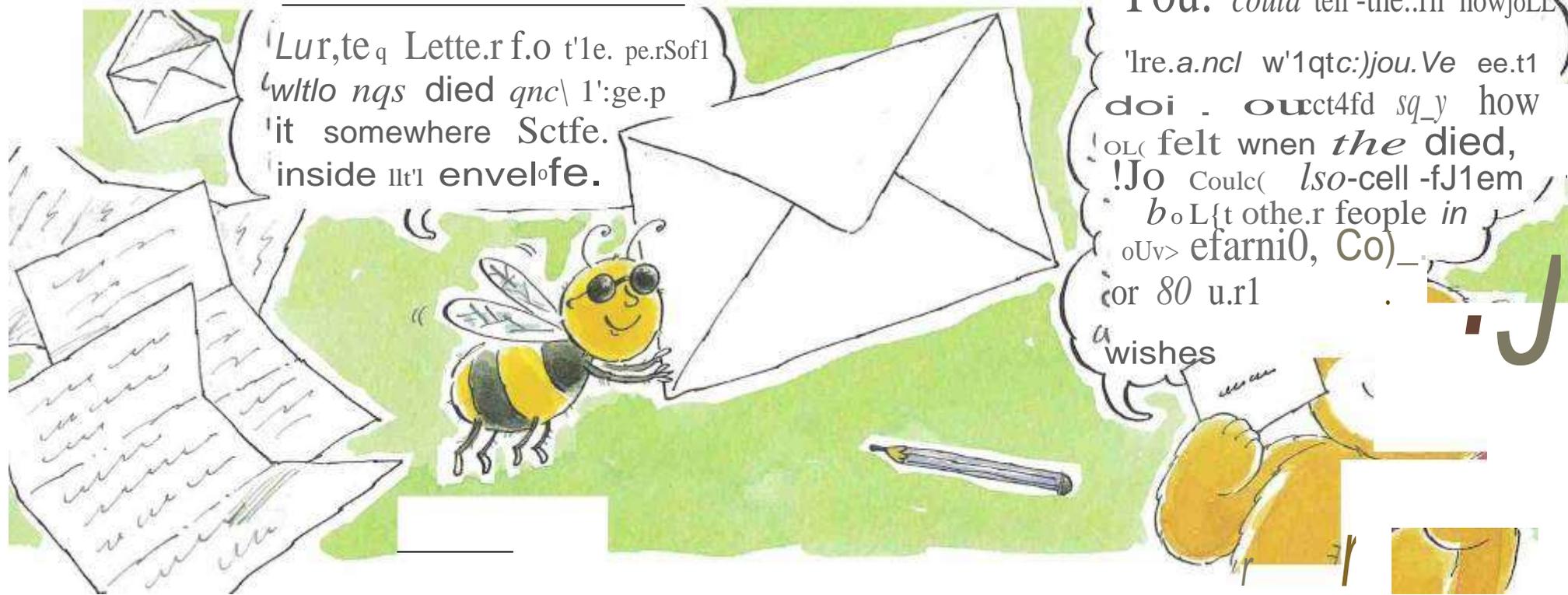
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Saying Hello Again

Some times -people m ht tellj,oU not t° think. c:tbout-the -person who J;ec{:
They think !*You* should on think: C1b0trt -th-e future.
 VYlajbe ou. h veto do bothooo•thinK *about*the Per-Son who *h s* die.J IH'loI
 s-tiLL-tr 'to enjo:J Jour Life Wttilo«-t: th-em. ,his *isnt-* v\lWG\ S eG\s;r
 If:Jou cotAlct Send letter -t° -th€ person who died wheft woul oLL
 -tellthem?

Lur,teq Lette.r f.o t'le. pe.rSofl
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 'it somewhere Sctfe.
 inside llr'l envelofe.

You. could tell -the..rn howjoLL
 'Ire.a.ncl w'1qtc:)jou.Ve ee.t1
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 OLC felt wnen *the* died,
 !Jo Coulc(lso-cell -fJ1em
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 oUv> efarni0, Co)_
 or 80 u.r1
 wishes



Five More Minutes

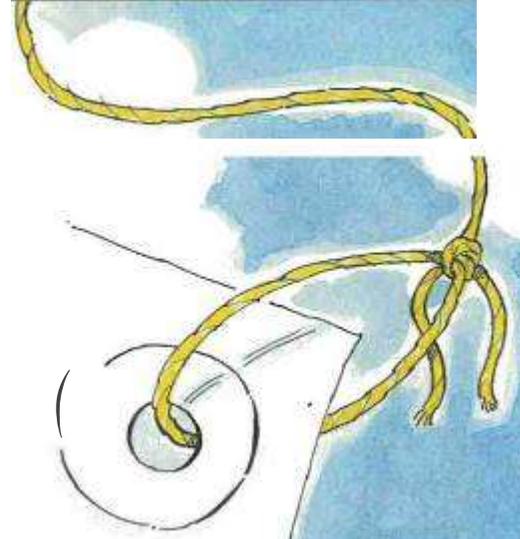
If the person who died could come back for just five minutes, what would you tell them?

If you could come back just for five minutes, I would tell you...

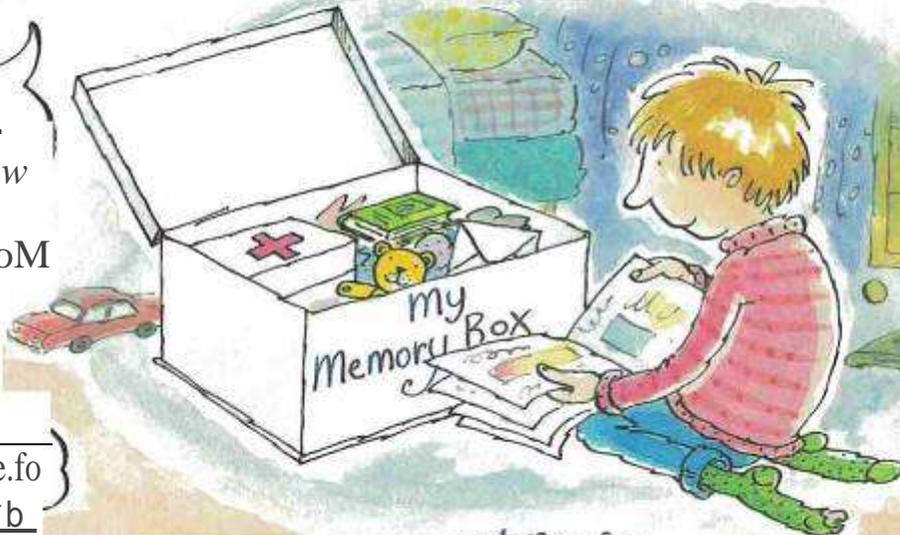
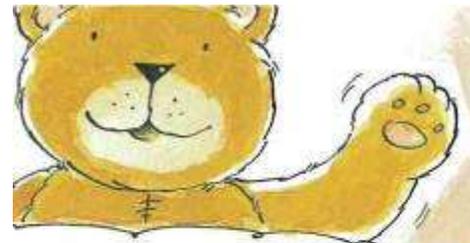
Write a message on the tag.



Write the message on the tag and attach it to the balloon. Let the balloon float away.



Goodbye



This is a picture of me... and...

We have.
 You want to show
 it to other people, over-
 look. It is yours for
 -time.
 Goodbye!

You can use this book
 in a box which can be
 your memo box.
 There may be other things
 you want to put in the box -
 things that you remember
 who died. Our memo box
 to share your memories.
 Goodbye!

Now it's time for
 you to write.

This book was completed by...

And these are our thoughts about the book.

31