GENTLE WAYS TO REMEMBER

A child-centred activity pack for remembering a special person or pet

Inspired by I Wasn't Ready to Say Goodbye: Bród's Journey with Sadness

When someone special dies, we may have lots of different feelings. We might feel sad, angry, worried or confused. At other times, we might feel okay, laugh or want to play. All of these feelings can belong.

You can use this pack to draw, write, make or remember in your own way. You do not have to finish every page, and you never have to share something you want to keep private.

Remember: Your feelings and memories belong to you. You can stop, take a break, or ask a trusted grown-up to stay with you.

What is inside?

Nine optional activities:

1. Checking in with feelings
2. Belly breathing
3. Star tracing;
4. A memory book
5. Special memories;
6. A comfort stone
7. Safety Friends
8. A letter
9. A closing check-in.

Suggested age range: approximately 4–12 years, with flexible adult support according to each child's development and preferences. There is no required order or timetable.

THE BRÓD METHOD™

The Bród Method® | Family3: Coaching • Consultancy • Education
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SUPPORTING A BEREAVED CHILD

These activities provide opportunities for expression, remembrance, connection and support-seeking. They are not a test of how a child is coping, and there is no correct emotional outcome.

Follow the child's lead

- Offer activities rather than assigning them. Accept "no", silence, a short attempt, or a change of mind.
- Listen without correcting feelings. A child may laugh, play, feel numb, be angry, or have mixed memories.
- Use clear, honest, age-appropriate words such as "died". Avoid explanations that may confuse death with ordinary sleep or separation.
- Invite questions and answer what you can. It is okay to say when something is not known; respect the family's cultural and spiritual beliefs.
- Children may worry that the death was their fault. Explain gently that their thoughts, behaviour or feelings did not cause the death when reassurance is needed.

Make participation accessible

- Children may point, gesture, use communication aids, draw, play, dictate to an adult, or choose not to answer.
- Use the Feelings Gauge as an optional visual prompt, not a requirement or a target to "get back to green". More than one colour, "not sure", or no colour are valid responses.
- Provide space, extra time and low-sensory alternatives. Some children find questions about body sensations or breath-focused exercises uncomfortable.
- Do not require the child to share a memory, a letter, or the content of a drawing. Seek permission before displaying or photographing any work.

Know when to seek more support

If grief-related difficulties persist, intensify or significantly affect everyday functioning, discuss appropriate support with a qualified health or child wellbeing professional. If there are immediate concerns for a child's safety, seek urgent local assistance.

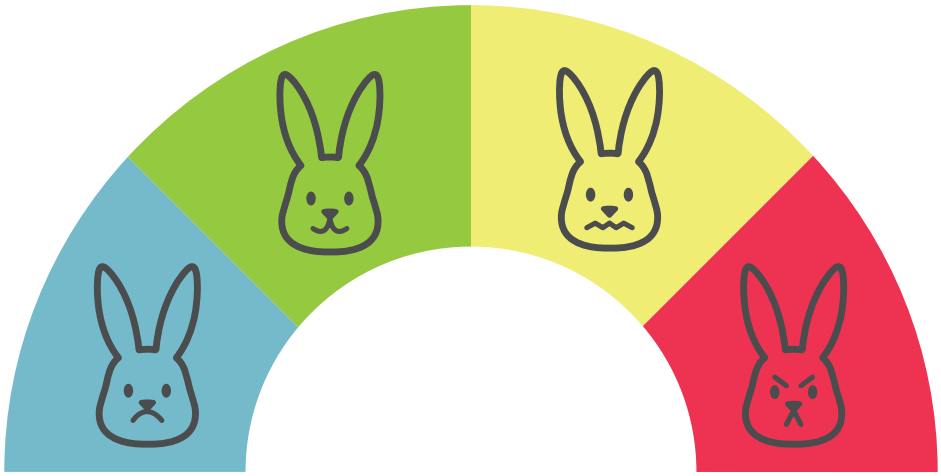
Use with adult discretion when the death is recent, sudden, traumatic or connected to complicated family circumstances. Avoid introducing highly evocative tasks when a child is overwhelmed. These materials are supportive psychoeducation, not a clinically validated assessment or therapy.

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CHECK IN WITH YOUR FEELINGS

You can try this, ask someone to join you, or leave it for another day.

Bród uses a Feelings Gauge. You can look at these colours and see whether any fit how you feel. You may have more than one colour, or none of them may feel right.



○ BLUE	Sad, tired, lonely or quiet.
○ GREEN	Calm, settled or ready to do something.
○ YELLOW	Worried, restless or notice my feelings growing.
○ RED	Feelings might feel very big or difficult to manage.

○ More than one colour ○ Not sure ○ I would rather not choose



If I want to, I can draw or write how I feel today:

No colour is good or bad. I do not have to make my feelings change.

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BELLY BREATHING WITH TEDDY

A gentle way to notice a breath, if breathing exercises feel comfortable.

You can try this, ask someone to join you, or leave it for another day.

Bród sometimes rests with Teddy while taking gentle breaths.
You can try this alone or with someone you trust.

1. Sit or lie somewhere comfortable. You can place a hand or a soft toy on your tummy.
2. Breathe in comfortably. Notice whether your hand or toy moves a little.
3. Breathe out gently, without pushing or holding your breath.
4. Try a few breaths if you want to. Stop whenever you wish.



If you do not like noticing your breathing, you can hold Teddy, feel your feet on the floor, look for three things around you, or sit with someone safe.

Draw Teddy, another comfort object, or something that helps me feel supported:

If I want to, I notice...

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STAR TRACING

Trace your fingers slowly, with or without following your breath.

You can try this, ask someone to join you, or leave it for another day.

1. Spread out one hand like a star.
2. Use a finger on your other hand to trace up and down the edges of each finger.
3. If it feels good, breathe gently in as you trace up and out as you trace down.
4. You can also just trace your hand and notice the movement. Pause any time.

There is no need to breathe in a special way. You can draw a star or follow a line on paper instead.

Trace or draw your hand or a star here:

You can try this when you want a quiet moment. You do not have to feel different afterwards.

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MAKE A MEMORY BOOK

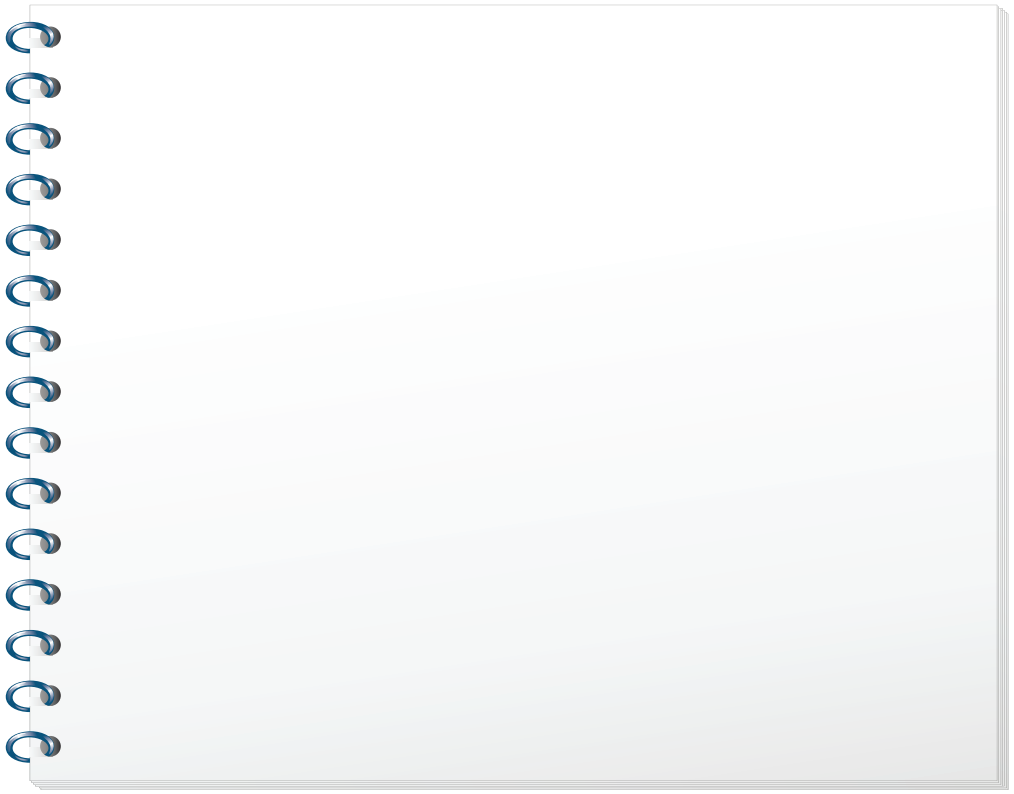
A special place for the memories you choose to keep.

You can try this, ask someone to join you, or leave it for another day.

In Bród's story, the family makes a book of memories of Twitch. You could make a book, a folder, a box, or just one page.

1. Find a notebook, paper or a small box. Ask a grown-up to help with scissors or glue.
2. Choose a title, if you want one. You might use a name, a word or a drawing.
3. Add drawings, photos, stories, favourite places, songs or little things that remind you of the person or pet.
4. Add new things only when you want to. You can keep some memories private.

My memory book cover or first memory page:



Some memories can be funny, lovely, ordinary, sad or difficult. You can include any that feel right, or none today. Ask before using or cutting special photographs.

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A MEMORY I CHOOSE

There is no need to choose your “best” or “favourite” memory.

You can try this, ask someone to join you, or leave it for another day.

You might remember a moment, something someone said, a place, a smell, or a small everyday thing.
You might remember only a little, hear stories from other people, or have mixed feelings.
All are okay.

Ideas: a funny time, a song, something we did together, what I miss, or something that felt difficult.

I can stop here, ask a grown-up to write my words, or leave this page blank.

Something I remember or something someone has told me:

Something about them I want to remember, wonder about, or ask:

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DESIGN A COMFORT STONE

A small reminder of someone special, inspired by Twitch's footprint.

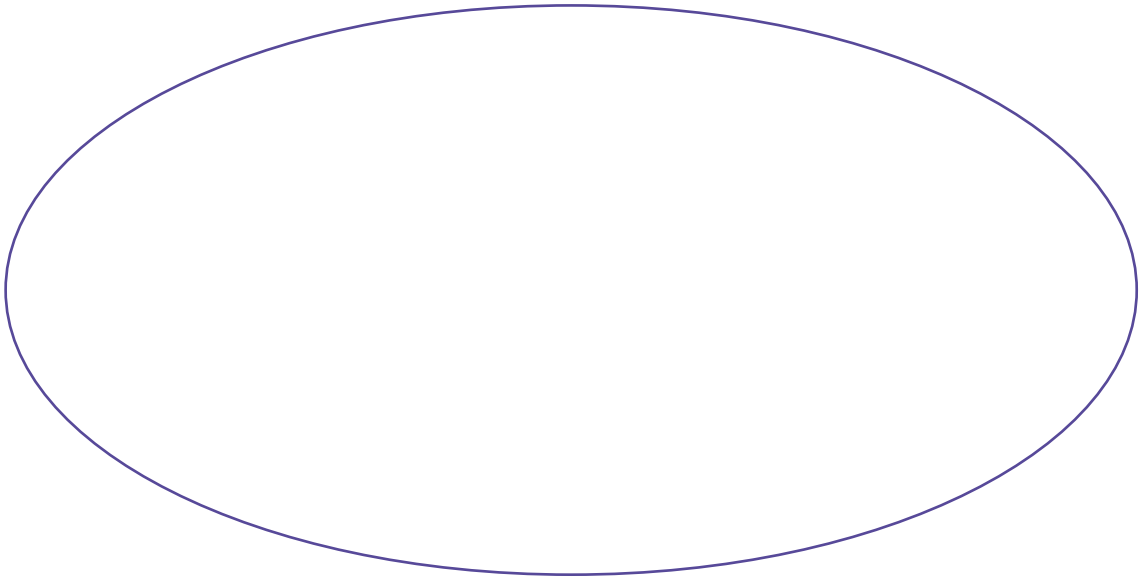
You can try this, ask someone to join you, or leave it for another day.

Grandma Butters gives Bród a clay stone with Twitch's footprint. If you want to, you can make or decorate a stone of your own.

Option A — **Decorate a smooth stone.** With a grown-up, choose a clean, suitable stone. Use child-safe paint or pens, then let it dry completely.

Option B — **Make a clay stone.** Shape a piece of non-toxic air-dry clay. Add a print, letter or symbol. Let it dry according to the packet.

My design could include a heart, paw print, star, name, colour or special word:



The symbol or word I chose, and why (if I want to share):

Using my stone: I might hold it and remember, place it in a memory box, or simply keep it somewhere safe. It does not need to make sadness go away.

For adults: supervise materials; choose a stone or clay piece suitable for the child's age and abilities; avoid choking hazards; keep stones and clay away from mouths and young children; follow product instructions.

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MY SAFFETY FRIENDS

Who helps me feel safe, heard or cared for?

You can try this, ask someone to join you, or leave it for another day.

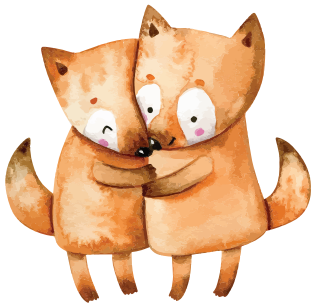
When Bród misses Twitch, their Safety Friends can listen and help. Your Safety Friends might be people at home, in your family, at school, or somewhere else you feel supported.

Draw or write the names of up to three people I could go to:

FRIEND 1	FRIEND 2	FRIEND 3

I could ask a Safety Friend to...

- ○ Listen
- ○ Sit with me
- ○ Play or walk
- ○ Answer a question
- ○ Help me feel safe
- ○ Something else



One way I could ask (words, a picture, a gesture or a message):

For adults: do not assign “safe people” on a child’s behalf. Check that named adults are actually available and appropriate. Support a child to find alternatives where needed.

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WRITE OR DRAW A LETTER

My words are mine. I decide what happens to the letter.

You can try this, ask someone to join you, or leave it for another day.

Bród writes to Twitch. You might want to write or draw something to the person or pet who died. You do not have to share it or send it anywhere.

Some ideas if you want them:

I remember...
I am angry about...
I want to ask...
I miss...
I wish...
Thank you for...



Dear... (draw or write your letter here):

Afterwards: I can keep it private, put it in my memory book, ask someone to read it, or do nothing with it. I do not have to feel better after writing.

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CHECK IN AGAIN

What might I need now?

You can try this, ask someone to join you, or leave it for another day.

After an activity, feelings might stay the same, change, get bigger, or be difficult to name. Any of those experiences can happen.

If I want to use my Feelings Gauge again:

○ BLUE	Sad, tired, lonely or quiet.
○ GREEN	Calm, settled or ready to do something.
○ YELLOW	Worried, restless or notice my feelings growing.
○ RED	Feelings might feel very big or difficult to manage.

○ More than one colour ○ Not sure ○ I would rather not choose

What might help me next? I can choose more than one.

○ A drink of water ○ Quiet time
○ A cuddle ○ Play
○ Movement ○ Someone to listen ○ Something else

I can draw, write or point to what I might need:

A trusted adult I could ask for support is:

_____

_____

Remember: I never have to finish an activity. If my feelings feel too big or I feel unsafe, I can tell a trusted grown-up and ask them to stay with me.

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BE GENTLE WITH YOURSELF

Your way of remembering matters

Some days you might want to talk or remember. Other days you might want to play, rest or do something completely different.

You may feel sad, happy, angry, lonely, worried, calm or a mixture. You might not know how you feel. Feelings do not have to fit a colour or a word.

Try an activity, change it, stop, come back another day, or leave it alone.

One kind thing I might like to do for myself today (draw, write, or leave blank):

When I want company, I can talk, show a picture, or simply sit with one of my Safety Friends.

For adults: keep this page available without requiring the child to complete it. Revisit the resource only if and when they wish.

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