



WHAT IS A GRIEF SELF- CARE KIT?



Some days grief and loss can creep up on you unexpectedly. An old photo, a birthday or anniversary can bring up those big emotions. So creating a grief self-care kit can help. Its a box that's packed with objects that ground & help you feel calm.

Ideas for your self care kit:

- fidget toys, lego bricks...**to touch.**
- headphones, lyrics to a song or guided meditation...**to listen to.**
- your loved ones perfume/aftershave ...**to smell.**
- your loved ones favourite sweets or tea/hot chocolate ...**to taste.**
- photos ...**to look at.**

"Mindfulness, colouring in and photos of my mummy remind me of her. I added a menu of her favourite takeaway restaurant to remind me of her favourite food." From a young person at Barnardo's Child Bereavement Service



SIGNPOSTING & SUPPORT:



familysupport NI



CHILDRENS

GRIEF AWARENESS WEEK

17TH -23RD
NOVEMBER 2025



SCAN ME



HOW MIGHT GRIEF & LOSS

SHOW UP?

- Visible emotions like sadness, anger or confusion
- Suppressing emotions like denial or bottling feelings up
- Spending more time alone, withdrawing from family & friends
- Feeling sick, like headaches or stomach ache



GRIEF CAN BE
OVERWHELMING NO
MATTER WHAT AGE YOU
ARE, BUT WITH THE
RIGHT SUPPORT
RECOVERY CAN BEGIN



1

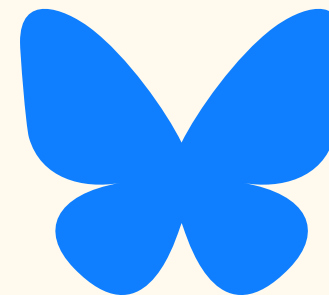
Keep talking. Talk with a trusted adult or friend about your feelings of loss.

2

Remember your loved one. For example create a memory box and continue to talk and share stories about your loved one.

3

Stay connected to other people. The focus doesn't have to be on grief. Even if its only for a few minutes a day.



4

Create a grief self care kit, a way to help calm & ground. (See overleaf).

5

Keep moving, get fresh air & connect with nature. Planting seeds, trees or flowers and watching them change through the seasons remind you of your loved one.

6

Talk to a professional. Sometimes it can be easier talking to a stranger or a trusted adult like a teacher who can help you look at things in a different way.

