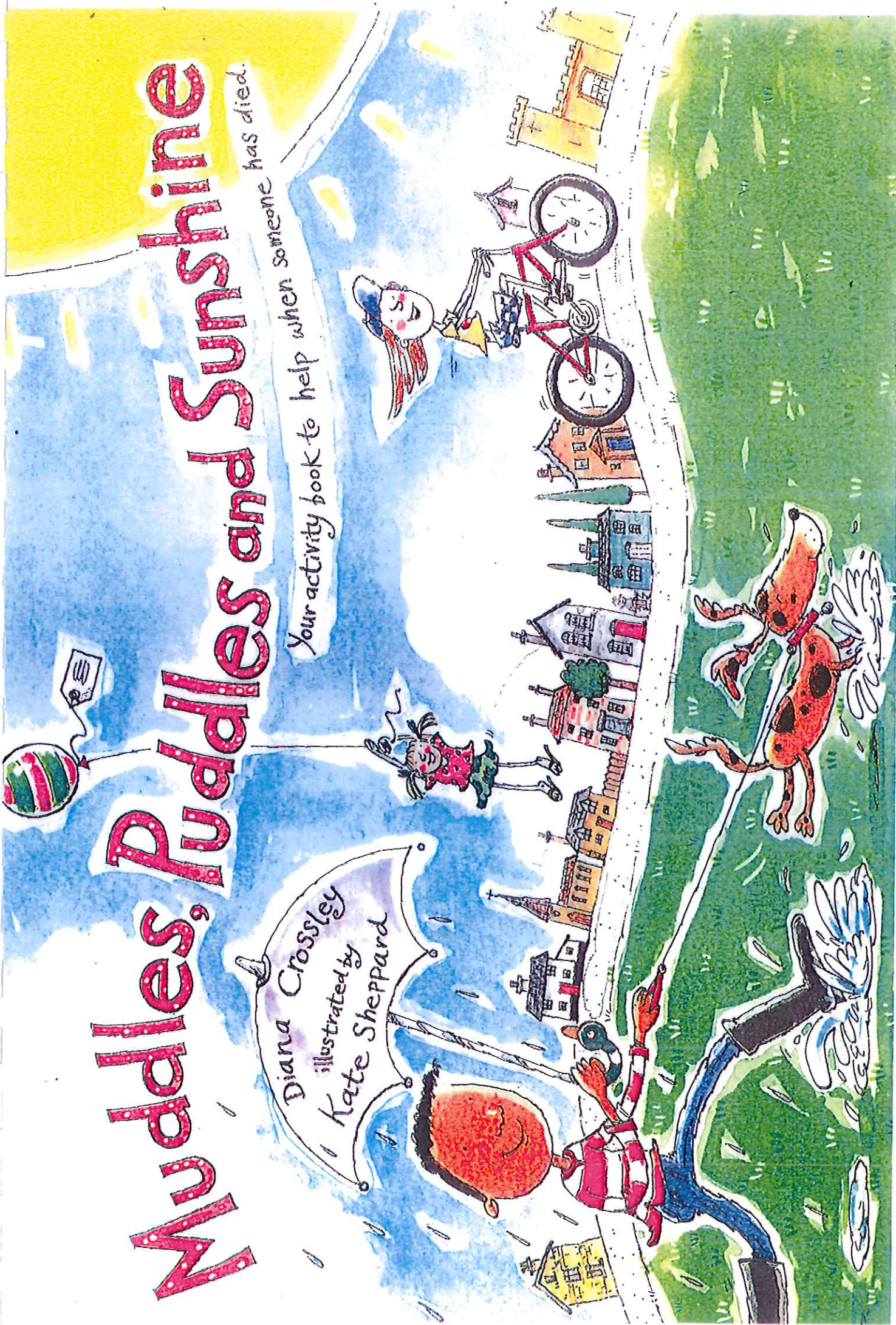


Muddles, Puddles and Sunshine

Your activity book to help when someone has died.





Hi, this book was written to help you because someone important in your family has died. It can be hard to understand all the things you think and feel when something like this happens. This book will give you some ideas to help you understand what is happening.

Inside you will find lots of helpful activities, some are about the person who has died and some activities are just for fun! Even though someone has died it is still OK to have fun!

Bee will tell you what to do.

Before you start have a good look through this book. Don't feel you have to do the book in the order it is written - you might want to do some bits before others. Ask someone to help you complete the book. First ask them to read the last page as it will tell them how to help you best.

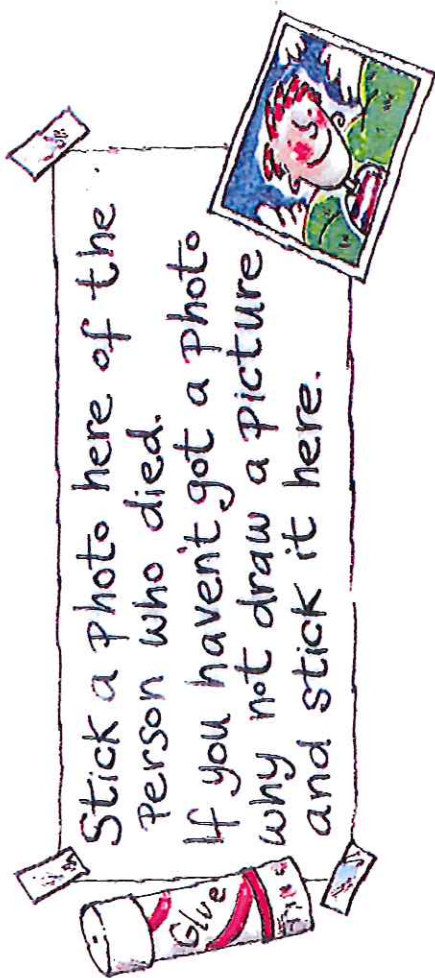
When someone has died things can be very difficult. At times it feels like life is full of **MUDDLES** and **PUDDLES**, as well as **SUNSHINE** moments when you can remember happier times.

I do hope you enjoy it. Fill this book in any way you like. It is yours to keep.

Grown-ups
go to the
back page.



I Want to Remember



Write the person's name here

A Typical Day in my Life

My home



My school



My friends



What I do in my free time



What I eat



Write down some things to describe what your life is like.



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 ...

This is a picture of me.



↑ THESE ARE THE THINGS I LIKE ↓



↑ THESE ARE THE THINGS I DON'T LIKE ↓



My Family



Draw a picture of your family and answer the questions below.

A PICTURE OF
MY FAMILY

The noisiest person in my family is...

The messiest person in my family is...

The fastest runner in my family is...

The smallest person in my family is...

The naughtiest person in my family is...

The funniest person in my family is...

How to make a Papier-mâché Spider

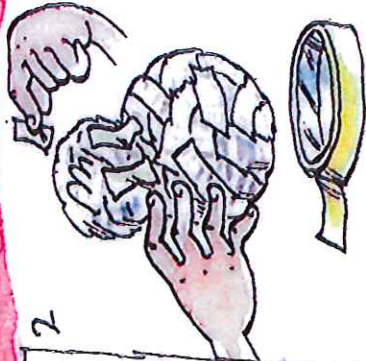
Activity
Page

You will need:
Newspaper
Masking tape
Paint
Salt, pen
glue, pipe cleaners
& paint brush

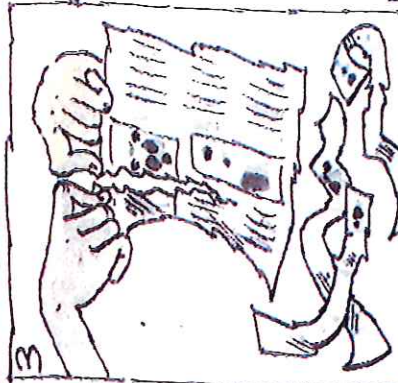
This is
just for
fun.



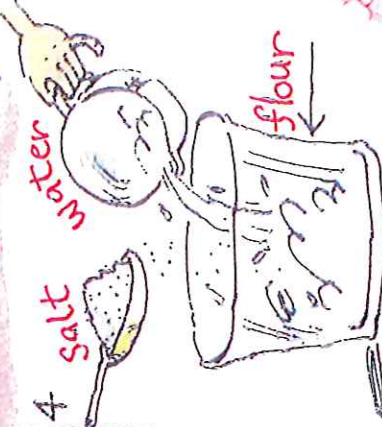
To make the spider's body crumple up some newspaper into a ball shape.



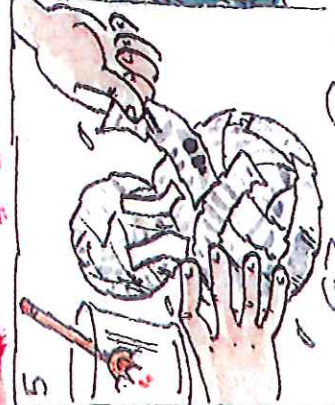
Make a smaller ball for the head and tape it to the body using masking tape.



Tear up some newspaper into 2.5cm strips.



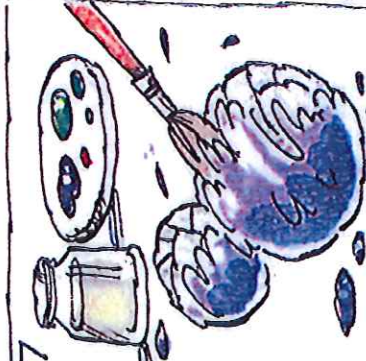
Make up a glue from $\frac{1}{2}$ cup of flour, a big spoonful of salt and one cup of water.



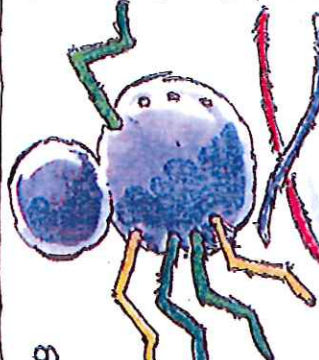
Using the flour-glue paste layers of the newspaper onto the head and body. (About 3 full layers).



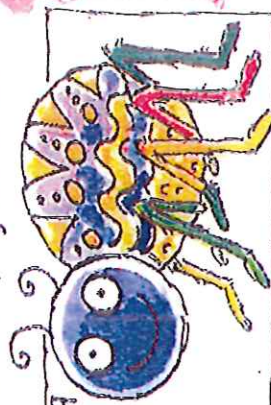
Leave it to dry.



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



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.



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?



What was their name?



When was their birthday?



How old were they when they died?

 What were they good at?

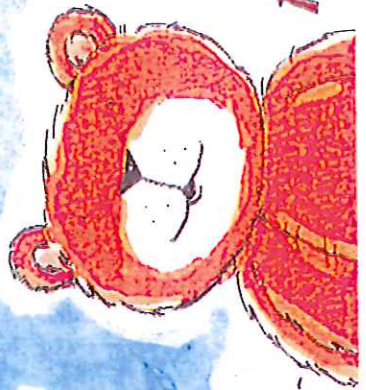
 What did they look like?

 What was their favourite food?

 What was the silliest thing the person ever did?

 What made the person angry?

If you don't know the answers to some of these questions, ask someone in your family to help you.



How Did They Die?

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



What Can You Remember About The Person Who Died?

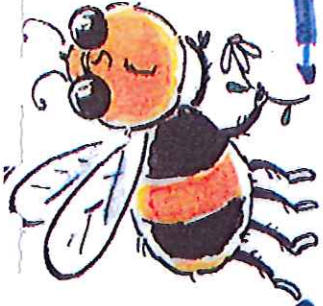
What things did they like or not like?

What things did you do together?

What things don't you like remembering?



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?

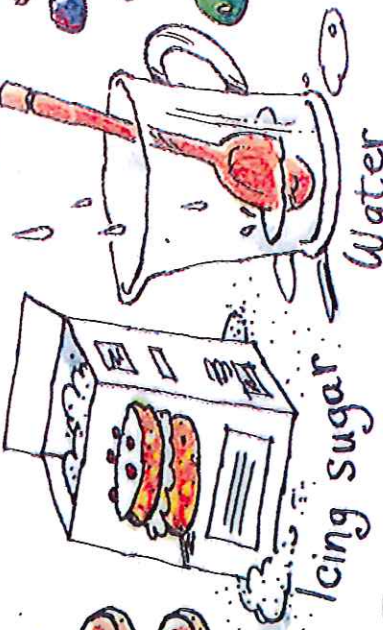


15

Biscuit Feeling Faces

Recipe for Success...

You will need:



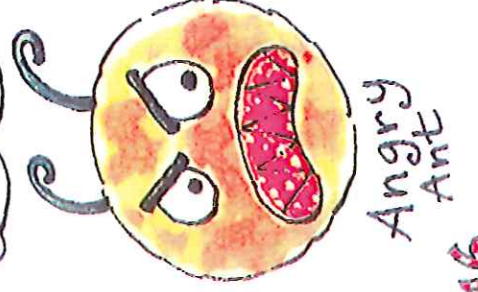
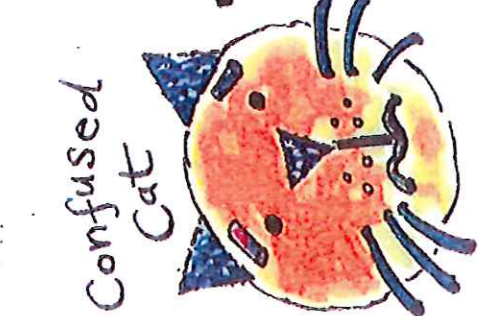
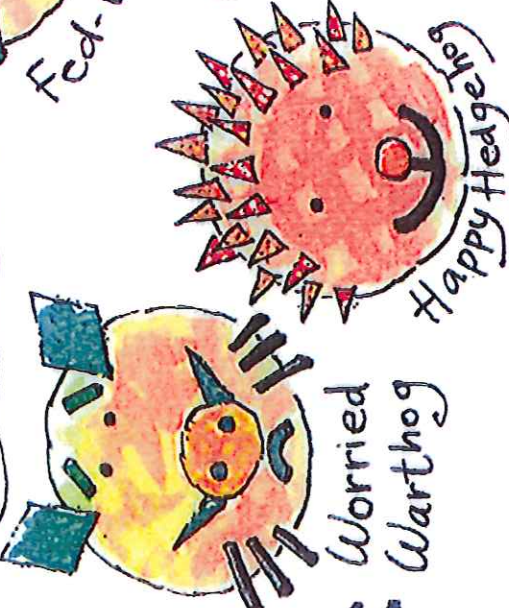
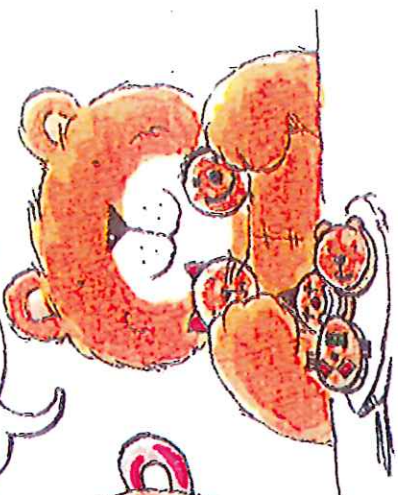
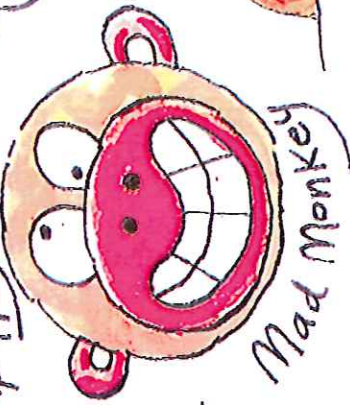
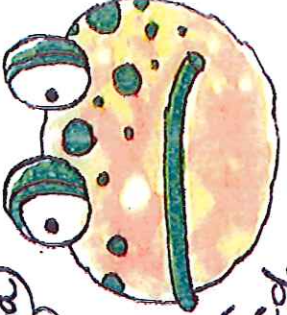
How to make your feeling faces.

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...



Can you remember all the different feelings you had since they died? You can make different faces for all the different feelings you have.



Everything Goes Wrong!



It's not fair!

Nothing is easy

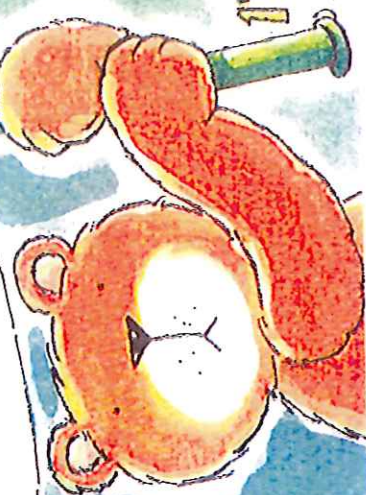
Everything has changed!

Everything goes wrong!

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

When things change it can seem that nothing you do will ever be right again.

When you feel like this you have to find ways of looking after yourself.



Feelings Can Be Explosive!

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



DOUBT

MIXED-UP

WORRIED

SAD

ANGRY

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



SCARED & GUILTY

SCARED

Make a

You will need:

A piece of card
paper
glue
sticky tape



4/ When it's dry paint your volcano.

I am scared that...

I am angry about...

I get confused when...

I feel lonely when...

Feelings Volcano For Yourself

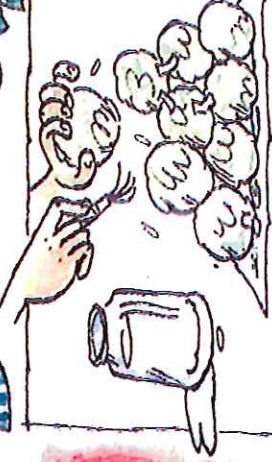
Activity Page



1. Scrunch up lots of paper into balls about the size of your fist.

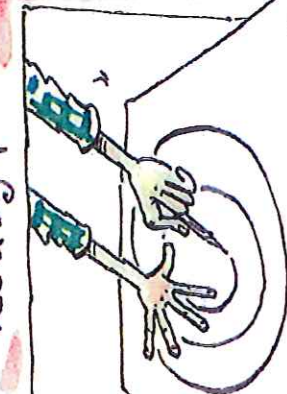


2. Get a big piece of card.



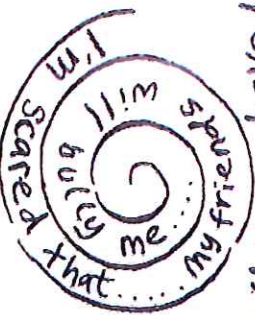
3. Start to build up your volcano by sticking the paper balls onto the card.

Use lots of glue and sticky tape.

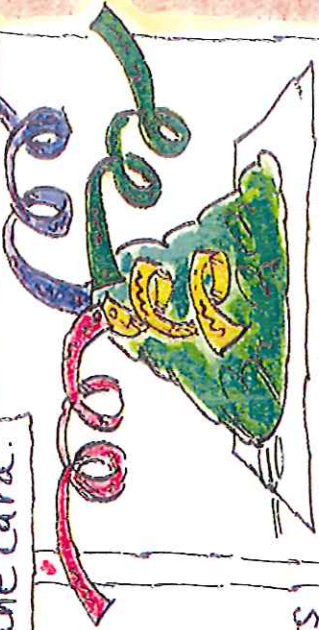


Make a template in the shape of a spiral then trace lots of spirals onto coloured paper.

Now you have a volcano you need to make some explosive feelings ✨



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



Cut out the spirals and stick them onto your volcano.

I am worried because...

I feel sad because...

I feel excited about...

I feel guilty because...

Miss Them

When someone in your family dies there may be lots 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

It is normal to miss someone who has died.



Who Is There For Me?

When somebody dies you can feel very lonely. Sometimes it feels like there aren't any people who care, or that there are not enough people to talk to. There are people in your family, friends, at school or clubs, who do care. It can be a good idea to remind yourself who these people are by making your own friendship bracelet.



People who care about me...

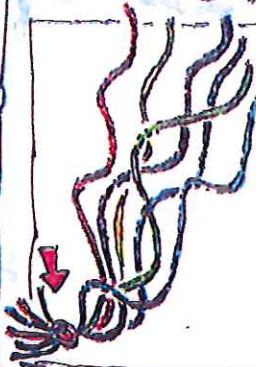
1 2 3 4 5 6

Follow these instructions to make a fabulous friendship bracelet.

1 Make a list of six different people who care about you.



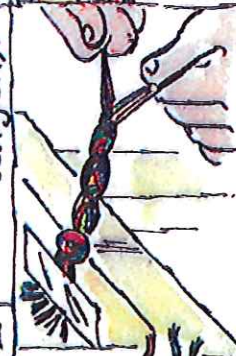
2 Choose a different colour thread, yarn or wool for each person on your list. (all the same length).



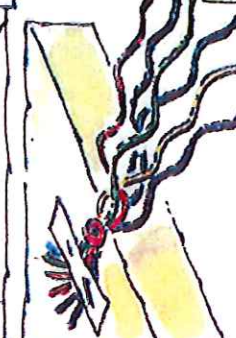
3 Tie all the threads together at one end.



4 Tie a knot in the end.



5 Twist or plait the threads together to make a pattern.



6 Tape the knotted end to a table.

You could make lots of different bracelets in lots of colours and patterns.



It is OK to miss the person who died but other people care about you too...



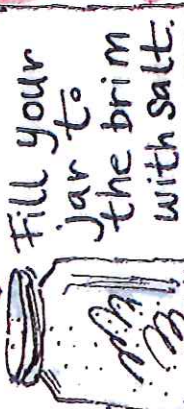
Make Your Own Jar of Memories



How to make your salt jar:

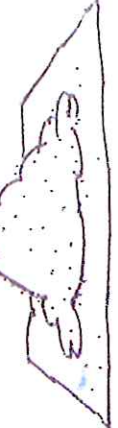
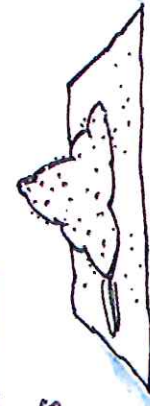
You will need:

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



Fill your jar to the brim with salt.

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.

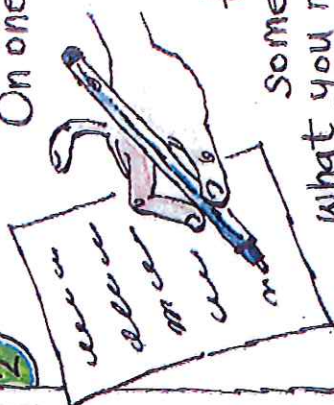


7 When all the colours have been added hold the jar and tap it gently on a work surface to settle the salt. Do NOT shake the jar unless you want all the colours mixed up. Fill in any remaining space with plain salt - right to the very top. This will prevent the colours mixing.

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.





Activity Page

You could draw a picture of your jar of memories here; write down what each colour stands for.

3 Choose a different colour to represent each memory and put a dot of colour next to each memory.

8

tap tap

Secure the lid firmly.

My jar of memories for

This is just for fun.



Make a Salt Dough Bear

Activity Page

You will need: 500g plain flour • 250g salt • 8fl oz water • paint • varnish.

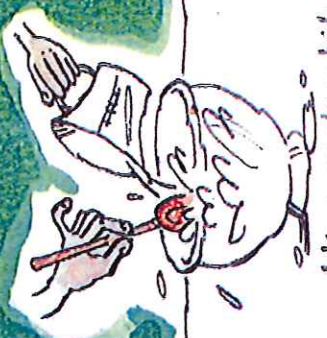
To make the dough...



Mix flour and salt in a bowl.



Add half the water and stir.



Keep adding water bit by bit. Until the dough is firm but not crumbly.



This is the hard part



Knead the dough for ten minutes.

To make a dough bear...



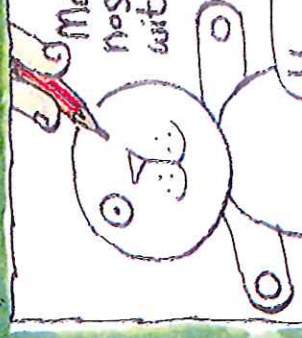
Roll out four bits of dough for the arms and legs.



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.

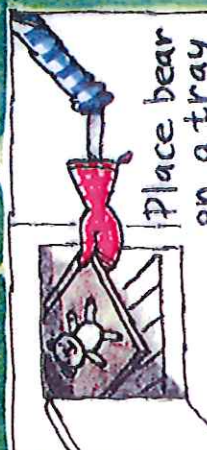


Mark the eyes, nose and mouth with a pencil.

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



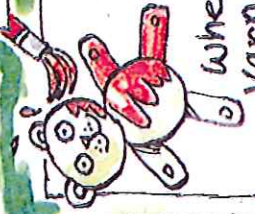
Make some ears and attach them to the head.



Place bear on a tray and bake in an oven for one hour at 145c, 290f, or Gas mark 1.5. Ask a grown-up to help.



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

What kind of things would you find in a real first aid kit? Make a list.

You can make models of these things out of paper, plasticine, clay or Fimo and put them into a box.

Now make a list of things that might help you if you have a bad day.

This can be your very own first aid kit.



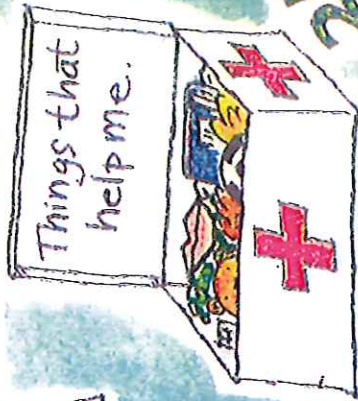
Playing football.

Patting my dog.



Talking to friends.

Listening to music.



Activity page



25

Important Dates

Which dates will you want to remember the person who has died?

Date

Why is it special?

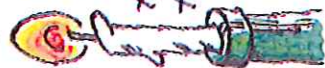
After someone dies you can still remember them, for as long as you want to.



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



Have the person's favourite food for tea.



Light a candle.



Go to a place the person liked.



Look at some photos.



Go to the grave.

Here are some ideas.

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.



Tremendous Tulips



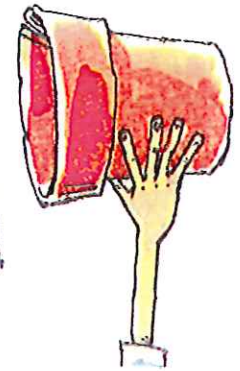
Sometimes it's hard to think about the future without the person who died. Life will always be different now they have died, there will be times when you are sad, but it's still OK to have good times too.

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

I wish I could tell you...

One thing I want to do when I'm older is...

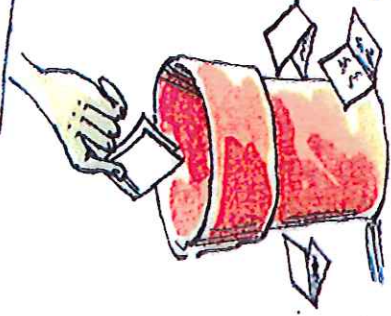
A time in the future when I might miss you...



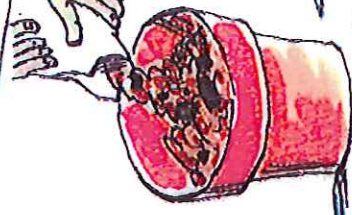
1. Get a terracotta plant pot and decorate it. You can do this with paints or stick shells or small stones onto it with glue.



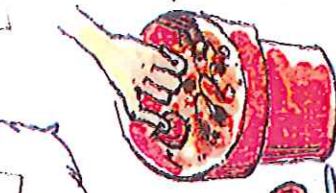
2. Put some small stones in the bottom of the pot for drainage.



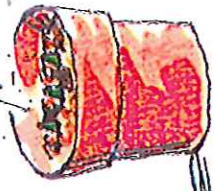
3. Fold up the messages and put them in the pot.



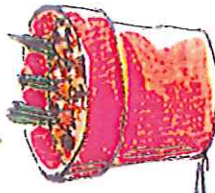
4. Fill the pot over half way with soil or compost.



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

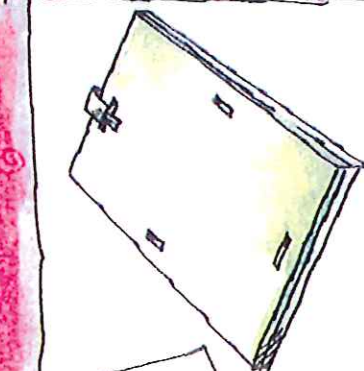
Fantastic Photo Frame

Activity
Page

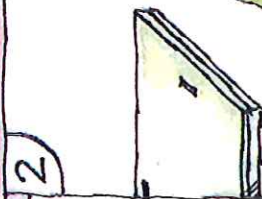


Looking at photos can help you remember the person who died.

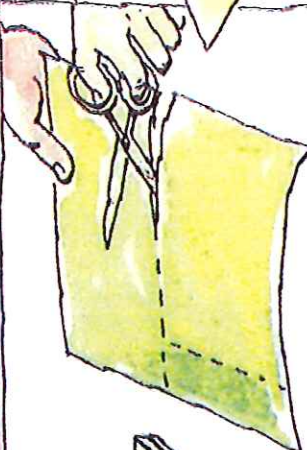
You will need:
clip frame
clip paper
glue pens
glue stick
scissors
photos of the person who died
clips



1 Take the clips off the clip frame and put them aside to use later.



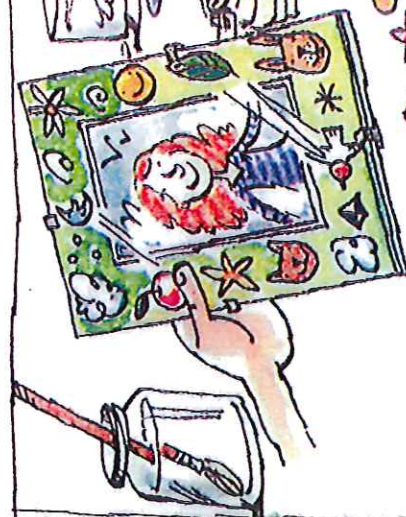
2 Cut out a piece of coloured paper the size of the frame as a background to your photo.



3 Stick your photo onto the coloured paper.



4 Decorate round the sides of your photo with stickers or pictures or words.



5 Clip the frame back together.



Sometimes it is nice to look at photographs of the person who died. Where will you keep your frame?



Saying Hello Again

Sometimes people might tell you not to think about the person who died. They think you should only think about the future.

Maybe you have to do both....think about the person who has died and still try to enjoy your life without them. This isn't always easy.

If you could send a letter to the person who died what would you tell them?

Write a letter to the person who has died and keep it somewhere safe inside an envelope.



You could tell them how you are and what you've been doing. You could say how you felt when they died, you could also tell them about other people in your family, or your 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.

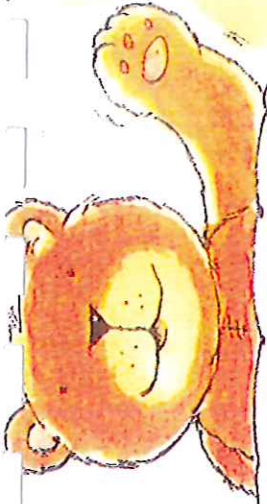


You could write a message on some paper and attach it to a helium balloon, and let the balloon go.





Goodbye



We hope you have enjoyed this book. You may want to show it to other people, or look at it yourself from time to time. Goodbye!

And now it's time for you to say goodbye.

This book was completed by...



You can keep this book in a box which can be your memory box. There may be other things you want to put in the box that remind you of the person who died. You might want to share your box with special friends. Goodbye!

This is a picture of me... and... This is the person who helped me.

With the help of...

Today's date is...

And these are our thoughts about the book



'Muddles, Puddles and Sunshine' offers practical and sensitive support for bereaved children. Beautifully illustrated, it suggests a helpful series of activities and exercises accompanied by the friendly characters of Bee and Bear. This book offers a structure and an outlet for the many difficult feelings which inevitably follow when someone dies. It aims to help children make sense of their experience by reflecting on the different aspects of their grief, whilst finding a balance between remembering and having fun. This book is a useful tool in the present and will become an invaluable keepsake in the years to come.



Winston's Wish

—the charity for bereaved children